



# Connections

WINTER 2016/2017

VOL. 15

## IN THIS ISSUE:

From the Director.....	1
Cecil Transit.....	1/2
Your Road Map to Success.....	2
The Elkton Center.....	3
Anna Marie Love Prom 2016.....	3
Healthy Lifestyles Fitness Center .	4
Filling Up the Engine.....	5
Volunteer Corner.....	6/7
Food For Thought.....	8
Union Hosital New Radiation Oncology.....	9
SSDI 60 Year Anniversary. ....	12

### From the Director, David Trolio...

The Department of Community Services, through a broad continuum of community-based programs and initiatives, strives to provide quality, cost efficient services focused on protecting and enhancing the quality of life for children, families, older adults, persons with disabilities and Cecil County’s animal population, while cultivating partnerships to address the needs and interests of the community. As such, on a biannual basis, the Department has hosted community-wide focus group sessions in an effort to solicit input from the community regarding specific services, programs and/or initiatives that fall within the scope or purview of the Department of Community Services. Due to organizational restructuring this past summer, the focus groups had to be postponed until 2017. As such, in late spring and/or early summer of 2017, the Department will again be seeking a diverse group of participants representing all geographical regions within Cecil County to assist in formulating goals and strategies to better serve the community. Participants will engage in informal, robust group discussions and provide information, feedback and suggestions on specific topic areas identified by the Department. There is no cost and dinner will be provided. Please stay tuned for further information regarding the focus groups. If you have any interest in participating in the groups, please contact Lise Champagne at **410-996-8434** or via e-mail at [lchampagne@ccgov.org](mailto:lchampagne@ccgov.org).

## Department of Community Services

200 Chesapeake Blvd.  
Suite 2550  
Elkton, MD 21921

Open Monday-Friday  
8:00 am to 4:30 pm

**410-996-5295**

## Drivers Wanted!



Cecil Transit is currently recruiting for positions of full-time and part-time drivers which carries a sign-on bonus of \$1500 for full-time referrals (please ask HR for details 410-996-5250).

As a driver for Cecil Transit you would be responsible for driving both the Demand Response service and our Fixed Route service (Elkton-Newark

Connection;  
Perryville Connection; Mid-County Connection; and Glasgow Connection).

We require a CDL B license with a passenger endorsement and no air brake restriction to be considered.

Please apply at [www.ccgov.org](http://www.ccgov.org).  
Come join our team!

Cecil Transit welcomes two new employees to assist us in providing the best service possible to Cecil Transit customers. We have added Belinda Porter to our driver's roster and Charlene Hall as our new Office Services Specialist. They are both doing an outstanding job in assisting our customers.



## Your Road Map to Success

By Beverly Toth, Housing Counselor



Most of us go out on our own making, spending, and investing money without a plan to guide us. Your plan is your blue print for handling all aspects of your money. Elements of a good financial plan include setting goals, analyzing information, creating a plan, implementing that plan and monitoring and modifying the plan. Goals are like the wheels on a car, they keep you moving in the direction you want to go and you won't get very far without them. If you don't have financial goals, why not start today?

What is a goal? A goal is something you aim for—a destination. Most people are so caught up with everyday life, they never stop to think about the future. Today, take the time. Close your eyes and think about what you want out of life. When you open your eyes, write down four things:

- what you want in three months,
- what you want within a year,
- what you want in five years,
- and what you want many years from now.

Many of the things you want don't come free; you have to figure a way to pay for them. Budgeting helps you achieve your long term goals.

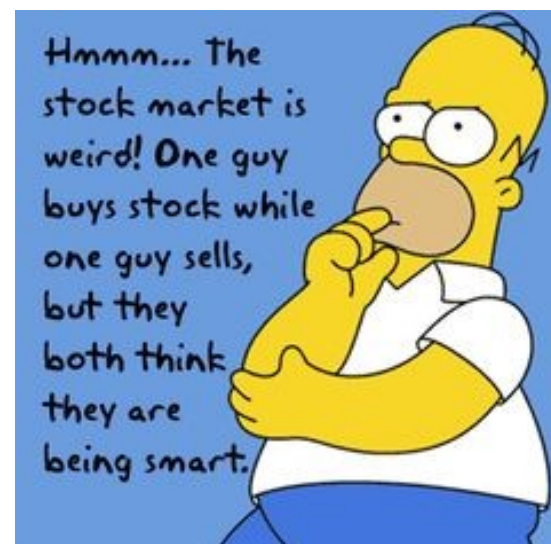
Can you turn your dreams into reality? You are in control of your future. You decide if it is important and then start taking baby steps towards achieving

your dreams.

