



Connections

SPRING 2019

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Cecil County Department of Community Services

200 Chesapeake Blvd.
Suite 2550
Elkton,-- MD 21921
Open Monday-Friday
8:00 a.m. to 4:30 p.m.

410-996-5295

<http://www.ccgov.org/government/community-services>

From the Director, David Trolio...

Cecil Transit is nearing completion of its five-year Transit Development Plan (TDP). A TDP serves as a guide for public transportation improvements in a community for the short-range future. The Maryland Transit Administration (MTA) requires all locally operated transit systems in Maryland to conduct a TDP every five years. TDP’s serve as the groundwork in preparing each system’s annual grant applications for transit funding. The planning process for this TDP was guided by Cecil Transit, members of a Transportation Advisory Committee and the MTA. The TDP will include a history and current state of the transit system, the identification of transportation needs and issues, the development of organizational and service alternatives and a full plan to guide improvements over the five-year planning horizon. Upon completion, a final report will be issued illustrating all recommended changes and future plans.

Cecil Transit

National Dump the Pump Day

Cecil Transit will participate in National Dump the Pump Day on June 20, 2019.

This is an initiative that promotes the use of public transportation across America. Cecil Transit will provide free fixed route transportation (excluding deviations) on June 20th and will hand out giveaways to riders. Additionally we will administer surveys to measure passenger satisfaction and safety. Turn one in to be



entered to win one of five gift cards from a local business!

The Dump the Pump event began in June 2006 in response to ever-increasing fuel costs, with the goal of showing people how public transportation can be convenient while saving money. According to reports from the American Public Transportation Association (APTA), Maryland residents in a two-person household could see savings of \$869 a month or \$10,430 over the course of a year by downsizing to one or fewer cars while using public transportation. Parking alone can cause significant fees with some types of travel. Switching to public transportation can save those regularly paying for unreserved

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parking up to \$1,995 per year. The benefit of public transit can reach further, helping communities to grow and thrive.



Through the stimulation of local businesses, public transportation returns \$4 for every \$1 spent.

Please join Cecil Transit **June 20, 2019** for Dump the Pump Day!



Cecil County Animal Services

The Cecil County Animal Services (CCAS) Animal Welfare Division worked closely with the Cecil County Sheriff's Office

to seize a total of 34 cats, 26 dogs, 2 turtles and 1 raccoon found living in neglectful conditions from Eden Rehab and Rescue. This was following an initial investigation that began January 5, 2019 after a report was received alleging animals in the care of the rescue were not being fed or cared for properly.

All animals were rescued and taken to CCAS where they are actively receiving appropriate care including medical, behavioral, and enrichment therapy.

"It is our duty to speak up for those who cannot speak for themselves. These animals were in grave need of care. We are anxious to rehabilitate these innocent victims and are committed to protecting them from any future suffering at the hands of a rescue organization that failed them," expressed Abigail Lightning-Bingham, CCAS Director and Chief.

For now, CCAS is imploring the community to help these animals with their significant cost of medical care by making a donation. Donations will go toward what is expected to be a long period of care and rehabilitation for the remaining 30 animals currently in their custody.

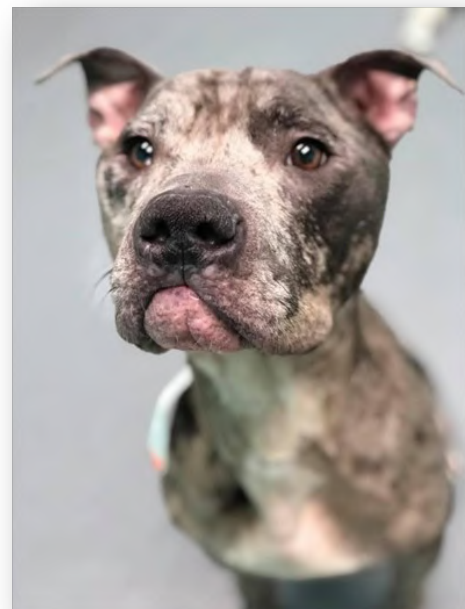
If you would like to assist in the care and rehabilitation of these animals, please consider making a donation to the shelter's foundation

At <https://www.firstgiving.com/Npo/413206/Donation/?designId=121757>

Checks can be made out to the Cecil County Community Services Foundation and mailed to 3280 Augustine Herman Hwy, Chesapeake City, Maryland 21915.

