

January 2021



All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

2021 Is Here!

Many of us remember our annual “Noon Year’s Party” last year. It was a festive occasion, and we were so excited for the coming new year. Then the pandemic hit, impacting all of our lives. After 43 years of continued senior service in Bowie, the state mandated that senior center facilities be closed due to high health risks for seniors. Just like that, our focus had to change from providing classes, activities, programs, events, and services to a new option of virtual programs and drive-up or home-delivery services. Our essential home-delivered meal program, in partnership with the county Department of Aging, has expanded as our bus drivers continue to deliver meals as well as food pantry items throughout the community. Through the kindness of some very talented and generous volunteers, free fabric face coverings are being provided to seniors. The city’s Neighbors Helping Neighbors volunteer program is providing prescription pickup and grocery shopping services. Events have been held in the parking lot for drive-up Grab-N-Go meals, flu shot clinics, and activity packet giveaways (see page 2).



Through our strong partnership with Prince George’s Community College, our SAGE continuing education program is now successfully offering over 100 different online classes per week. Our informative newsletter is available each month. We have been making and receiving phone calls in an effort to stay connected with our 3,000 members. Many of you have shared uplifting stories about how club, group, and class members have found creative ways to stay in touch and look out for one another. The friendships that have been developed over the years are keeping us connected and encouraged during these challenging and difficult times.

We eagerly, but patiently, await the day when we can gather with one another. Until then, take advantage of our services, and please contact us with any needs, suggestions, or just to say “Hi!” Stay well and stay in touch.

Spring 2021 SAGE Classes

Registration begins January 8 via Owl Link – Online classes begin the week of February 8

Are you looking for empowering ways to increase your knowledge, keep physically active, and engage socially? Then, this outstanding variety of classes is for you. The Center is fortunate to partner with the Prince George’s Community College SAGE (Seasoned Adults Growing Educationally) program in offering over 100 SAGE online classes each week. Classes range from language to history, writing to literature, music to art, exercise to dance, and much more. Spring classes run February 8 through May 28. Since there are no in-person classes, enjoy learning from the comfort of home via Zoom.

Information and class descriptions are available at <https://www.pgcc.edu/ce/>. Scroll down to see the SAGE schedule. Registration must be completed online via the Owl Link. Maryland residents 60 or older may register for as many nonconflicting courses as desired and pay one \$85 registration fee per semester plus any additional class supplies.

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

Computer Club Meetings and Help

Until further notice, the Bowie Seniors Computer Club is meeting via Zoom. The club meets at 12:30 p.m. on the first and third Thursdays of each month. The next meetings will be on January 7 and 21. Many subjects of general interest are discussed and, occasionally, a special presenter is scheduled. Attendees may also raise issues regarding individual computer problems. If you wish to be added to the invitation list, please contact Dave Hackenberg at dahackenberg@verizon.net. Instructions for logging in to the meetings will be included in the meeting announcements.

Cybersecurity Video

Dennis Evans, a member of the Bowie Seniors Computer Club, has posted a narrated PowerPoint video on YouTube regarding internet security. It includes many helpful hints on how to spot and avoid scams and dangerous links. Please log on to <https://youtu.be/uVMZbN1pGqQ> to view the video.



Drive-Up Activity Packets

Start the new year by staying busy with an activity packet. Keep your brain engaged and your spirit joyful with puzzles, activities, recipes, and more. Call the Center at 301-809-2300 if you would like to pick up a packet on January 6, 10 a.m. – noon. This is a monthly drive-up event and staff will be outside to share a friendly wave. Let's stay connected.

Zumba Gold Goes Virtual

Mondays starting January 4, 1:30 p.m.

Join in on Zumba Gold fun with instructor Crystal Sylvester who has taught at the Center. She is offering this virtual option for those looking to enjoy some dance moves which will improve mental and physical well-being. If you are interested, send Crystal an email at crystalszumbaparty@gmail.com. The fee for the 10-class course is \$24. A minimum of 10 participants is required to have the class.

Estate Planning 101 Virtual Presentation

Tuesday, January 12, 10 – 11 a.m.