To set financial goals, you will need to know three things:

1. how much the goal costs,
2. when you want to reach the goal, and
3. how much money you need to save every week (or month) to reach the goal?

Your goals should be SMART which stands for specific, measurable, attainable, realistic, and time bound. Make sure you prioritize your goals. Which ones are the most important to you? Work toward achieving these goals first. Remember - financial goals will change as your life changes.



## The Elkton Center

The Elkton Center is a community center for active adults age 60+ located at the rear of the County Administration Building. It's open Monday through Friday and offers a wide variety of programs, events, trips and health promotion 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. Remember your pool-shooting days? Relive them with the other pool sharks at the Elkton Center.

How about your inner artist? Every Friday our Canvas Corner group meets to create new masterpieces in a relaxed setting. The Elkton Center is a great place to make new friends. Stop by and take advantage of the fun! For more information call **410.996.8181** or check us out on [www.cecildcs.org](http://www.cecildcs.org).



*"The Elkton Center...  
A cup of friendship served daily."*

### Elkton Center Inclement Weather Policy

(For information: WXCX Radio Station – 103.7 FM or [www.ccgov.org](http://www.ccgov.org))

#### **If Cecil County Public Schools Two Hours Late:**

**CENTER CLOSED** – Staff reports to work

Home Delivered Meals available

#### **If Cecil County Public Schools Closed:**

**CENTER CLOSED** – Staff reports to work

No Home Delivered Meals

Either way - **No transportation to Centers**



The annual "Friends of the Anna Marie Love" Prom was a great success. This event took place on November 19, 2016 and the theme was "Island Getaway."

We would like to take this chance to thank everyone who helped make this event possible, with a special thank you to all our sponsors! The following businesses generously donated door prizes: Chili's, Dominic's Pizza, Olive Garden, Ruby Tuesdays, Thomas C. Jones, and CPA.

Thank you also to our honored veterans and attendees — we hope you all had a wonderful time!



## Healthy Lifestyles Fitness Center

Welcome to the most innovative fitness facility for adults 55 and above in Cecil County!

We offer Certified Personal Trainers, individualized workout programs, Keiser exercise equipment and a non-threatening environment where the focus is on exercising safely at your own pace. In addition to a general fitness program, we also 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? Call for our **Tai Chi for Arthritis Program** at the Elkton

Center. It is led by a certified instructor and is an excellent way to build strength and stay active.

Our **Moving Well** class is an 8-week program offered several times throughout the year. An initial screening will show your baseline movement patterns. Correcting exercises will be applied over the course of the class.

Please contact the Healthy Lifestyles Fitness Center for more information.

The Healthy Lifestyles Fitness Center is located on the 2nd Floor of the Administration Building  
200 Chesapeake Blvd.  
Suite 2500

Elkton, MD 21921

Open Monday through Friday

7:30 am to 6:30 pm

Phone: 410.620.3101



### Healthy Lifestyles Fitness Center Inclement Weather Policy



If the weather is bad and Cecil County employees can use **Liberal Leave**, the Fitness Center will be **closed**.

For updates tune in to **WXCY-FM 103.7** or visit [www.ccgov.org](http://www.ccgov.org) or call **410.620.3101** and listen to the updated recording.

### A special Thank You!

**Be Santa for a Senior** is organized in partnership with Home Instead. Members from the Healthy Lifestyles Fitness Center and from Cecil County Government provide and wrap gifts for our seniors in Cecil County. Home Instead delivers all presents personally with a smile.

Thank you to our donors for your generous gifts and time!



## Filling Up the Engine

### How to Improve Your Energy Level

By Justin Casteel, ACTION-CPT



Do you sometimes feel like you're running on empty? You're not alone! A lot of people claim that they just don't have that "pep" in their step. Fatigue is almost an epidemic in a world that seems like it is going faster and faster. The temptation is to go get something to feel better - a drink, a supplement, or even a coffee.