Additionally, the following items may be dropped off at the shelter:

- Pedigree Dry Dog Food
- Pedigree Canned Dog Food
- Purina Cat Chow
- Canned cat food (any variety)
- Purina Busy Bones
- Fleece Blankets
- Canned Pumpkin
- Kongs and Nylabones



Apollo



NATIONAL VOLUNTEER WEEK

Celebrate Service

April 15-21, 2018 | Powered by Points of Light

National Volunteer Week – Thank You, Volunteers!

By Krista Gilmore, Volunteer and Community Resource Coordinator



Ilene and Bobby Young with
Sheila Murphy, Chief of Community Wellness Division
(Photograph by Harvey Walls)

Ten years ago I had the pleasure of meeting Bobby and Ilene Young at the 55+ Healthy Lifestyle Expo. Although we had a phone conversation before the Expo (to talk about volunteering, of course), we never actually met until August 2009. Have you ever met someone you just instantly connected with? Well, that's the way it was for us! The Young's started periodically serving as our go-to volunteers for preparing mailings and other materials. When Heike Button became the DCS Health & Wellness Coordinator, she started to tap into the Young Volunteer Gold Mine – and over the past three years, both of them have faithfully served to assemble DCS marketing materials for distribution for residents, outreach events, and presentations. We asked Bobby and Ilene why they volunteer: "We like to be busy and we just want to help people." Bobby added, "This isn't the only place we volunteer where we get coffee but it is the only place

they bought a coffee pot for us!" The Young's volunteer with pride, kindness, humility and a little humor ... DCS is fortunate to have many volunteers like Bobby and Ilene who give of their time and talents to make our community better. Many thanks to all DCS volunteers, including Bobby and Ilene!

Save the Date!



Saturday, October 5, 2019

Cecil Cares 2019

A C O U N T Y W I D E D A Y O F S E R V I C E

For more information, email kgilmore@ccgov.org.

Caregiver Corner



A family caregiver can be defined as an unpaid relative or friend providing help to someone who is aging and/or has disabilities. Specifically help with their activities of daily living. Many people providing this care to a loved one do not label themselves as a “caregiver.” Ask yourself, do you take care of household chores, prepare meals or help pay bills for someone who cannot do these things alone? Do you assist someone in need with managing medications, making doctor’s appointments, bathing, dressing, or transportation? If you answered yes to any of these, then you could very well be a family caregiver, and you are not alone!

The Aging and Disability Services Division is proud to offer the National Family Caregiver Support Program. The NFCSP is able to offer a person-centered approach to supporting our community’s caregivers. NFCSP services include caregiver resource coordination and connection to supportive services such as support groups, education, training and individualized caregiver counseling. Limited funds are also available to provide respite care and supplemental services to temporarily relieve caregivers of their responsibilities, and to help complement the care they provide. Who is eligible? If you are a family caregiver who is 18 years or older and are caring for someone who is 60+ or who has Alzheimer’s Disease and/or a related condition, you could be eligible for services!

For more information on the National Family Caregiver Support Program, please call the Aging and Disability Resource Center at **410-996-5295**.

More Caregiver Resources:

The Cecil County Caregiver Assistance Association for Resources and Education (CAARE) is a committee comprised of local professional community agencies whose purpose is to connect caregivers with the education and support they need to succeed. Please visit the CAARE Committee’s New Facebook Page at www.Facebook.com/CecilCAARE for more information about CAARE’s community efforts and about this year’s Annual Caregiver Conference!

Cecil County Housing Hosts Homebuyer Education Seminar

Spring has sprung, the birds are back, flowers are in bloom and [homebuyers are coming out of hibernation](#). It’s the time of year that’s typically considered a hot period for the housing market.

According to HOUSINGWIRE “the four heaviest home-selling months are May, June, July and August which account for 40% of an average year’s total home-selling volume”.

