

# DCS Connections



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### 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**

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



-Save the Date-  
**August 8, 2024**  
**Cecil County 55+ Healthy Lifestyle Expo**  
  
**Elkton High School**  
8:30 a.m. - 2:00 p.m.



The Cecil County Department of Community Services and Cecil College will be sponsoring the 22<sup>nd</sup> annual **Cecil County 55+ Healthy Lifestyle Expo** on **Thursday, August 8<sup>th</sup>**, from 8:30 a.m. to 2:00 p.m. at Elkton High School, 110 James St., Elkton, MD, 21921. This daylong event is filled with opportunities to find, meet and connect with resource representatives, service providers, health professionals, and make new acquaintances. Registration is \$10.00 per person and includes access to a large and diverse resource vendor hall with LOTS of give-a-ways, a rich variety of informative and educational workshops, no cost health screenings, a catered luncheon and so much more. Registration will open **May 1, 2024**. Reserve your spot by calling **Cecil College** at **410-287-1078**, select **option 6** and **register for 55+ Healthy Lifestyle Expo**, course code **SCX 100-25**, \$10 fee due at time of registration.

### For questions or concerns, please contact:

Tammy Rapposelli  
Phone: **443-907-1378**  
Email: [trapposelli@cecil.edu](mailto:trapposelli@cecil.edu)

Holly Loss  
Phone: **410-996-8170**  
Email: [hloss@cecilcountymd.gov](mailto:hloss@cecilcountymd.gov)

### 2024 Event Sponsors

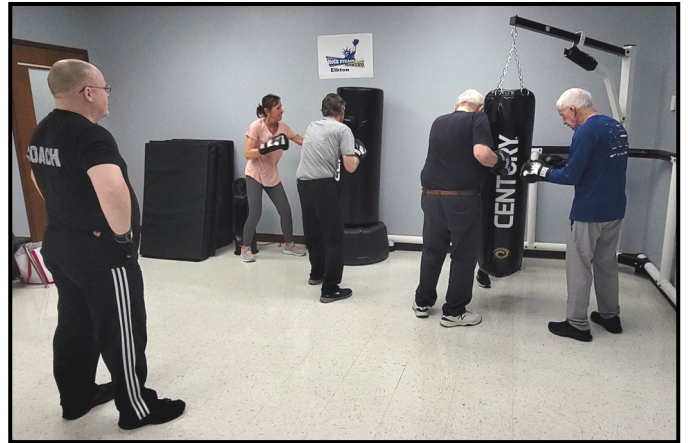
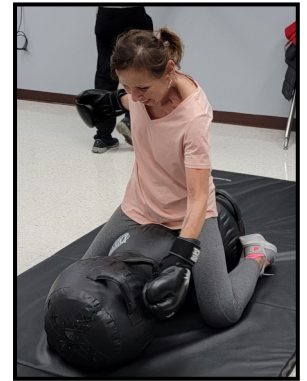


## Rock Steady Boxing for Parkinson's Disease in Cecil County



Cecil County's **Rock Steady Boxing Program (RSB)** is for adults 55 years and over who are living with Parkinson's Disease. Rock Steady Boxing enables people with Parkinson's to fight their disease by providing a non-contact boxing-style fitness program that improves quality of life, as well as a sense of efficiency and self-worth. This program involves regular exercises, such as stretching, strength, core, balance, cardio, and fine motor exercises.

Recent studies have suggested that intense exercise programs, such as Rock Steady Boxing, may be "neuro-protective", meaning that these programs are working to delay the progression of Parkinson's symptoms. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout.



Parkinson's disease symptoms can be different for everyone, meaning that no two individuals with Parkinson's is the same. Rock Steady Boxing addresses each participant's individual needs in the class, to target specific impairments.

We are pleased to announce the certification of our second Rock Steady Boxing instructor, coach Jim Tambasco! In October 2023, we were excited to be able to offer two separate Rock Steady Boxing classes under coaches Ed Wentzell and Jim Tambasco, with the help of our nine trained and dedicated RSB volunteers.

While classes are intense (up to the ability of each participant), we do not forget to have fun! The camaraderie between participants, volunteers, and coaches is undeniable. Coaches and volunteers are encouraging and supportive, while they cheer on participants as they fight against the progression of Parkinson's together.

