



August 2020

All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

Senior Center Update

Greetings to you all. As we continue on this unprecedented journey together and the Center remains closed, we find ourselves asking “When will the Center reopen?” Unfortunately, we do not know the answer to that question. So, we look to respond to “How can Senior Services meet the needs in the community and continue to provide outstanding responses?” Along with senior centers nationwide, we are in the process of reinventing ourselves to become a Center “without walls.” In the past, most of our programs, activities, and services took place as we gathered together in our building, and now we must develop new formats for doing things.

This provides a creative opportunity for us to explore, enhance, learn, and try different options. So, as you have seen in our recent newsletters, we will continue to expand virtual programs that utilize our technology skills. The SAGE continuing education program is currently meeting the needs and interests of older adults through 100 summer class options. This meaningful virtual educational program will be available again for the fall trimester. We realize that everyone is different in their interests, needs, and skills which makes us a rich and diverse community. In addition to expanding our virtual programs, developing a Facebook page, providing information on our city website pages, sending out email blasts, conducting surveys, distributing activity packets, and talking with many of you on the phone, there is so much more we can and want to do. We are all missing each other and staying connected is the key.

We welcome you to take advantage of the programs mentioned in the newsletter. Continue to reach out to us by sharing any needs and concerns. If you have not done so already, we encourage you to share your email address with us so that we can keep you in the loop. Stay involved and stay in touch with us. Take care of yourselves and your neighbors.

Seeking “Express Learning” Presenters

Many of you will recall a very popular summer program offered in the past. It included a wide variety of interesting short programs that provided a unique learning experience. We would like to try it again in a virtual format. We are asking individuals to consider sharing a 15- to 30-minute presentation on a topic of interest that others would like to hear about. It could be about a hobby, memorable trip, life story, talent, or endless other ideas. We can provide safe options for video recording or the presenter can record themselves and send it to us. Those who are interested can contact Center staff at 301-809-2300, and we will email a Proposal to Teach Express Learning form to be filled out with your program description. This will be a fun way to share and to learn something new.

2020 Census

Deadline for completing the census is October 31. Citizens are able to complete the census online at www.my2020census.gov or call 844-330-2020. If you haven't done so, now is the time!

The Bowie Senior Center facility is currently closed.
The staff are answering phone calls Monday through Friday from 8:30 a.m. – 4:30 p.m.
For assistance and referrals, please call 301-809-2300.

Summer Activity Packets Available

Are you bored sitting at home and watching TV? Tired of staring at computer screen? The Center staff have created a summer activity packet to help engage your brain and occupy your time. The packet includes Sudoku, Word Search, and crossword puzzles; coloring pages; instructions for crafts from things you have around the house; exercise; etc. Call the Center at 301-809-2300 if you would like to pick up a packet on August 11 or 12. (We may be able to make arrangements for delivery if you are unable to pick up your activity packet.)

Don't Forget to Hydrate

Be sure that you stay properly hydrated now that the summer heat is here. Being even slightly dehydrated can impact movement which, by itself, could lead to increased risk of injury.

From impacting your nerves and muscle function to heart rate and body temp, being adequately hydrated is crucial for survival. As we age, our internal thirst mechanism becomes less functional. So it's important to consume fluids even if you aren't thirsty.

Drinking water isn't the only way to stay hydrated. Tea and even coffee, contrary to popular belief, count toward your fluid intake. Another way to get more fluids is by eating more fresh veggies and fruit. Fruits, such as watermelon and oranges, have very high water content. One way to determine how hydrated you are is by looking at the color of your urine. It should be a light yellowish color. The darker the yellow, the more likely you are dehydrated. Take note that, if you consumed a multivitamin a few hours earlier, the color may be a darker yellow and that is not a sign of dehydration.

If you are going to be spending a lot of time outdoors or engaging in physical activity which causes a great deal of sweating, you may want to consider drinking an electrolyte-type of liquid, such as a low-sugar Gatorade. So be sure you are eating ample fruits and veggies this summer along with a combination of water, tea, or some coffee and monitor your urine color. Don't wait for thirst to set in. Consume fluids throughout the day. Your body will thank you for it.

Masks for Bowie Seniors

If you are a senior and city resident and have not been able to secure a mask, please contact the Center at 301-809-2300, and we will arrange to have a free mask delivered to you. If you or your organization would like to volunteer to help with this effort, please contact Lori Cunningham at 240-544-5601 or lcunningham@cityofbowie.org.

Zumba Gold Goes Virtual

Mondays starting August 10, 1 p.m.

Join in on the Zumba Gold fun with instructor Crystal Sylvester who has taught at the Center. Crystal is offering this virtual option for those looking to enjoy some dance moves that will improve their mental and physical well-being. If you are interested, send Crystal an email at crystalszumbaparty@gmail.com. The fee for the 10-virtual-class course is \$25. A minimum of 10 participants is required to have the class.