Consider attending a Homebuyer Educational seminar hosted by The



Cecil County Housing Agency offered the 3rd Tuesday of the month at the Cecil County Administration Building from 6pm to 9pm. The Seminar is FREE but you need to sign up ahead of time. Whether you are a first time homebuyer, new to Maryland or just need a refresher, the seminar topics include: Obtaining a Mortgage, Shopping for a home, the Residential Contract of Sale, Settlements, Home Inspections and Predatory Lending.

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Why attend a Homebuyer Education seminar hosted by Cecil County Housing and not from a Real Estate Agency or a Lender? Most importantly because Cecil County Housing is a HUD approved Housing Counseling Agency and focuses on providing information and not selling anything, and some mortgage lenders who require the classes want a certificate from a HUD-approved agency.

Do you have student loan debt that



may be preventing you from purchasing a home? The Maryland Dept of Housing and Community Development recently made changes to the SmartBuy program that could help. The program works by paying off student debt during the purchase of your home through special Maryland Mortgage Program financing.

For information call:

410-996-8216

The Elkton Center...

Where in the world is it? What is it? The Elkton Center is a community activity center for adults age 60+ located on the first floor of the County Administration Building. It's open Monday through Friday and offers a wide variety of programs, events, trips and activities for active, independent adults. For instance, if you would like to learn the lost art of caning, join our Caning Club as they restore beautiful pieces of furniture to their former glory. How about your inner artist? Every Friday our Brush to Canvas group meets to create new masterpieces in a relaxed setting. Love to bowl?



Our Wii bowling team, the Cecil County Strikers and Cecil County Pride were conference champs last season and always welcome new members! Whether it's a trip to Longwood Gardens or Shady Maple, or a Halloween Costume Dance or even a friendly game of horseshoes, the Elkton Center is a great place to make new friends and stay active. Stop by and take advantage of the fun that's just waiting to happen!

For more information call **410-996-8181** or check us out on www.cecildcs.org.



"The Elkton Center... a cup of friendship served daily."



**Located at the rear of the
County Administration Bldg.**

200 Chesapeake Blvd

Elkton, MD 21921

410-996-5295

Open Monday–Friday

9:30 am – 3:30 pm

Community Wellness Team Shines

By Teresa Gordon, Elkton Center and Data Manager

In November 2018, my grandson Michael, was diagnosed with Retinoblastoma*. It is a rare, aggressive eye cancer. Michael was three years old at the time. During all of our panic and trips to Willis Eye Hospital and Jefferson Hospital in Philadelphia for chemotherapy, my team has covered parties, trips and other events and programs in my absence. They have supported me in more ways than anyone can imagine. For one of our events two staff members attended a training, another team member lined up volunteers to help and ease my worry. This, in my opinion, shows the highest levels of inside customer service for our clients and our team. I can never thank them enough for all the jobs they do, or the way they continually go above and beyond to help fellow staff members and clients on a consistent basis. So, if you ever want to meet a great bunch of people, stop at the Elkton Center and check us out. We are here to help you and support each other as well. The entire staff in Community Wellness has been there for this journey and everyone's care and concern has been overwhelming.

Michael is finished with chemo, though he will be blind in one eye. He now wears special glasses to protect his good eye. He recently turned four, and has handled this like a champ. Once again, a huge heartfelt thank you to my team, and Division.

* Retinoblastoma occurs when nerve cells in the retina develop genetic mutations. These mutations cause the cells to continue growing and multiplying when healthy cells would die. This accumulating mass of cells forms a tumor. Retinoblastoma cells can invade further into the eye and nearby structures. Retinoblastoma can also spread (metastasize) to other areas of the body, including the brain and spine. -Mayoclinic.org-



Elkton Center Events

May 9, 2019	Mother's Day Luncheon	\$5.00 per person Registration Deadline April 27, 2019
May 16, 2019	Elvis Live!	\$5.00 per person Registration Deadline May 1, 2019
May 23, 2019	Applebee's	\$2.00 per person Registration Deadline May 8, 2019
June 13, 2019	Council Picnic	\$3.00 per person Registration Deadline May 29, 2019
June 20, 2019	<i>Lovin the Standards</i> Performed by Tony Elia	\$5.00 per person Registration Deadline June 5, 2019



All events are subject to change.