Please contact Juana Darr at **410-620-3101** or [jdarr@ccgov.org](mailto:jdarr@ccgov.org) for more information on Cecil County's Rock Steady Boxing Program.

## April is Parkinson's Awareness Month!

Please join us in supporting individuals who have been diagnosed with Parkinson's Disease and their loved ones.



### Welcome, Jen Podos, Yoga Instructor!



Hello, my name is Jen Podos! I am the Yoga Instructor with Cecil County's Healthy Options Program for Seniors (H.O.P.S.). I live in Elkton and love to spend time in nature, practicing Qigong, growing plants and flowers, and making and sharing fresh food.

I have taught yoga in Cecil County since 2014, as well as Dragon's Way Qigong® since 2022. I am passionate about

Traditional Chinese Medicine's self-cultivation practices that enrich my life and the lives of those around me.

In 2017, my husband and I created The Lotus Center in Elkton. The Lotus Center continues to offer yoga and Qigong, along with healthy food programs, fun and relaxing music offerings, smoking cessation classes, community open houses, and more. We also have art for sale and homemade lavender hydrosol sprays from our lavender field.

**I am excited to connect with more local folks wanting to take control of their health and enjoy life!**

### Welcome, Rozy Sastro, Zumba Gold Instructor!

Hello everyone, my name is Rozy A. Sastro! I am the Zumba Gold Instructor with Cecil County's Healthy Options Programs for Seniors (H.O.P.S).

I am a certified Zumba Instructor, with numerous specialty certifications under Zumba Fitness, LLC. I have been teaching Zumba since 2016, and also have good knowledge in kinesiology (the study of movement). Additional certifications include: Pound Fitness, LaBlast Fitness, Line Dancing, and Belly Dancing.

I began teaching with a few 4-star hotels in Arlington, VA and Bethesda, MD. Then I went on to teach full-time with the Department of Community Services in both Harford and Cecil Counties, as well as Assisted Livings in nearby areas.

I am passionate about making fitness accessible, celebrating the culture behind Zumba, and bringing smiles to the faces of my students. I love to create class schedules with mixed dance styles in

consideration of each student's fitness level and comfort zone. When I am not dancing, I love to sharpen my culinary and vocal skills, and love reading because life is always under construction. There's always something to improve.



**I am excited to dance with you and to better serve the community of Cecil County!**

## Cecil Transit Wins Transit System of the Year!

By Suzanne Kalmbacher, Cecil Transit Chief



On September 20, 2023, Cecil Transit was recognized as the Transportation Association of Maryland's 2023 annual Transit System of the Year. Cecil Transit leads the industry in innovative approaches to safety, driver recruitment, financial management, community relationships, and responsiveness to community needs. Specifically, Cecil Transit implemented a quarterly safety bonus in March. Since full implementation of the bonus in the fourth quarter, Cecil Transit reduced the occurrences of accidents by more than 400%.

The COMPASS program has been recognized nationally as an innovative service approach to meet the transportation needs of a specific rider group. In response to driver shortages, Cecil Transit has implemented a CDL training program for eligible non CDL drivers. Additionally, Cecil Transit has creatively

used relief funding to ensure that the future needs of the transit system are met while ensuring that budget shortfalls are addressed. Lastly, Cecil Transit maintains strong community relationships in order to create opportunities to obtain additional funding or foster future partnerships to reinvest in the transit system.

Cecil Transit's responsiveness to the transit needs of Cecil County and the ability to foster strong partnerships with community stakeholders has enabled transit services to expand and evolve over the last decade. Flexibility and adaptivity will be required over the next several years to ensure that Cecil Transit meets the transportation needs of a growing county and prepares for a future that includes clean infrastructure and new technologies.



**Congratulations, Cecil Transit!**

## Cecil Transit: Annual Dump the Pump



On Thursday, June 20, 2024, Cecil Transit will celebrate National Dump the Pump Day by encouraging the public to try fixed route public transportation for free.

Passengers who ride on June 20<sup>th</sup> will be encouraged to complete a survey that will be used to evaluate service. In exchange for the completion of a survey, passengers will receive a free tote bag. For more information, please go to [www.ceciltransit.com](http://www.ceciltransit.com).

Mark your calendars, commit to dumping the pump, and ride with Cecil Transit on June 20<sup>th</sup>!



