

Living Well Program



What would you do if someone told you there was a way to improve your quality of life and reduce your health care costs? Would you do it?

SSCT is excited to announce that we have received funding to develop the **Living Well Program**! This is Maryland's version of the Chronic Disease Self-Management Program from Stanford University. This six week program meets once a week and is led by volunteers. The focus is on folks who have a chronic disease and their caregivers. What qualifies as a chronic disease? Almost everything these days. If you have diabetes, cancer, hypertension, COPD, heart disease, arthritis - you get the picture - then you are welcome to attend this program.

Each week brings a different focus on coping with chronic disease: dealing with pain, frustration, fatigue and isolation; how exercise helps; appropriate use of medications; communication; nutrition; and how to evaluate **new** treatments.

We will need to train volunteers (people who also have a chronic disease) how to lead these groups and if you are interested in learning, please let me know. The groups are led by teams of two volunteers. We will train you, provide all your materials and help you every step of the way. Watch for more information!

Call Linda Tull @ 410-996-8437 if you would like to help.



Calling all Photographers!

Do you enjoy taking pictures? Senior Services & Community Transit is inviting all amateur photographers to submit your favorite photographs in our **Calendar Photo Contest** for 2010. The Heart of Cecil County is a calendar that focuses people 55+ who are actively engaged in life and the heart of our county. In the past we have featured vintage baseball players, marathon runners, cyclists, champion horseshoe pitchers, people involved in their communities and a variety of activities!

The 2010 edition will feature photographs taken by folks 55+ all around the county. This year we'll take a look through the lens of your camera to find the 'heart' of our county - what makes it special to you, what makes it good. Your inspiration might come from a special event, a beautiful scene, a remarkable person. The sky's the limit, as long as it's located over Cecil County!

If you're not sure what to do with your pictures after you've taken them, give us a call. We'll help you take your entries from your camera and put them on a disk for the contest. For more information, you can visit our website at: www.ccgov.org/dept_aging/index.cfm and click on the camera button. Or stop by the Elkton Center at 200 Chesapeake Blvd in Elkton or the Perryville Center at 710 Broad St. in Perryville. Call 410-996-5295 for more information.

Send in your entry soon...and give us your best shot!



GOLDEN OPPORTUNITY!

Watch for the start up of the Cecil County Health Department's "**Diabetes Prevention Program**" on October 7th..

This is an exciting 9 week program focusing on how to prevent diabetes or how to dramatically reduce your chances of becoming diabetic. Already have diabetes? You are more than welcome to attend and discover new ways of improving your health.

The "**Diabetes Prevention Program**" will meet each week for nine weeks and you will find it filled with new information, exercise tips, healthy recipes and fun! The first session will meet in the Elkton Center located on the first floor in the County Administration Building. There is no charge for this program.

Christmas in July.....Stimulus, that is

I am writing this article to announce that Cecil County Public Transit has received Stimulus funds and not a moment too soon. We were told in February that \$366,000 was available for capital purchases such as bus shelters, buses, benches, etc.

We thought long and hard about what would make our jobs easier and things run smoother for Community Transit and we came up with some great ways to use the funds.

First, we will be installing fuel pumps here on site at the County Administrative Building. This will save a lot of time and money by not having to drive to North East on a daily basis to fuel our vehicles. Second, we are having bus ports built to cover our buses. This will provide sufficient lighting and help the drivers remain dry for pre-trip inspections during inclement weather conditions. Third, is to have automated destination signs installed on our five new buses we just received. And fourth, we will be purchasing several benches, a bus shelter and new bus stop signs for the fixed route, "The Bus".

I'm looking forward to starting on these new projects. We already have a bus shelter on order, and will keep everyone posted on the progress.

Leslie Gorak, Transit Supervisor,
Senior Services and Community Transit



Volunteer Spotlight: Cecil Travelers

Oh the Places We Will Go!

What happens when you combine a love of travel, the desire to help others, and a knack for organizing? Cecil Travelers! In September 1991, Anne

Williams-Kirk discovered the need for a travel group for active county seniors. Acting as a volunteer with Cecil County Department of Aging (now Senior Services & Community Transit), Anne channeled her time, energy, and skills into developing Cecil Travelers, a volunteer-run travel group for county seniors. And 18 years later, Anne is still planning trips along with fellow Cecil Travelers volunteers Lois Sutherland and Arlene Zappo. Lois, also a Commission on Aging board member and an SSCT Transportation Volunteer, started volunteering her time with Cecil Travelers after retiring in 1997. Lois is a seasoned traveler and says it "does her heart good" to plan trips for county seniors. Arlene Zappo, the newest volunteer, joined Anne and Lois in 2008. Arlene and husband Joe had traveled with Cecil Travelers. Arlene was willing to step in and lend a hand when the group needed additional help.

You will find this amazing trio of volunteers most Thursday mornings in the SSCT Volunteer Office planning future trips. Arlene comes prepared with laptop and printer ... Cecil Travelers is now "computerized"! In addition to bartering with bus companies for the lowest fares, these volunteers also make phone calls, receive payments, create flyers, make copies, and collate mailings. And all with endless energy and enthusiasm! They are proud that Cecil Travelers offers "affordable travel" to our county senior adults. Arlene says that many of the seniors who travel with them "wouldn't have the opportunity to go on trips if it weren't for them (Cecil Travelers)". Each of these women find their volunteer roles rewarding, too. Anne claims "it is an indescribable feeling to watch the looks on seniors' faces as they get off the bus."

Thank you Anne, Lois and Arlene for providing travel opportunities for seniors! And for those of you who might be interested in taking a trip with Cecil Travelers, the schedule for the remainder of the year is available on the Senior Services & Community Transit page of the county website (www.ccgov.org). And as for the 2010 Cecil Travelers brochure ... Anne says "honey, they're on their way!"