The Healthy Lifestyles Fitness Center

The Healthy Lifestyles Fitness Center is *the* fitness solution for adults 55+ in Cecil County! It is the first of its kind in Cecil County and has successfully grown since it first opened its doors in 2004.

Certified Personal Trainers create individualized workout programs in a non-threatening environment where the focus is on exercising safely at your own pace. In addition, we offer the Life Beyond Cancer Fitness Program for Cecil

County residents who are currently in the cancer recovery process.

Are you struggling to manage a life with arthritis? Register for Tai Chi for Arthritis. It is led by a certified instructor and is an excellent way to increase strength and relieve movement pain. Moving Well is an 8 week class that meets once a week and focuses on functional movement.



Healthy Lifestyles Fitness Center

200 Chesapeake Blvd.
Elkton, MD 21921

Monday through Friday
7:30 a.m. - 6:30 p.m.

Phone: **410-620-3101**

Carpe Diem - Seize the Day

By Ed Wentzell-Certified Personal Trainer, HLFC

Who better than a Roman Emperor to teach us about seizing the day. The reign of Marcus Aurelius (161-180 A.D.) is noted as being of good domestic administration. However there were serious threats to the empire from the Parthian's to the east, and the Germans to the north. Marcus is sometimes known as the Philosopher Emperor because at some point in his reign he started writing notes to himself on how to best live life. Since his time those notes have been cobbled together into a book known as the Meditations. This body of work is richly filled with many thought provoking quotes, one of which I'd like to share with you.



“Let your every action, word, and thought be those of one who could depart from life at any moment.”

This quote is definitely in the spirit of Carpe Diem. Understandably no one, myself included will be pure in all our actions, words, or thoughts at every moment but we can strive to be better. Personally, I keep this quote on my refrigerator as a daily reminder that time waits for no one which is why I believe Marcus wrote his inner most thoughts down as a reminder to himself as well. So get out there and live, laugh, love, have fun, and seize the day.

Strength Exercises for Seniors

Chair Exercising Benefits

Chair squats strengthen muscles in the hips, quadriceps and hamstrings. Sitting in a chair, start by slowly rising from the chair to a standing position.

Pause and lower the body until you're in a sitting position. Repeat nine more times. As an alternative to this exercise, start in a standing position behind the chair. Hold the chair for support. Slowly lower your body as far as

possible. Hold up to two seconds. Then slowly rise to standing position. Do 10 repetitions. When you get stronger, you can perform extra sets.

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Sitting with a Bonus

Sitting knee extensions strengthen the muscles in the quadriceps. As a bonus, this exercise also helps your knees and reduces arthritis symptoms, notes the Centers for Disease Control and Prevention. You will need ankle weights or something like a bag of peas that can drape over your ankle. Begin by sitting in a chair. Flex your feet. Then slowly lift your leg until your knee is in a straight line. Hold this position for two seconds. Then slowly lower your foot to the floor. Repeat 10 times then switch legs.



Give Yourself a Raise

Side leg raises help your butt, hips and thighs. Start behind a

chair. While standing with your feet slightly apart, lift one leg slowly to the side. Lift as high as you can without altering your balance. Pause. Slowly lower your leg to its original position. Repeat 10 to 15 times, and then switch to the other leg. Make sure that you keep your back straight and your standing leg is slightly bent. To make this exercise a bit harder, wear ankle weights.



Praise the Calf Raise

Calf raises not only strengthen your calves but also your ankles, making walking an easier task, according to the CDC. Standing next to a sturdy chair, lift your body with the balls of your feet. Hold for at least two counts, and slowly lower your body to the

floor. Perform 10 repetitions and rest. To increase intensity, use ankle weights or perform the exercise on a step. Make sure that there is a handrail or a chair available in case you lose balance.



Considerations

Before starting any exercise routine, get medical clearance from your physician or health care provider. The American Academy of Family Physicians suggests strength training two days per week. If you feel any pain during or after exercising, discontinue your routine and rest. Consult with a health care provider if the pain intensifies.

