

DCS

Connections

CecilDCS
Department of Community Services

SUMMER 2024 VOL. 44

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**55+ Healthy Lifestyle Expo
August 8, 2024**

**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>



CecilDCS  In Partnership With  **CECIL COLLEGE**

-Please join us-
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 are sponsoring the 22nd annual **Cecil County 55+ Healthy Lifestyle Expo on Thursday, August 8th, from 8:30 a.m. to 2:00 p.m. at Elkton High School** (110 James St., Elkton, MD, 21921). The \$10 registration fee includes access to the vendor hall, workshops, lunch, door prizes, and health screenings.

This daylong event is filled with opportunities to meet and talk with professionals and representatives from community resources and specialty services. There will also be several non-invasive health screening services. Workshops will include topics covering kinship care, living with Alzheimer's for caregivers, brain health, nutrition, state health insurance, supporting grandparent caregivers, financial planning, wellness opportunities and so much more!

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2024 Event Sponsors:

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If you've been thinking about starting or changing a fitness/exercise program, you'll have the opportunity to try an exercise class for 55+ and learn about many more programs offered in Cecil County.

Pre-registration is strongly encouraged! Please call Cecil College at **410-287-1078, option 6** with registration course number **SCX100** or, register in person at Cecil College (Elkton Station, 107 Railroad Ave, Elkton, MD 21921), at the Cecil County 55+ Healthy Lifestyles Fitness Center, or at the Elkton Senior Activity Center (Cecil County Administration Building, 200 Chesapeake Blvd, Elkton, MD 21921). Lunch is included in the \$10 registration fee (due at time of registration).

We hope to see you there!

For questions or concerns, please contact:

Tammy Rapposelli

Cecil College

Phone: **443-907-1378**

Email: trapposelli@cecil.edu

or

Holly Loss

Cecil County Department of Community Services

Phone: **410-996-8170**

Email: hloss@cecilcountymd.gov



Meet Poppy! Cecil County's Family Violence Facility Dog

By Marion Gill, Cecil County Coordinator of Family Violence Programs

Please join me in welcoming the newest member of the Family Violence Programs team! Her name is Poppy and she is a Black Labrador.

and has the ability to put people at ease. Poppy spends her time at the Child Advocacy Center, The Bridge, and other locations when she attends meetings. She has had a positive impact on the clients being served and the staff that she encounters each day.

Poppy was provided by an agency named Hero Dogs that typically assists veterans or law enforcement officers that may have special needs.

Handler, Marion Gill, who is also the Coordinator of Family Violence Programs applied to Hero Dogs last Summer. Poppy is a facility dog and Marion knew that having a dog at the Child Advocacy Center and The Bridge (Cecil County's domestic violence and sexual assault program) could help children, families, and other individuals who are experiencing crimes of abuse and neglect deal with the associated trauma.

Poppy is specially trained to respond to signs of emotional distress. She does this by placing her head on a lap, nudging fidgety hands, or simply by sitting next to the person who may be feeling anxious or upset. She greets everyone who comes in the door



Poppy has truly attained hero status!

Up to \$40,000 Available in New 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. It is anticipated that the first repairs will begin in late Spring 2024 for eligible

homeowners and will continue until all the funds are exhausted. It is expected to assist between 10 and 20 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 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 should contact Habitat for Humanity Susquehanna at habitatsusq.org or call **410-980-7390**.

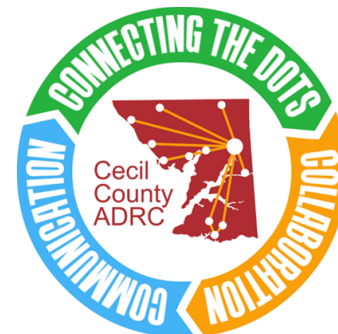
Cecil County Aging Disability and Resource Center: Dementia Navigation Program



Starting on July 1st, the Cecil County Aging and Disability Resource Center will house a new program dedicated to individuals living with Dementia and their caregivers, as well as individuals who are questioning their cognitive

abilities. This Dementia Navigation Program will allow trained workers to provide basic screenings for individuals who are concerned their cognitive abilities may be declining, and provide appropriate resources based on the outcome of the screening. Workers will follow up to make sure connections to resources are made, and to help break down barriers to resources. If needed, workers will coordinate with providers to ensure services are being provided appropriately.