Energy drinks and similar products can work in the short-term but there are some serious drawbacks to these options. Some may raise your heart rate or blood pressure, some are full of sugar or chemical sugar substitutes, and many cause a "crash" that comes afterwards. The good news is that there are some very effective strategies to combat fatigue that you can do, on your own to help you feel refreshed and awake.

Picture this: you've been busy all day, and suddenly - out of nowhere you get the mid-afternoon slump. It is that time of day where you just drag and feel like you want to sit down and take a nap! But instead of a coffee, why not try a deep breathing exercise?

A breathing exercise? Yes - simply pausing for a few moments and inhaling (until you feel a slight "stretch" in your rib

cage), then exhaling (until you feel a slight "squeeze" in your abdomen) can really make you feel more awake! Often, we're not breathing deeply or effectively when we're working or concentrating. Taking a deep breath can make you feel better almost immediately. This exercise can be performed for about 10 breaths, but if you start to feel light-headed - stop until the feeling passes.

Another good energy-booster is a tense-and-release exercise. Getting the muscles working can help improve circulation and make you feel like you've gotten some kinks out. A simple exercise to start with is to try to tense the whole body at once - feet, legs, abdomen, glutes, hands and chest. Tensing three to five times can have an immediately invigorating effect. Be aware when doing tense-and-release exercises: don't tense too hard or hold your breath while tensing the muscles.

Lastly, doing a relaxation technique such as Imaginary Progressive Relaxation can actually improve energy levels and leave you feeling refreshed. The technique is simple, but it allows the mind to be free of stressful thoughts and the body to rid itself of unconscious tension. It can be done sitting or lying down, but you should be wearing unrestrictive,

comfortable clothing. Simply place your attention on an area of your body. "Feel" it from the inside and imagine this area relaxing completely. Use your imagination to help joints relax, muscles unclench, and the body settle along with your mental image. The whole body can be relaxed in this way in about five minutes, but take your time and don't rush! Results can be felt immediately, but practice for about 2 -3 weeks and you'll notice bigger improvements in sleep quality and feeling refreshed throughout the day.

So, if you're feeling groggy or you're dragging yourself through your day, remember that improving your energy level is available immediately, free of charge! With these three simple techniques, you can perk up wherever you are, on the fly. Just putting in a little bit of time to pay attention to how you feel and learning a new exercise can make a big difference in the long run!



## VOLUNTEER CORNER

### 2016 Senior Prom Highlights

Local volunteers coordinated the 21st Annual "Senior Prom" on Saturday November 19th for approximately 125 older adults. Attendees enjoyed an evening of food, dancing, laughter and fun! Many thanks to the Friends of Annamarie Love (formerly known as the Jaycees) and the Elkton Senior Center staff for making this memorable evening possible.



### So Long and Job Well Done!



Wilma Clay has faithfully served as a Home Delivered Meal Volunteer for 25 years...now THAT'S commitment! Wilma recently moved to Virginia with her husband and we wish them a very long, healthy and happy retirement. Who knows? Maybe Wilma will find a volunteer spot in her new home town. Thanks, Wilma, for making a big difference in the lives of county homebound seniors...and in our lives, as well. It's been a pleasure working with you!

(Photo caption: Wilma Clay, HDM Volunteer, and Linda Butler, Union Hospital employee)

### Santa Has Gray Hair

By Harvey A. Walls, Elkton Senior Center

Santa Claus is not just one person; he is a group of people that have a great big heart. So, let me use the quote "Yes, Virginia there is a Santa Claus," and he is a group of seniors with gray hair. At our last Senior Council Meeting at the

Elkton Senior Center, a motion was made to adopt a local family for Christmas. One of the things we wanted was a family with children. We would buy clothes, toys, a turkey and all the fixings for Christmas dinner. The motion

was approved by everyone who attended the meeting. Sheila Murphy, Community Wellness Division Chief, and Teresa Gordon, Elkton Center Manager, found a family with two children (4 and 8 years old) for us



to adopt. They gave us a wish list of things the children wanted and/or needed. The Elkton Senior Center staff (Linda Marshall, Kathy Berwick and Jennifer Silverman) helped us organize, collect, store and wrap the gifts. Like I have said so many times, our staff is second to none and we love them.