Source: livehealthy.chron.com

Cecil County Public Library Events

Capturing a Moment in Time

Elkton Central Library

Monday, April 22 at 6:30 p.m.

The Cecil County Arts Council will provide instruction and helpful tips for taking great photographs and portraits.



Chesapeake City History: Allaire du Pont

Chesapeake City Branch Library

Monday, April 29 at 6:30 PM

Learn how this local legend initiated a movement to preserve and rebuild Chesapeake City. Presented by Allaire's family and friends.

Dining with Diabetes

Following a Healthy Meal Plan is an Important Step in Managing Diabetes

The Dining with Diabetes Program is a four week program that meets once per week and teaches how to choose and prepare meals that contain less sugar, salt and fat, but still taste good.

This program is for anyone who is at-risk or currently has diabetes, caregivers of people with diabetes, or anyone interested in learning more about the disease.

Dates: Tuesdays May 7, 14, 21, 28
Time: 6:00 p.m.—8:00 p.m.
Location: 25 YMCA Blvd., Elkton, MD 21921
 or
Dates: Tuesdays, June 25, July 2, 9, 16, 2019
Time: 1:30 p.m.– 3:30 p.m.
Location: Cecil County Administration Building
 (Elkton Senior Center)



Space is limited to 15 people, so pre-registering is strongly suggested. To register, call the Cecil County Extension Office, **410-996-5280** or email dwitkow1@umd.edu

UNIVERSITY OF
 MARYLAND
 EXTENSION



FAMILY &
 CONSUMER
 SCIENCES

FREE TO ALL CECIL COUNTY RESIDENTS
 \$40 FOR NON-CECIL COUNTY RESIDENTS



Stop Diabetes

According to the American Diabetes Association, 1 in 3 Americans are at risk for Type 2 Diabetes. Many may already have diabetes or pre-diabetes and not realize it. March 26, 2019 is Diabetes Alert Day. This day is set aside to help raise awareness for pre-diabetes and type 2 diabetes. To assess your risk, visit the ADA's Risk Assessment test <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>.

Or talk with your doctor to determine your risk factors.

If you find yourself at risk take these steps to reduce your risk: Cut back on carbohydrates like starches and sugars. Do NOT cut them out of your diet, they have a lot of good nutrients, but too much can raise your blood sugar!!

Exercise!! Exercise is the number 1 way to reverse Pre-diabetes and reduce your risk for diabetes. Take

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a walk in the spring sunshine, dance around the living room to your favorite song, just get moving.

Lose extra holiday weight that you may have gained this year – the first 2 steps can help with this!

Union Nutrition and Diabetes Center happenings:

New classes for people with Medicare have started. Ask your doctor for a referral and then call our office to schedule

Monthly Diabetes Support Group meets the 2nd Tuesday each month 5-6 pm at Union Hospital.

March: Glucose Monitoring: What the numbers can tell you (rescheduled from February)

April: 10 Habits of Healthy People

May: TBD

Please call our office for additional information
410-620-1210.



Save the Date

August 8, 2019

8:15 a.m.—2:00 p.m.

Cecil County

55+ Healthy Lifestyle Expo

at Elkton High School!

Take part in a day planned just for you!

This daylong **55+ Healthy Lifestyle Expo** event is filled with opportunities to meet community resource representatives and vendors, and talk to them about potential home repairs, Medicare, health insurance, financial planning, wellness opportunities and much more! If you've been thinking about starting or changing a fitness/exercise program, you'll have the opportunity to try different fitness classes for seniors and learn about many more programs. Lunch is included in the \$8.00 registration fee and will be provided by Café Gelato.

Registration: Pre-registration is encouraged! Please call Cecil College (410-287-1078) with registration course number SCX100-19 or, register in person at Cecil College (Elkton Station, 107 Railroad Ave, Elkton, MD 21921) at the Healthy Lifestyles Fitness Center, or at the Elkton Center (Cecil County Administration Building, 200 Chesapeake Blvd, Elkton, MD 21921).

For information - contact

Tammy Rapposelli, Cecil College, at **443-907-1378**, email: trapposelli@cecil.edu

or Heike Button, DCS, at **410-996-8170**, email: hbutton@ccgov.org