Additionally, there are plans to establish a monthly program specifically for people living with Dementia in addition to the caregiver support group that meets monthly. Lastly, workers will provide information particularly about Dementia or Brain Health at outreach events.



If you have questions or would like more information, please contact the Cecil County Aging and Disability Resource Center at **410-996-5295, option 1**.



Cecil County 55+ Healthy Lifestyles Fitness Center

The Cecil County 55+ Healthy Lifestyles Fitness Center is the first of its kind in Cecil County and has successfully grown since it first opened in 2004. We offer Certified Personal Trainers, individualized workout programs for every member, Keiser exercise equipment and a non-threatening environment where the focus is on exercising safely at your own pace. Fitness Center members who exercise on a regular basis report improved strength, fewer medications, increased endurance and a better outlook on life.

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. Cecil County residents receive twelve free classes and work with our Cancer Exercise Specialist. This program is designed to help recent survivors regain their range of motion, increase flexibility and energy, rebuild muscle mass and strength in a safe, non-threatening environment.



The **Healthy Lifestyles Fitness Center** is your fitness solution. *Be more awesome than you were last year* – stop by or call for more information. We're located at 200 Chesapeake Blvd. in Elkton, Maryland. For more information, please call **410-620-3101**.

Outside The Box

By Ed Wentzell, Certified Personal Trainer - Cecil County's 55+ Healthy Lifestyles Fitness Center



In response to Ottoman attacks and occupation of Cyprus, a new Holy League was formed consisting of Spain, Venice, The Pope, and a few other smaller Italian states leading to one of the most epic sea battles in history. Don Juan, the 24-year-old half-brother to the King of Spain was appointed commander of the League's forces. In addition to this young man's innate abilities to command, the Venetian Republic had an ace up their sleeve, for they had constructed six galleass which were larger and had far more firepower than the galleys that were employed by either side of this conflict.

On the fateful day of Oct. 7th, 1571, the two sides collided off the coast of Greece in what has become known as the Battle of Lepanto. The Turks had the numbers and speed with lighter vessels employing over 300 galleys, while the League packed a punch with four galleasses leading the way with an additional two in reserve and deploying over two hundred galleys. In the end, the Holy League's forces won the day with a little outside-the-box thinking by utilizing a talented young man and deploying six galleasses. The Ottomans lost 200 galleys and perhaps as many as 30,000 killed and wounded, with a further 15,000 slaves being freed from their oars and over 3,000 prisoners taken. The League's losses, while less, were not insignificant due to the brutal nature of galley warfare. The age of swashbuckling adventures may be over, but outside-the-box thinking will never fade.

Cecil Transit's Summer Passport Program

Cecil Transit is happy to announce a new Summer Passport program for Cecil County youth ages 13-18. This program is designed to assist parents with transporting their students to work, educational activities, and other locations such as retail, movie theater, etc.

The Summer Passport will cost \$25 and allow unlimited fixed route rides (excluding deviations) on the Elkton-Newark, Glasgow, and Cross County Connections from June 10th to August 31st. These routes provide connections between Perryville, North East, Elkton, and Newark and can be used to get to locations such as People's Plaza, Cecil County libraries, and Cecil College campuses. Additionally, these routes connect with Harford LINK and DART in Delaware.

Travel planning and training is available through the Transit Coordinator. These services help new riders become acclimated to using public transit. If you are interested, please call Cecil Transit at **410-996-5295, option 2**, for additional information or to schedule travel training.



Cecil Cares 2024: Calling All Volunteers!

Find a Project. Volunteer. Make a Difference!
Projects posted on volunteercecil.org by Sept. 1st. Select a project and have fun!

Cecil Cares is coordinated by Cecil County Department of Community Services and the Cecil Cares Planning Team with support from Upper Shore Regional Council.

 **Cecil Cares**
A COUNTYWIDE DAY OF SERVICE

**Saturday
October 5, 2024**

Cecil Cares is an annual countywide day of service offering ways for volunteers to connect with a variety of one-day service projects.