From the Community Services Team:



You are invited to a party!!

September is National Senior Center Month and we hope you'll join us for our month long celebration! If you think senior centers are places where old people come to sit around all day, then we invite you to think again. Nothing could be further from the truth in Cecil County! Our centers are places to receive information, attend classes from Cecil College, exercise, go on local trips and attend a variety of programs. They are places to volunteer, make new friends, learn a craft or play a wild game of pinochle twice a week. Our centers can connect you with folks who need your help or children who need a friend. We're sort of one stop shopping locations - geared for fun - ready to help you navigate life.

So what's happening in our Elkton and Perryville Centers? Well, last month we crowned our very first Senior Chefs after a heated competition. What other contest allows the audience to eat the entries?! September was filled with great activities; bocce, the Arthritis Exercise Class, Wii bowling, Red Neck Horseshoes, Armchair Travels and trips to the Rockwood Mansion in Delaware and the Strausburg Railroad in Pennsylvania. It was Bring a Friend Day on September 16th and the opportunity to register to win a prize!

In October, you can get your Flu and Pneumonia Shots at either center - the Perryville Center on the 7th and the Elkton Center on the 9th. We'll be painting ceramics in both centers and H&R Block will be doing tax presentations to help you get ready for April 15th. Lunch at the Cracker Barrel and Denny's is always a lot of fun - so sign up soon! And on the 29th, we'll have our annual Halloween Party/Dance at the Elkton Center with music provided by Gary Diamond.

Plan now to attend the Annual Senior Prom on November 21st at the First Assembly Church of God in Elkton. What a great evening complete with a fantastic dinner prepared by the Jaycee's of Cecil County and music by Jack Foreaker. December 3rd brings one of our favorite events - our Annual Christmas Party with none other than our longtime friend, Jack Foreaker and his puppets.

Whenever I speak to a group of people about our programs, it always strikes me how fortunate we are. We're all getting older - it's a fact of life. But in this country, at this particular point in time, we also have choices. Beyond health care problems, beyond the 'donut hole', or the rising costs of everything - beyond all of that - we get to choose how we are going to live and age. Are we going to age well or are we going age poorly? Are we going to engage in life or are we going to retreat? Wouldn't it be great to live as though this time in our lives is the very best time? Wouldn't it be the best thing ever to wake up every day with a mission, a purpose? I think it's possible. I think we can move forward together...helping others, creating new ideas, giving of ourselves and having fun along the way. How about this? Stop by our Centers and visit. See what we have to offer and then see what you have to give. We'll be waiting!

"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

Coming Soon to the Healthy Lifestyles Fitness Center:



Tai Chi for Arthritis and Fall Prevention!

The Healthy Lifestyle Fitness Coordinators will be offering **Tai Chi for Health** created by Dr. Paul Lam. This new program consists of gentle movements designed to ease the painful effects of arthritis while improving your balance skills. This program has been proven to lower your risk of falls and will be offered in the Elkton Center. There will be a fee to attend—HLFC members will pay a discounted rate. We hope to begin in October, so stay tuned for more information.



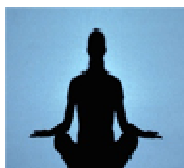
eFit

The Healthy Lifestyles Fitness Center email newsletter! Issues are sent quarterly and are filled with fitness tips, information, and more. If you would like to receive the eFit Newsletter, talk to any trainer or stop by and let Marta know.



Arthritis Exercise Program

Did you know that we have a pretty exciting exercise class for people who suffer from arthritis? It meets each week in the Elkton Center on Tuesday at 10:00 am and is led by a certified instructor through the Arthritis Foundation. Gentle movements, strengthening exercises and lots of fun have made this class a big favorite.



Yoga

A Hatha Yoga class meets Thursday mornings at 11:00 am in the Healthy Lifestyle Fitness Center.

This is a gentle movement yoga class and is led by one of our Fitness Coordinators who is also a certified yoga instructor. Find out why yoga is a growing phenomenon with the 55+ crowd. There is a fee to attend with HLFC members paying a discounted rate.

Additional Exercise Opportunities for 60+:



Splashing Seniors

A water aerobics program offered through a partnership with the YMCA of Cecil County. M-W at 9:45 am and T-Th at 9:45 am. You must register at Senior Services & Community Transit and receive a Splashing Seniors ID Card to begin. Donation requested.

Senior Services and Community Transit Staff

Greg Bayor, Director

Cindy Bullen, Administrative Assistant

Debbie Cycyk, Administrative/Budget Assistant

Bob Dermott, Long Term Care Supervisor

Erin Bird, Medicaid Waiver Case Manager

Diane Borgia, Office Services Assistant

Dianne Croom, Long Term Care Advocate Specialist

Mary Kahoe, Senior Health Insurance Counselor and

Information and Assistance Coordinator

June Reasin, Family Caregiver Senior Information

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Sandra Rogaskie, Senior Care Case Manager

Joyce VanZile, Long Term Care Assisted Living Specialist

Linda Willis, Medicaid Waiver Case Manager

Leslie Gorak, Transportation Supervisor

Brenda Darr, Office Services Assistant/Driver

Tricia Jones, Transit Coordinator

Monica Richardson, Transit Operations Specialist

Barbara Shaver, Office Services Specialist

Bus Drivers – Larry Beers, Susan Cummings, Ritchie DiTroia,

Mary Ann Evans, Lisa Gray, David Hall,

Jim Hannagan, Julie Rayl, Patton Roark,

Dick Shelley, Mario Strianese and Karl Weaver

Linda Tull, Community Services Supervisor

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Krista Gilmore, Volunteer/Community Resource Coordinator

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