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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>

**2024 Cecil County 55+ Healthy Lifestyle Expo**



Community Wellness Division Chief - Sheila Murphy, pictured with Cecil College Director of Lifelong Learning - Jamie McCloskey

On August 8, 2024, the 22nd annual Cecil County 55+ Healthy Lifestyle Expo took over Elkton High School between 8:15 a.m. - 2:00 p.m. As reported by the more than 400 people at Elkton High School that day, the event was filled with learning, laughing, making contacts, finding resources, and connecting with many amazing people.

The Expo event is organized and presented through a committed and collaborative partnership between **Cecil College** and the **Cecil County Department of Community Services (DCS)**. Both organizations are grateful for the presence and generous support of the 2024 Event sponsors, **ChristianaCare**, **Aberdeen Proving Ground Federal Credit Union (APGFCU)**, **Communities Helping Empower Patriots, People & Professionals (CHEP)**, **Cecil County Health Department**, **Cecil County Public Library**, and **Cecil County YMCA of the Chesapeake**.

The doors for registration opened at 8:15 a.m. and welcomed more than 260 attendees before the first workshop session started at 9:00 a.m. The Resource/Vendor Hall inside the Elkton High School gymnasium which served as the “hub” for the Expo event, housed

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more than 50 diverse community resource programs and twice that many representatives who were available throughout the entire event. The Expo Resource/Vendor representatives spent the day interacting with attendees about services/programs and resources. (They also provided useful and much-coveted giveaways).



2024 Healthy Lifestyle Expo Resource/Vendor Hall

There were three 45-minute educational workshop blocks, which offered attendees the choice to attend one of seven different presentations from guest experts. All presenters shared informative, relevant, topic-focused presentations, which were very well attended and well-received by participants. Evaluations and reviews shared that the guest experts provided a clear and critical focus on empowering citizens 55+ with knowledge and available resources. Cecil Expo leadership welcomed Maryland Department of Aging (MDOA) Assistant Secretary Elouise Mayne who shared statewide aging initiatives with all attendees, and MDOA Food and Wellness Coordinator, Andrew Baker, who presented a workshop session on indicators of longevity, including grip strength and lung capacity.

Presentation topics included: Health of Cecil County, Kinship Care, Behavioral Health, Brain Changes, Health Promotion, Nutrition, Emotions, Financial Fraud/Scam, Aging , Exercise/Fitness, Strategies for Retirement, and many more. There were two mid-day medical panel sessions led by ChristianaCare Chief Medical Officer Dr. Sheik, accompanied by Dr. Ley and Dr. Reich from ChristianaCare’s Wound Care & Hyperbaric Medicine Centers. This is the fifth year that ChristianaCare has shared medical experts to provide attendees the chance to learn important diagnostic issues/trends impacting our community. The experts also shared resources to support Cecil County’s 55+ community, caregivers, and professionals working with aging citizens.



Zumba Gold Workshop with Cecil County’s Healthy Options Programs for Seniors (H.O.P.S.) Instructor - Rozy Sastro

Cecil College and the Cecil County Department of Community Services would like to extend heartfelt appreciation and gratitude to the 2024 event sponsors, expert workshop presenters, community resource vendors, Expo volunteers, Café Gelato, and the more than 260 registered participants. We look forward to your continued support and participation.

Please save-the-date of August 7, 2025. Stay tuned for more information in the months ahead!

2024 Event Sponsors:





# Volunteer Corner

## Cecil/Harford RSVP Volunteer Fair Thanks!

By Krista Gilmore, Volunteer & Community Resources Coordinator

Cecil/Harford RSVP partner organizations were on hand during the Cecil County 55+ Healthy Lifestyle Expo on August 8<sup>th</sup> for the Cecil/Harford RSVP Volunteer Fair. What a wonderful time of conversation and connection!

Many thanks to the following organizations for participating:

- Amedisys Hospice
- Cecil County Help Center
- Cecil County Public Library
- Cecil/Harford RSVP
- Cecil Transit
- Cecil County Community Mediation Center
- Chesapeake City Ecumenical Association
- Habitat for Humanity Susquehanna
- CHEP
- Deep Roots
- Getting There Ride Share
- Inner County Outreach
- The Judy Center

A very special thank you to Waverly Pollitt, AmeriCorps Seniors RSVP Coordinator, for organizing the Volunteer Fair.