We had people volunteer to bring

in food items, clothes, toys and others gave money. On Saturday, December 17, Doris and Ron Stover and I went out and bought the items that were still needed to complete the wish list. With the money we had left, we purchased the family a \$200 Walmart gift card. Though we at the Senior Center know that

there is one family, we don't know who they are, that will have a very nice Christmas. As a member of the Elkton Senior Center, all I can say is that these seniors are very giving people. Cecil County Government supports the Elkton Senior Center and we love giving back to the people of our county.



## Volunteer Cecil News!



Volunteer Cecil launched its online volunteer connection system ([www.volunteercecil.org](http://www.volunteercecil.org)) in February 2015. The system now boasts 600+ registered users...now how about that?! In addition to the online system, Volunteer Cecil also offers FREE volunteer management training sessions to local agencies. Here's a sampling of upcoming training sessions:

- Volunteer Cecil System Training: Thursday, 1/19/17, 1:00 PM–3:00 PM
- Volunteer Coordinator Dinner Meeting: Tuesday, 1/24/17, 5:30 p.m. – 7:00 p.m. (Discussion/Training Topic: "Volunteer Management Challenges")
- Volunteer Coordinator Networking, Lunch & Learn: Thursday, 2/16/17, 12:30 p.m. — 3:00 p.m. (Discussion/Training Topic: "Creating Effective Volunteer Position Descriptions")
- Volunteer Coordinator Networking, Lunch & Learn: Thursday, 3/16/17, 12:30 p.m. — 3:00 p.m. (Discussion/Training Topic TBD – stay tuned!)

All training events are held in the Elkton Senior Center and registration is required. Please email [volunteercecil@ccgov.org](mailto:volunteercecil@ccgov.org) or call **410.996.8416**. Hope you can join us!



## Food for Thought....

by Fran Taccone, RDN/LDN

### Cooking Can Improve Your Life!

There are more good reasons to cook than not. Here are just some of the reasons to cook more in 2017 and some suggestions for overcoming the typical excuses for not cooking.

#### Reasons to cook:

- Control hidden sources of salt, sugar, and trans fat which increase disease risk
- Avoid food allergies/sensitivity to food ingredients such as unwanted additives, dyes, preservatives, or pesticides
- Save money
- Ensure Food safety
- Share experience with family or friends
- Become more self-reliant
- Manage portions better
- Find more enjoyment in food
- Support environmentally friendly eating habits
- Burn calories



week and use those leftovers on the other days you will likely be eating healthier, feeling better, and probably saving some money all at the same time. Cooking can often improve your eating enjoyment because it uses all of the senses. If it's difficult to cook for one person, go ahead and make those family size recipes and share with neighbors and friends.

3. "I don't like the mess." So, why are you such a messy cook anyway? With practice anyone can learn to cook without creating too much mess. Having a meal plan, using recipes that have been kitchen tested, allowing enough time to shop, preparing items hours or days in advance when possible, and cleaning up as you go are all ways to reduce kitchen chaos. Maybe you can take turns cooking and cleaning up with a friend or neighbor. Don't forget that cooking and cleaning up burns more calories than sitting around! If you don't have the energy to cook and clean up for medical reasons, including depression and other disabilities, be sure to ask for help.

4. "Food shopping is too time-consuming." It's true, grocery shopping, including comparing labels, ingredients, and prices, takes time. But what is more important than knowing first-hand what foods you will put into your own body? If you eat out a lot, think of all the time and money you spend driving to the restaurant and waiting to be served, checking out, etc. And you still don't really know what you are being served! If transportation is the problem be sure to check out stores that offer telephone and online food shopping assistance. You can even set up a standing monthly order. Time spent food shopping is an investment in your better health.

5. "I really don't know how to cook." Just like any new task or job, if you want to learn to cook you can do it. Ask a friend or family member you think is a good cook to help you learn, or take a cooking class, start a cooking club, etc. It's OK to practice and make a cooking mistake now and then. That's how you learned to ride a bike, and drive a car - remember?

***I'll see you in the kitchen more this new year!***

Are you still using one or more of these excuses for not cooking?

1. "My spouse/partner always cooks FOR me." Don't you think they would like some help or a break from cooking sometime? What happens when they aren't around to cook for you? Will you stop eating or eat whatever is quick and easy? Convenient choices usually consist of less-healthy processed and fast foods. Give yourself more credit. Everyone needs to know basic cooking skills and everyone has the capacity to learn them.