~Please join us~

## Elkton Senior Activity Center Open House

Thursday May 9, 2024 9:00am – 10:30am

200 Chesapeake Blvd. Suite 1700

Elkton, MD 21921

410-996-5295 : Option 3

The Elkton Senior Activity Center enhances the lives of Cecil County citizens, 60 and older, by providing resources and opportunities for health & growth in body, mind, and spirit. The Elkton Senior Activity Center Staff strives to create an inviting atmosphere, providing opportunities to grow and learn while, having fun. Please join us for an Elkton Senior Activity Center Open House. Staff will offer tours, program registrations and valuable resources to support and engage our Cecil “Seniors.” Light refreshments will be provided. **Please R.S.V.P. by 5/2/24.**



## Cecil County Aging and Disability Resource Center

By Samantha Doss, Information and Assistance Options Counselor

Information and Assistance Counselors provide information, assistance, and referrals to local and state services. They also provide information on benefits available to older adults, individuals with disabilities, and caregivers. These services can include things such as home delivered meals, in-home aide services, screenings for Medicaid waivers, mental health, senior care referrals, and durable medical equipment.

Counselors can aid with completing applications and finding the proper resources for your loved ones. The Information and Assistance team has access to a supply closet that holds Depends and disposable underwear for the population in need. The Information and Assistance team holds a quarterly round table event that brings multiple departments and programs together to gain an understanding and knowledge of resources that are available to the community in order to aide the population of Cecil County better.

If someone you know is unsure of where to go or who to speak to, call the Aging and Disability Resource Center (ADRC) to start the conversation with a trained counselor. You can reach someone by phone at **410-996-5295, option 1**.



## Dementia Supports

By Mackenzie Hill, Caregiver Program Coordinator



Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. When receiving this diagnosis, you may feel at a loss for what to do next or where to go for resources. Please remember that you are not facing this alone!

If you are interested in community support, the Cecil County Aging and Disability Resource Center (ADRC) can offer information and referrals to local

resources including caregiver support, senior care programs, respite care, and much more. The Cecil County ADRC also offers a Caregiver Support Group for caregivers of those diagnosed with Dementia on the second Tuesday of each month.

The Alzheimer's Association is another great resource as they offer a wealth of information on Dementia, clinical trials, and support. They offer a 24/7 helpline where callers are connected to masters-level clinicians who can offer support and information around the clock. The Alzheimer's Association also offers support groups to caregivers of loved ones who are experiencing memory loss, as well as early-stage support groups for individuals who have been diagnosed. Please reach out to either agency if you are looking for support.

Alzheimer's Association 24/7 Helpline: **800-272-3900**

Cecil County Aging and Disability Resource Center: **410-996-5295, Option 1**

## Senior Medicare Patrol - Preventing Medicare Fraud

By John Mayes, State Health Insurance Assistance Program Coordinator

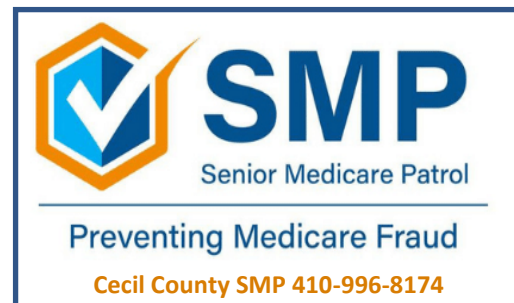
The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.

Review your Medicare Summary Notices, look out for:

- Billing for services or medical supplies that were not provided.
- Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.

- Prescribing or providing excessive or unnecessary tests and services.
- Billing out of pocket for services covered by Medicare.

If you see something suspicious or have questions call your local SMP at **410-996-8174**.



## Habitat for Humanity Homeowner Repair Program

By Earl Grey, Chief of Cecil County Housing and Community Development

In 2023 the Housing and Community Development Division, in partnership with Habitat for Humanity Susquehanna, applied for the Maryland Community Development Block Grant (CDBG) funding to provide necessary repairs for low-income homeowners in Cecil County. This additional funding provides an expansion of efforts already underway in Cecil County by Habitat for Humanity and the Division of Community Partnerships. The award notice and final agreements were completed in November. After a period of significant work to launch the program over the winter of 2024, it is anticipated that the first repairs will begin in late Spring 2024 for eligible homeowners.