Links for Entertainment and Enlightenment

[Archaeology: Archaeological Collection](#)

[Brain Training](#)

[Mental Health Association of Maryland](#)

[National Archives of Japan](#)

[National Museum of Natural History Virtual Tours](#)

[At-Home Art-Making Videos](#)

[George Washington's Mount Vernon Online Learning](#)

Transportation Options

Metro Access (transportation for the disabled) – There are eligibility requirements. Call 301-562-5360 for the application. The application process takes approximately one month. (Lifts and ramps are operating.)

Uber is an on-demand transportation service. To request a ride:

1. Download the free Uber app from the App Store or Google Play. Create an account.
2. Enter the destination and choose a ride option. You will see the price up front.
3. You will see the driver's picture and vehicle details. You can also track arrival time.
4. Verify the license plate number and the name of the driver before entering the car.

Lyft is an on-demand transportation service. To request a ride:

1. Go to <https://lyft.com/rider>. Download the free app and create an account.
2. Get a ride estimate.
3. Request a ride.
4. Verify the license plate number and the name of the driver before entering the car.

Prince George's County Call-A-Bus (Department of Transportation) This service provides door-to-door transportation. Medical appointments are given priority. Lift vans are available. There is no fee for seniors (age 60 and older) and persons with disabilities. Reservations can be made up to seven days in advance by calling 301-499-8603 between 7:30 a.m. – 4:30 p.m. Hours of service are 8:30 a.m.– 3:30 p.m.

Support Groups

Parkinson's Virtual Support Group via Zoom – Monday, August 24, 10 – 11:30 a.m.

To join the Parkinson's support group virtual meeting, please contact Art James at artjames@msn.com and request to be added to the Zoom meeting.

Alzheimer's Foundation of America (AFA)

AFA launched two new telephone-based support groups in May to help Alzheimer's caregivers cope with the challenges caused by the coronavirus pandemic:

Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19 – Wednesdays, 3:30 – 4:30 p.m.

Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors – Fridays, 3:30 – 4:30 p.m.

Please register by calling the AFA helpline at 866-232-8484 to speak with a social worker.

Caregivers Support Group Virtual Meeting

To join the Caregivers Support Group virtual meeting, please contact Ann Craynon at ann@acElderCareSolutions.com and request to be added to the Zoom meeting.

Book Club

For now, monthly book club meetings will be held via conference call on the third Thursday of each month at 2 p.m. The list for upcoming meetings is:

August 20 – *The Paris Wife* by Paula McLain

September 17 – *The Mysterious Affair at Styles* by Agatha Christie

October 15 – *Someone Knows My Name* by Lawrence Hill

To join the meeting, call 720-740-9808 and use code 5735944#. Please try to call about 15 minutes before start time. If you have any difficulties connecting, feel free to email pjonnie@aol.com.



Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716
301-809-2300
www.cityofbowie.org/seniorcenter

Accredited by 
National Institute of
Senior Centers

Mission Statement

The mission of the Bowie Senior Center is to serve, support, and enhance the lives of individuals 55 years and older by providing programs and services which promote active, independent, and healthy lifestyles.

Attention: Temporary Bowie Senior Center Mailing Address

If you are mailing any correspondence to the Center while it is closed, please send it to **Bowie Senior Center, 15901 Excalibur Road, Bowie, MD 20716.**

Staff

Senior Services Manager Laurel Raymond	301-809-2326	Receptionists Monica Leonard Belinda Press	301-809-2300
Assistant Manager Colleen Cofod	301-809-2325	Maintenance Ray Esguerra Ryan Graham	
Wellness Coordinator Mark Shields		Transportation Sue O'Toole	
Information & Referral Specialist Gloria Gaddy		Bus Drivers Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Hank Lloyd, Carlton Oden, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
Program Assistants Michaeline Gandolph Trish McCants Sharon Wanzer			

Advisory Board

The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. We encourage you to get to know the board members—Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

Information for Bowie Seniors

Senior Nutrition Program – You may be eligible to receive seven frozen meal packs delivered to your home weekly. Call Prince George’s County Department of Aging at 301-265-8475.

Bowie Food Pantry – The pantry provides food to needy residents of Bowie. Eligible new clients must show ID with proof of a current Prince George’s County address. Please call 301-262-6765 or check the website at www.bowiefoodpantry.org for more information.

Neighbors Helping Neighbors – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries and prescription pickups. For information, visit the city of Bowie website at www.cityofbowie/nhn or call Lori Cunningham at 240-544-5601.

Prince George’s County Aging and Disabilities Services

Information and Assistance – 301-265-8450
Home-delivered Meals – 301-265-8475