Proper estate planning is important for everyone. Maria Worthington McKenna will address the basics of the planning process. Wills versus trusts, financial powers of attorney, health care directives, and tax points should all be considered. The presentation promises to provide details which will help you to properly develop a plan.

Please contact Micah Shockney at 410-268-6600 or at mds@councilbaradel.com to request an invitation to the Zoom meeting. Materials can be emailed prior to the presentation.

Indoor Walking

Walking in the City of Bowie Gymnasium is an opportunity to exercise in a safe and climate-controlled environment. The gym is open Monday through Friday, noon – 7:30 p.m. Members are encouraged to call ahead at 301-809-2388 to reserve a time slot although it is not required. Please note that the gym may be in use for other activities during walking sessions. Masks and social distancing rules apply.



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|  | <p>Red Cross Community Blood Drive</p> <p>Saturdays, January 9 and February 13, 8:30 a.m. – 12:30 p.m.</p> <p>Please call 1-800-733-2767 or visit redcrossblood.org to make an appointment.</p> <p>(Location: Bowie Senior Center. Center open for blood drive only.)</p> |
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Support Groups

Parkinson's Support Group Virtual Meeting

Monday, January 25, 10 – 11:30 a.m.

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

Caregiver Support Group Virtual Meeting

Every fourth Thursday, 6 p.m.

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

Grief Support Group Virtual Workshop

Thursdays, February 18 – March 25, 2 p.m.

This six-week workshop offers emotional support and practical advice for widowed persons as well as those who have lost a family member or friend. For more information and to register for the Zoom sessions, please contact Heike Nyland at heikenylnd@msn.com or call the Center at 301-809-2300. Sessions are sponsored by the Patuxent Widowed Persons Service.

Pain and Movement Virtual Screening

Thursday, January 21, 10 a.m. – noon

CAM Physical Therapy and Wellness Services is offering Center members virtual screenings. Members will have the opportunity to meet online 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. Dr. Martinez 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.

Longevity and Quality of Life

In 2020, *60 Minutes* ran a follow-up show to an episode from 2014 about a study of seniors living in a retirement community and how their habits and daily activities affected their well-being and quality of life. The study tracked participants over a period of several decades. Since the original study, follow-up interviews were conducted with as many original participants who could be contacted (all over 90 by this time) to determine how their health and quality of life had changed since the beginning of the study. Some of the findings were not that surprising. A few were:

- Exercising 15 minutes a day is beneficial but up to 45 minutes provided the best results. It does not have to be all at once and other activities such as gardening count as well.
- Consuming alcohol in moderation – one or two drinks per day – is OK but not necessarily beneficial. The study did not prove that drinking affected longevity, but it was a trend. If you currently do not drink, you should not begin unless you consult your doctor.
- Consuming caffeine in moderation was beneficial with one to three cups of coffee per day being part of an overall healthy lifestyle. Similar to alcohol, there may be reasons your doctor may advise against it.
- Carrying a few extra pounds of body fat provides a reserve in times of illness and may act as a cushion in the event of a fall.
- Engaging socially is the most overlooked aspect of living longer. Humans are social beings so it makes sense that having strong social ties keeps us healthy.
- Maintaining an optimistic and positive attitude is beneficial.
- Do not smoke.

The first video is at <https://www.youtube.com/watch?v=wqKfL3z5yM4> followed by <https://www.cbsnews.com/news/long-life-retirement-community-60-minutes-2020-11-22/>.



Bowie Senior Center

14900 Health Center Dr., Bowie, Maryland 20716
301-809-2300
www.cityofbowie.org/seniorcenter
Mailing address:
15901 Excalibur Road, Bowie, MD 20716

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.

Staff

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| 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 Andre Walton | |
| 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 weekly to your home. Please call the 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 identification 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.

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.

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

Transportation Options – There are numerous transportation options for seniors. They are Metro Access, Uber, Lyft, and Prince George’s County Call-A-Bus. Please refer to the October newsletter or call the Center at 301-809-2300 for more information about these services.

Prince George’s County Aging and Disabilities Services

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