**Sign-Up on
VolunteerCecil.org**

 **For information contact:**
Krista Gilmore 410-996-8416
kgilmore@cecilcountymd.gov

Volunteer Corner

Annual Volunteer Luncheon 2024 Highlights

Cecil County Department of Community Services (DCS) recently honored over 160 volunteers serving with AmeriCorps Seniors and DCS programs at their annual Volunteer Recognition Luncheon. It was a beautiful celebration!

Many thanks to DCS staff member, Joshua Hornberger, for capturing highlights of the day.



Telling the Full Story

By Krista Gilmore, Volunteer and Community Partnerships Coordinator

"Not everything that counts can be counted, and not everything that can be counted counts."

We recently submitted the AmeriCorps Seniors RSVP Annual Progress Report and are proud to share we experienced an increase in the number of RSVP volunteers serving AND the number of individuals impacted by RSVP volunteer service. Would you believe we are almost at pre-pandemic numbers?

Statistics are necessary, especially for grant-funded programs, yet the numbers do not tell the full story. To create a complete picture of volunteer impact, it is important to listen to volunteers. We recently heard from a few RSVP volunteers about their experiences:

- "Being involved with people makes my day...it is a reason to get up in the morning... it lifts me up more than it does them!"

- "The seniors I call become friends, they often have no one else... my role is enjoyable and creative!"
- "You get to be a part of something bigger than yourself and provide love and care to folks that you wouldn't normally meet in your regular course of life."
- "If you're not volunteering, you are missing some of the best people in Cecil County!"

If you are interested in learning more about AmeriCorps Seniors RSVP (adding to our volunteer story!), please reach out to Waverly Pollitt at **410-996-8440** or wpollitt@cecilcountymd.gov.

Cecil/Harford RSVP Impact Report

From 4/1/2023 to 3/31/2024, 174 RSVP volunteers served 22,000 hours with 18 organizations to benefit:



**234 K-12
students**



**3,140 families
at food pantries**



**1,164
older adults**

- 193 VITA clients served
- 398 seniors served during Medicare D Open Enrollment
- 10 organizations increased their effectiveness and program reach

Does it Matter What Sunscreen I Choose?

By Marc Scheiner, M.D., Cecil Dermatology



We all know that sunscreen is important to help protect our skin from sunburn, early skin aging, and skin cancer. Have you ever wondered, “Which sunscreen is the best to use?” Honestly, the brand product doesn’t really matter, as long as you use it regularly and re-apply! Some people think that the highest SPF is the best, but that’s not necessarily true. Just make sure your sunscreen offers broad-spectrum (UVA and UVB) protection, has an SPF of 30 or higher, and is water resistant. The American Academy of Dermatology recommends using a sunscreen with an SPF of at least 30, which blocks 97% of the sun's harmful UVB rays.

The kind of sunscreen you use is a matter of personal choice and may vary depending on the area of the body to be protected. Available sunscreen options include lotions, creams, gels, ointments, wax sticks, and sprays. People choose different sunscreens based on how it applies, how it feels on their skin, or how it smells. While some sunscreens are water resistant, no sunscreen is fully “water-proof” or “sweat-proof.” **It is necessary to re-apply sunscreen every 2 hours when we’re outdoors.** Don't forget to apply it to the tops of your feet, your neck, your ears, and the top of your head.

In addition, seek shade (especially between the hours of 10 am and 2pm, when the sun’s rays are strongest), wear sun-protective clothing, such as a wide-brimmed hat, and use extra caution near water, sand, or snow, as they reflect the damaging rays of the sun. Enjoy your summer and stay “sun safe”!



Phishing for Trouble: How to Identify and Avoid Getting Hooked



At 9:30 one evening, you receive an email from your bank urging you to click on a link to verify your personal information or your account will be frozen. Frantic, you click on the link, which sends you to a page asking for your Social Security and account

numbers. After filling out and submitting the information page, you notice large sums of money are being taken out of your account and your identity has been stolen.

This is an example of phishing, a social engineering cybercrime in which thieves masquerade as a trusted entity, such as a credit card company or government agency, to persuade targets into divulging usernames, passwords, banking and credit card details, and other personal information. Phishing emails can be quite easy to spot – riddled with typos, addressed to the wrong name, or from a lengthy, odd sender – or near impossible, depending on the level of sophistication of the scammer.