Thank you also to RSVP Ambassadors Danny DeMarinis, Brenda Roslyn, and Rosella Waters for being on hand to share information and their volunteer experiences.

Last of all, but not least! A huge THANK YOU to the Department of Community Services - Community Wellness Division and to Cecil College for including us at the Expo!



## Cecil Cares 2024



Stay tuned for a recap of Cecil Cares 2024 in the next issue! Our 9<sup>th</sup> annual countywide day of service is scheduled for Saturday, October 5<sup>th</sup>, offering residents of all ages an opportunity to connect with a service project.





## Be a Lifeline: Volunteer Drivers Needed for Out-of-County Medical Appointments

By Kim Stayman, Transit Operations Supervisor - Cecil Transit

According to the Centers for Disease Control and Prevention (CDC), about 5.7% of adults in 2022 lacked reliable transportation for daily living, which could have adverse health outcomes, especially for older adults, those who are uninsured, and those with lower incomes. Transportation barriers make it nearly impossible for some people to access vital healthcare. Missed appointments lead to poor management of chronic illnesses and a decline in overall health. Volunteers can make a difference!

Cecil Transit offers Cecil County residents affordable transportation to medical appointments outside of Cecil County. A round trip costs \$40.00 (plus parking and tolls). Seniors and individuals with disabilities receive a 50% discount. This is a significantly more affordable option than taking a taxi. Fare from Elkton, Maryland, to Christiana Hospital's main campus in Delaware, can cost up to \$50.00 for just one leg of the journey.

Cecil Transit relies on volunteer drivers to use our passenger vans to provide this transportation.

Because of the low number of volunteers, trips are accepted on a first-come, first-served basis based on the availability of drivers.

The Retired Senior and Volunteer Program (RSVP), administered by the Cecil County Department of Community Services, provides additional benefits for volunteers 55+. RSVP strives to connect adults 55 and older with meaningful service opportunities to help meet critical community needs. For more information on RSVP, please call **410-996-8440**.



Volunteer drivers not only provide rides but also enrich the lives of people in the community. For more information, please contact Kimberly Stayman at [kstayman@ccgov.org](mailto:kstayman@ccgov.org).

## Cecil Transit - STUFF THE BUS!



Cecil Cares, an annual county-wide day of service, will be held on October 5th, 2024. Cecil Transit will be participating by continuing its annual tradition, a Stuff the Bus event at the Elkton Walmart. Cecil Transit staff and volunteers will be located at either entrance of the Elkton Walmart handing out lists of needed donations including food, clothing,

and hygiene supplies. As donations accrue, they will be loaded onto a Cecil Transit bus. Cecil Transit will end the day dropping off the collected supplies at the Elkton Help Center, which serves the needs of all Cecil County residents.

If you are interested in volunteering for this year's event, please contact Jonathan Creamer, Transit Coordinator for Cecil Transit, at **410-996-8420**, or by email at [jcreamer@ccgov.org](mailto:jcreamer@ccgov.org). Lunch will be provided.

Interested in donating? Keep an eye on our Facebook page and [www.ceciltransit.com](http://www.ceciltransit.com), where we will post a list of supplies as the event approaches. Then come see us from 9:00 a.m. to 1:00 p.m. at the Elkton Walmart and help Cecil Transit Stuff the Bus!

## Do You Need a Ride to the Polls?



Do you want to make sure your vote counts, but not sure how you will get to the Polls? Cecil Transit's Demand Response and COMPASS services will be operating on **Election Day, November 5, 2024**.

To schedule your ride and get assistance with trip planning, please call Cecil Transit at **410-996-5295, option 2**.

## Save the Date: Coffee With a Cop!

By Amanda Woods, Aging and Disability Resource Center Manager

Join members of the Cecil County Sheriff's Office, Elkton Police, North East Police, Perryville Police, Rising Sun Police, Maryland State Police, and the Maryland Department of Transportation at the Cecil County Administration Building for Coffee with a Cop. This is a great opportunity to learn about community resources for seniors, caregivers, and persons with disabilities.

**Wednesday, October 2, 2024**

**9:30 a.m.—11:30 a.m.**

**Elkton Senior Activity Center**

**(in the rear of the building through the sliding doors)**

200 Chesapeake Boulevard, Elkton, MD, 21921



## Department of Community Services Visits Tampa!

By Erin Bird, Aging and Disability Services Chief



This past July, two of our DCS staff, Amanda Woods, Aging & Disability Resource Manager, and Erin Bird, Aging & Disability Services Chief, had the opportunity to attend the USAging 49<sup>th</sup> Annual Conference and Tradeshow in Tampa, Florida.