Some of the eligibility criteria and requirements include income, the type and age of the home, home value, homeowner's insurance, and others. Once determined eligible, repairs may be small or large in nature. The program is intended to help low-income homeowners sustain permanent housing, elderly households to stay in place, and improve the housing

stock available for Cecil buyers and renters of the future. The funding is limited, but with the eventual success of this expanded program it will be possible to do more in the future.



Those interested in the Habitat for Humanity Homeowner Repair Program should contact Habitat for Humanity Susquehanna at [habitatsusq.org](https://habitatsusq.org) or call **410-980-7390**.



# Volunteer Corner

## Making a Difference in New Ways

By Krista Gilmore, Volunteer & Community Resources Coordinator



How do you respond when Lynne Robinson, PAWS for People founder and past Executive Director, offers to help develop a new volunteer venture? You jump on it! Lynne and I spent several months in 2023 brainstorming and finally landed on a pilot project – Cecil/Harford

RSVP Ambassadors – to expand our reach in the community. What a thrill it was (and still is) to work with Lynne, not to mention the five individuals who gladly accepted the challenge of being part of something new! We conducted two in-person training workshops in January and February to explain the purpose of the program and to equip them to effectively promote RSVP in the two-county region.

Please welcome and congratulate the new Cecil/Harford RSVP Ambassadors: Danny DeMarinis, Cathy Donley, Brenda Roslyn, Charlotte Stansbury, Rosella Waters, and Lynne Robinson (Project Leader/Facilitator). We look forward to working with them, learning from them, and watching the impact of their service.

Speaking of service, the Points of Light Foundation has established “Celebrate Service” as the theme for National Volunteer Week (April 21-27), providing the US the “opportunity to shine a light on the people and causes that inspire us to serve” (<https://www.pointsoflight.org/>). We will pause to honor and celebrate volunteers serving with Cecil/Harford RSVP and DCS programs on Thursday, April 25<sup>th</sup>. We are incredibly grateful for them AND for the staff who devote time to working with them. Many thanks to all of you...stay tuned for photos in the next issue of the DCS Connections Newsletter!





## Cecil County's Division of Human Services

By Anne Bean, Chief of Cecil County's Division of Human Services



Spring is a busy time for the Human Services Division. Not only is April National Sexual Assault Awareness Month, but it is also Child Abuse Prevention Month.

The Bridge, Cecil County's local domestic violence and sexual assault program, will be providing displays in various areas of the County in order to disseminate information and raise awareness about the prevalence of sexual violence and how to access services should the need arise. During the month of April, keep an eye out for billboards and public service announcements .

The Child Advocacy Center, a specialized program responding to child abuse with a multidisciplinary approach, will display some yard signs with statistics

about how many children were served in Cecil County during the last year. Also, some pinwheel gardens will crop up during April. Blue pinwheels have become a national symbol used to recognize the need to employ child abuse prevention strategies to ensure safety for the future generation. Enduring child abuse is determined to be an adverse childhood experience. One that has many implications for lifelong well-being. Research has discovered that children who have adverse childhood experiences are at greater risk of certain physical ailments, emotional distress, and mental health challenges as adults. For more information on this, consider doing a google search on ACEs or Adverse Childhood Experiences. Community awareness is a great start to enacting change.

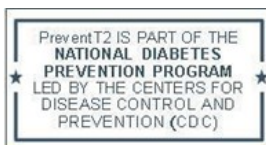
The Help Center, a local food pantry, will be hosting several food drives around the County. Most of these take place at local grocery stores and provide an opportunity for the community to donate food commodities used to serve those folks who are facing food insecurity.

## Diabetes Prevention Program, PreventT2

PreventT2, a National Diabetes Prevention Program offered by the Cecil County Health Department, gives you a year of support from a coach and other group members as you make healthy lifestyle changes. Lifestyle changes include getting more active, managing stress, losing a little weight, and eating better to prevent or delay type 2 diabetes!

Take the risk test at [doihaveprediabetes.org](http://doihaveprediabetes.org) or contact your doctor about getting blood work to assess your risk for developing type 2 diabetes.

Call 410-996-5168 for more information or to register for a PreventT2 workshop.