2. "I used to cook but since it's just me now, why bother?" Now let's get this straight. For years you made sure that your spouse/family had regular, healthy and tasty home cooked meals but now you don't deserve the same? Even if you prepare 1 or 2 meals a





# UNION HOSPITAL

## New Radiation Oncology

Beth Money, RN, BSN, OCN

University of Maryland and Union Hospital of Cecil County Cancer Program have teamed together to offer two exciting programs for this community.

New services offer “help, hope and healing right here at home.”

### Radiation Oncology

Dr. Heather Curry and Dr. Manuj Agarwal from the University of Maryland Radiation Oncology began offering services November 1, 2016 at the Union Hospital radiation oncology site. This benefits residents of Cecil County and surrounding areas.

Located at 152 Railroad Avenue in Elkton, the center is a result of a partnership between the University of Maryland Medical System (UMMS) and Union Hospital, and it will offer the most advanced radiation therapies close to our patients’ home communities and support networks.

Radiation oncology uses radiation to kill cancerous cells and stop cancer from spreading to healthy tissue. Nearly 60 percent of all cancer patients receive radiation therapy as part of their treatment plan.

The new center will reduce the

need for Cecil County residents to travel away from home for state-of-the-art cancer care, as well as provide direct access to many UMMS resources such as:

- Consultation with UMMS doctors
- Better access to additional cancer treatments not found elsewhere in the region, including proton therapy, external thermal therapy and selective internal radiation therapy (SIRT)
- Help with care coordination, parking and lodging during treatment at other UMMS facilities
- New opportunities to participate in National Cancer Institute radiation clinical trials
- A telemedicine program that facilitates communication between doctors and cancer experts

The availability of new treatment options close to home is crucial. Many cancer patients are so weakened by their disease and treatments that traveling great distances for care is difficult or impossible.

### Thoracic Surgery

We are pleased to be working with University of Maryland Division of Thoracic Surgery, with Dr. Joseph Freidberg, MD head of thoracic surgery and Dr. James Donahue, MD assistant professor of surgery as part of our Healthy Lung Initiatives. Cecil County has one of the highest rates of lung cancer in the State of Maryland.

Thoracic multidisciplinary clinic is held the first and third Wednesday of the month. Patients who have possible lung cancers that can be surgically removed are seen on site to do surgery planning and preoperative visits with the surgeons.

For more information about the services offered by Union Hospital Cancer Program please contact Beth Money, director of oncology **443-406-1374**.



## PROVIDING DISABILITY BENEFITS FOR 60 YEARS

By Nicole DeCampi

Social Security District Manager in Elkton, MD

August 1, 2016, marked the 60<sup>th</sup> anniversary of the Social Security Disability Insurance (SSDI) program, signed into law by President Dwight D. Eisenhower in 1956. Originally, the program was limited to individuals who were age 50 or older. It also had a six-month waiting period, and there were no benefits payable to spouses or children.

The disability program has undergone many changes to become the program it is today. Now, people who receive Social Security disability benefits can also receive Medicare coverage after 24 months, and their dependents may be eligible to receive benefits on their earnings records. There are also work incentives in place to help people with disabilities go back to work.

As of June 2016, there are more than 10 million disabled workers and dependents receiving a portion of the more than \$11 billion spent each month in Social Security disability payments. It can happen to anyone: studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching



their full retirement age.

To meet the challenges of providing benefits to so many, the agency has evolved, using technology to operate more efficiently.

Access to online applications for disability benefits, reconsiderations, and hearings have given applicants more service options when applying for benefits. Our health IT initiative allows Social Security to access electronic medical records, including those from the U.S. Department of Defense, which reduces administrative costs, streamlines operations, and speeds up service to veterans.

Social Security is committed to securing today and tomorrow for our millions of disabled workers. For more information about the disability program, please visit [www.socialsecurity.gov/disabilityssi](http://www.socialsecurity.gov/disabilityssi).

**Need assistance with getting connected  
to aging and disability resources?**



**It just takes one call to get  
connected to them all.**

**410-996-5295**  
Call us today.

Cecil County Department of Community Services  
Aging and Disability Resource Center