

September 2020



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

National Senior Center Month **Senior Centers: Delivering Vital Connections**

This year's theme was chosen by the National Institute of Senior Centers to highlight the many ways senior centers deliver vital connections to support older adults aging well. While the delivery methods have changed during the pandemic, the Center has continued to provide knowledge, programming, and resources in a variety of ways with a focus on caring for the mind, body, spirit, and community. We are partnering in different ways that connect us as a community. Virtual classes and programs have become the “new norm” and allow us to remain connected even though we are physically separated. We look forward to celebrating our seniors all month long.

Chorale Cabaret

The chorale has been keeping busy and staying in touch. They have had several Zoom meetups and have been working hard to create some entertainment for everyone. Look for further information in future newsletters and on the Center's website at www.cityofbowie.org/seniorcenter.

Seeking “Express Learning” Presenters

A variety of short programs are being offered in virtual format to help us stay connected. Consider sharing a 10- to 20-minute presentation on any interesting topic. It could be about a hobby, memorable trip, life story, talent, or other interesting topic. Safe options for video recording can be provided or the presenter can record themselves and send it to us. If you are interested, please contact the staff at 301-809-2300. This will be a fun way to share and learn something new. Keep checking the Center's website at www.cityofbowie.org/seniorcenter and Facebook for upcoming short programs, entertainment, and live streaming events.



2020 Census

Deadline for completing the census is September 30. Citizens are able to complete the census online at www.my2020census.gov or call 844-330-2020. If you have not done so, now is the time!

Vote

Don't forget to vote! Early voting begins on Monday, October 26, and ends on Monday, November 2, (7 a.m. – 8 p.m. each day). As the election process is much different this year, please stay informed through the internet and news outlets.

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.

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 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.

Pain and Movement Screening Returns Virtually

Tuesday, September 22, 10 a.m. – 2 p.m.

CAM Physical Therapy and Wellness Services is offering Center members virtual injury screenings. Members will have the opportunity to meet with Dr. Martinez for a free 15-minute telehealth screening. During the screening, he will be available to discuss any issues regarding balance, pain, or discomfort you may be experiencing. CAM Physical Therapy will point out individual issues and discuss available treatment options.

Time slots are available in 20-minute increments. To sign up, email the Center's wellness coordinator, Mark Shields, at mshields@cityofbowie.org.

Steps to Take to Minimize the Risk of Falls

According to NIH, scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting. Foot problems that cause pain and unsafe footwear, such as backless shoes or high heels, can also increase the risk of falling. Some medications can also increase the risk of falling because they cause side effects, such as dizziness or confusion. The more medications you take, the more likely you are to fall.



Here are some steps you can take to reduce your risk of falling:

- Install handrails in the bathroom/shower. Be sure handrails around stairs are secure.
- Watch your step while walking. Be especially careful when wearing a mask as it may block some of your vision.
- Be sure that rugs and carpets do not present a tripping hazard. Avoid throw rugs.
- Wear proper footwear depending upon conditions.
- Ensure adequate lighting inside and outside the home. Put nightlights in the bathroom and access to it.
- Be mindful and slow down. When you are in a rush, you are more likely to attempt shortcuts that could lead to falling.
- Begin or continue exercising. Something as simple as an exercise bike to something a little more challenging such as Tai Chi or resistance training can be immensely beneficial. If you need some exercise tips, email the Center's wellness coordinator at mshields@cityofbowie.org.
- Use an assistive device (such as a cane or walker) if one is recommended.

	Red Cross Community Blood Drive
	Saturday, September 5, 8:30 a.m. – 1:30 p.m. Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment. (Location: Bowie Senior Center. Center open for blood drive only.)

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, September 28, 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. Upcoming meetings are:

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

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

November 19 – *The Impeachment of Abraham Lincoln* by Stephen L. Carter

December 17 – *The Measure of a Man* by Sidney Poitier

To join the meeting, call 720-740-9808 (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 address 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