TAKE THE RISK TEST:

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)





Herbs add flavor and eye appeal to meals and fill our kitchens with mouth-watering aromas. Herbs naturally contain small amounts of vitamins A, C, and K. They also contain polyphenols; plant substances that provide dietary antioxidants and reduce inflammation. Using flavorful herbs can help to cut down salt, fat and sugar use, making meals healthier. Below, are my “go to” herb pairings:

## Capture the Flavor with Herbs

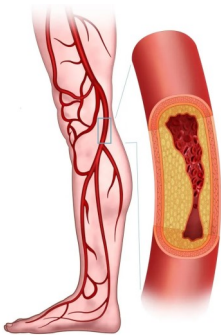
By Beverly Jackey MS,RDN, LDN - University of Maryland Extension

- Stuff a chicken cavity with lemon and a combination of sage, rosemary, and thyme sprigs. Mix olive oil, pepper, and a dash of salt and brush the outside of the chicken. Bake until the chicken has an internal temperature of 165°F.
- For refreshing sugar-free, botanical-infused beverages, add a rosemary sprig and lime wedge, fresh mint and strawberry slices, or basil
- Make a rub of finely chopped rosemary, chopped garlic (fresh or in the jar), and pepper. Mix with olive oil to form a paste and rub on all sides of a pork tenderloin. Bake or grill to an internal temperature of 155°F.



and watermelon wedge to tap or sparkling water served over ice.

## Vascular Surgery Associates - Peripheral Artery Disease (PAD)



Vascular Surgery Associates (VSA) is the largest and most comprehensive vascular surgery practice located in Cecil County. One of the most common diseases we treat is Peripheral Artery Disease, or PAD.

Peripheral Artery disease (PAD) is a common circulatory disorder that affects the blood vessels outside the heart and brain, particularly the arteries that supply blood to the limbs, such as legs and arms.

1. **Symptoms:** Early stages of PAD may have no symptoms or have mild symptoms. As the condition progresses, common symptoms may include:
  - Pain or cramping in the legs, typically during physical activity.

- Numbness or weakness in the legs.
  - Cold sensation in the legs.
  - Sores on the legs or feet heal slowly or not at all.
  - Changes in skin color.
  - Weak/absent pulses in the legs or feet.
2. **Risk Factors:** These increase the risk of developing PAD:
    - Smoking
    - Diabetes
    - High blood pressure (hypertension)
    - High cholesterol
    - Aging

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- Family history of vascular disease
  - Obesity
3. **Complications:** If left untreated, PAD can lead to serious complications, such as critical limb ischemia, tissue death (gangrene), and amputation.
4. **Management and Treatment:**
- **Lifestyle Changes:** Quitting smoking, adopting a heart-healthy diet, regular exercise, and weight management are essential to managing PAD.
  - **Medications:** Medications may be prescribed to manage risk factors like high blood

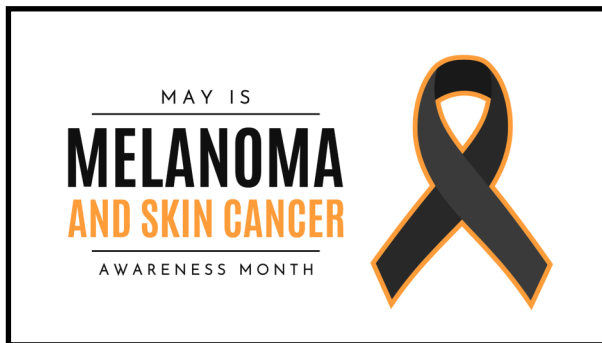
pressure, high cholesterol, and diabetes, or thin the blood.

- Minimally invasive procedures, such as angioplasty and stent placement, may be performed to open narrowed or blocked arteries.
- **Surgery:** In severe cases, bypass surgery may be necessary to reroute blood flow around blocked arteries.

If you or a family member are concerned about PAD, please call Vascular Surgery Associates at **443-406-3601** to be tested and seen by one of our board-certified vascular surgeons in Cecil County, close to home!

## The ABCDE's of Melanoma

By Marc Scheiner, M.D. - Cecil Dermatology, Elkton, MD



May is Melanoma Awareness Month! With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable and treatable types of cancer.

One easy way to remember common characteristics of melanoma is to think alphabetically – the ABCDE's of melanoma. ABCDE stands for Asymmetry, Border, Color, Diameter and Evolution. These are the characteristics that doctors look for when diagnosing and classifying melanomas:

- **Asymmetry** – Melanoma is often asymmetrical, which means the shape isn't uniform. Non-cancerous moles are typically uniform and symmetrical in shape.