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Email phishing is a common, criminally fraudulent tactic used to lure individuals into giving up their sensitive information, which is then used to access and clean out financial accounts or steal their identity. A recent study found that 77 percent of successful social engineering attacks started with phishing emails.

Warning Signs

Phishing emails typically follow similar formats and include “giveaways” that could go unnoticed by an unsuspecting eye. Here are a few things to look out for to help defend against these vicious attacks:

- **Suspicious Sender:** If you receive an email from someone you don’t know, is outside of your organization, or you know but is out of character, it is likely spam and should be deleted and reported.
- **Lavish Claims:** As a general rule of thumb, if something seems too good to be true, it probably is. Emails with eye-catching, attention-grabbing copy saying you’ve won a trip, money, or other prizes are typically a dead giveaway for fraudulent activity.
- **Poor Grammar:** Another clear sign that an email is a scam is if there are numerous typos or misplaced words throughout the copy.
- **Urgency:** Many cybercriminals will say you need to respond within a few minutes to get a great deal or save your account from being suspended. Banks and other reputable sources will never ask you to divulge personal information online, so it is better to call the source directly rather than replying to a sender you’re unsure about.
- **In-Email Links:** Assuming a link will take you where it says is a risky move. Hover over the link to see the actual address of the hyperlink and ensure it starts with “https” before clicking.
- **Attachments:** Opening an attachment you were not expecting or don’t recognize could unleash ransomware or other viruses on your computer. Unless it is a .txt file, don’t open it!



Protecting Yourself from the Sharks

With every step we take to improve the ways we prevent online financial fraud, hackers are matching our stride – or are even one step ahead, waiting to strike. But, there are still things you can do to protect yourself, your company, and your wallet.

First, never offer sensitive information in an email; a trusted source will not ask you to do so or suspend your account if you don’t update your details within a short period of time, meaning that it is likely a scam. You should also consider changing your browser habits and settings to prevent fraudulent websites from opening. If you do access a website through an email link and it asks for verification, be sure to contact the company directly before giving your secure information online. Downloading spam filters on your computer and mobile devices, changing passwords on a regular basis, and hovering over an in-email link to ensure it is secure are steps to defending against phishing emails.

While they may not be able to completely prevent phishing attempts, APGFCU can help you prepare and plan for defense. For more information on avoiding email fraud and learn how APGFCU can help, visit [apgfcu.com/FraudPrevention](https://www.apgfcu.com/FraudPrevention).

Resource: https://www.knowbe4.com/what-is-social-engineering/?_hstc=59035826.bc42166b2e6f2ee408e1150aa9b119d3.1587045141203.1587045141203.1587045141203.1&_hssc=59035826.1.1587045141204&_hsfp=1675670520



The Basics of Water Safety

By Tina Bell, Community Health Nurse II - Cecil County Health Department



The days are getting longer with sunlight available from early in the morning until late in the evening. Warmer weather is interspersed with days of occasional rain and wind. As the weather gets consistently warmer and pools start to open up, please remember the **basics of water safety** and keep the little ones safe.

- Lifesaving skills (Know the basics of swimming, how to float & move through water & learn CPR - Cardiopulmonary Resuscitation).
- Teach your kids to swim. (Learning to swim can reduce the risk of drowning by 88% in 1 to 4 year olds who take formal swim lessons)
- Barriers work (install fences with self-locking gates that are at least 4 feet high)

- Wear life jackets (Even if you can swim - When around natural bodies of water such as lakes, rivers, or the ocean & in pools especially for weaker swimmers)
- Stay vigilant (Assign a water watcher. Avoid distracting activities like playing cards, reading books, talking on the phone, scrolling, texting, and using drugs or alcohol.)

Drowning is the leading cause of unintentional injury related deaths for children aged 1 to 4 years. Eighty seven percent of drowning fatalities happen in home pools or hot tubs for children younger than 5 years old. Most take place in pools owned by family or friends.

Make lasting memories that are filled with laughter & fun! Stay safe!

Key tips to remember: <https://www.stopdrowningnow.org/drowning-statistics/>

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



Champion Reading.
Build Knowledge.
Inspire Curiosity.
Connect Community.



www.cecilcountylibrary.org



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