- **Border** – Melanoma often has borders that aren't well defined or are irregular in shape, whereas non-cancerous moles usually have smooth, well-defined borders.
- **Color** – Melanoma lesions are often more than one color or shade. Moles that are benign are typically one color.
- **Diameter** – Melanoma growths are normally larger than 6mm in diameter, which is about the diameter of a standard pencil.
- **Evolution** – Melanoma will often change characteristics, such as size, shape or color. Unlike most benign moles, melanoma tends to change over time.

If you have a mole or skin growth, watch it for signs of changes. If you notice any of the ABCDE's of melanoma, make an appointment right away to be evaluated by your primary care doctor or dermatologist.

If you see something on your skin, don't panic. Most skin lesions and moles are not cancerous, but it's always best to get checked out to be sure. You can catch skin cancer before it becomes life threatening!

## Remote Access Scams: What You Need to Know to Protect Your Device



Handing hackers administrative access into your computer or mobile device is something most individuals would never dream of doing. But, what if the hacker disguised their identity, phone number and email address to appear as a professional from a company you trust? This confusion is just what criminals hope for during remote access or screen sharing scams.

### How fraudsters gain remote access to devices

This form of social engineering, related to a variety of scams, occurs in three quick steps:

1. **The “issue:”** Scammers contact potential victims, typically by email or phone, and pose as service representatives or technical support agents of a well-known organization, such as Apple, Amazon, Microsoft or even the company you work for, under the deception of an urgent security issue. They state immediate remote access, or screen sharing, into your device is necessary to fix the error.
2. **The app:** Once hackers have you hooked, they fool and pressure you into downloading a remote support tool or application onto your device, which will allow the scammer easy access into your files, accounts and personal information. These are legitimate programs used for work collaboration or technical support, but can be leveraged by fraudsters for malicious intent.
3. **The takeover:** Upon remotely accessing a device, scammers may run programs to “fix the issue” when they are instead installing harmful malware to steal your passwords, financial information

and personal identifying information. Scammers may offer to repair your device for a fee, spend a few minutes pretending to fix the issue and take your money. Hackers may also persuade you to log into your financial accounts to “ensure their security,” while their true intention is to make fraudulent transactions and steal your funds.

### How to avoid remote access scams



Avoiding remote access scams is key to protecting your information and identity. Here are a few red flags to watch for to remain vigilant against fraudulent attempts:

- First and most importantly, legitimate organizations will never initiate contact with you to fix an issue on your device. Technological advances have made it possible for scammers to spoof caller IDs to resemble any company in any location, so it is necessary to remain alert to fraudulent tactics. Legitimate organizations will typically never call, email or text you to request your PIN, full card number or personal data. If you receive an unexpected communication saying there is a problem with your computer, or that a purchase or automatic renewal has been billed to your account, which you did not authorize, it is likely a scam.
- Unless upon the request of a verified individual, do not install any screen-sharing tools on your device. If you are unsure about the person’s identity, hang up and call the organization back at its published number.

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- If you receive a pop-up on your device with a warning message and phone number to fix it, it is a scam. Legitimate companies will not put their phone number on virus pop-ups.

If you have been the victim of a remote access scam, turn off and unplug your device immediately. Be sure to contact your financial institution to stop, dispute and prevent any fraudulent charges. To reduce issues associated with malware installed on your device, update your computer's security software, run a scan and delete potential problems. Improve your security by changing your user names and passwords right away, after you have updated your security software. Remember to change any repeated or similar passwords, as well. You can also report your experience to the Federal Trade Commission to

prevent future crime and build a case against scammers.

If you believe there is a problem with your device, try updating your software, calling your software company's support line directly or seeking guidance from a person you know and trust.

APGFCU® works to keep you safe. Visit [apgfcu.com/FraudPrevention](https://www.apgfcu.com/FraudPrevention) for up-to-date information on the latest scams.



## READERS' RESOURCES

FROM THE CECIL COUNTY PUBLIC LIBRARY



Library cards are free and give access to everything the Library has to offer. Visit a branch to sign up!



### BOOKMATE

Personalized book recommendations from your librarians



eBooks, eAudiobooks, and magazines



eBooks, eAudiobooks, movies, music, graphic novels, and magazines