This annual conference is the country's largest gathering of local leaders in aging well at home, where professionals can come together with government experts, policymakers, business leaders, and other Aging Network practitioners and partners to share knowledge, insights and new directions in the fields of aging and health.

Both Amanda and Erin appreciated the opportunity to attend workshops on various areas on aging and wellness, as well as connect with leaders on both the state and federal levels.

**USAging** | **Answers on Aging**

49<sup>TH</sup> ANNUAL  
CONFERENCE & TRADESHOW

## State Health Insurance Program (SHIP) - Open Enrollment

Do you have a Medicare Prescription Drug (Part D) plan or a Medicare Advantage Plan (Part C)? Every year Medicare plans can change the prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2025! The premiums, deductibles, and co-pays can also change each year.

It's highly recommended that all Medicare beneficiaries check their coverage each year during the Medicare annual open enrollment period which runs October 15<sup>th</sup> through December 7<sup>th</sup>. This is the time of year to see what changes your current drug plan has made and to see if there is another plan that could give you better coverage for 2025. Many changes are occurring in drug coverages in 2025.

Medicare beneficiaries in Cecil County can receive free, unbiased assistance with plan comparisons

from the State Health Insurance Assistance program (SHIP) workers at the Cecil County Aging and Disability Resource Center (ADRC).

The Aging Disability and Resource Center will start scheduling appointments on **Monday October 7<sup>th</sup>, 2024**. If interested in scheduling an appointment, please call **410-996-8018**.



**SHIP**  
State Health Insurance  
Assistance Program

Make sure to review your plan every year during Open Enrollment.

**October 15 - December 7**

## 2024 Caregiver Conference



The Cecil County Caregiver Support Program is excited to announce the 2024 Caregiver Conference!

**November 21, 2024**  
**Singerly Banquet Hall**  
**9 am - 1 pm**

Come hear from community professionals discussing topics that impact Family and Kinship Caregivers. Refreshments will be provided!

This event is open to the public but registration is required.



**To register call 410.996.8168**





## What Your Static Posture Tells Us About You

By Jim Tambasco, Certified Personal Trainer - Cecil County 55+ Healthy Lifestyles Fitness Center



At the Cecil County 55+ Healthy Lifestyles Fitness Center (HLFC), we primarily focus on dynamic movement (movement patterns), however static posture provides us with a vital piece of the musculoskeletal puzzle. Observing static posture allows us to make some general assumptions about how your muscles are working. Keep in mind, there are always exceptions to the assumptions below.

**Anterior Pelvic Tilt** – We look at you while you are standing sideways. The top of your pelvis tilts forward. This looks like an overarching of the lower back (lumbar). This type of posture usually places a lot of undue stress on the lower back, hips, and knees. The cause of this is usually tight hip flexors along with a core balance problem. If you have this, we would prescribe you hip flexor stretches and core balance exercises.

**Posterior Pelvic Tilt** – We look at you while you are standing sideways. The top of your pelvis tilts backward. This appears as a flattening of the lower back (lumbar). This type of posture usually places a lot of undue stress on the lower back, hips, and knees. The cause of this is usually tight hamstrings along with a core balance problem. If you have this, we would prescribe you hamstring stretches and core balance exercises.

**Medial Rotation of Arms** – We look at you from the front. Your shoulders are rounded forward, instead of in line with your body. This type of posture usually places a lot of undue stress on the shoulder

and neck. The cause of this is usually tight pectoral (chest) muscles and weak (inhibited) rhomboid (scapula) muscles. If you have this, we would prescribe you the Thera Cane to remove any knots in the pectoral muscle, a doorway chest stretch, and a scapular stability exercise to fire the shoulder blade muscles.

**Forward Head** – We look at you while you are standing sideways. Your head is in front of your body instead of atop your spine. This type of posture usually places a lot of undue stress on the neck and upper back muscles. The cause of this is usually weak deep neck flexor muscles from too much work at the computer. If you have this, we would prescribe you the chin tuck (tuck your chin into your body and hold for 5 seconds) exercise to strengthen the deep neck flexors.

**Externally Rotated Hip** – We look at you from the front. One or both of your legs (feet) will rotate outwards instead of pointing straight ahead. This type of posture usually places a lot of undue stress on the lower back, hips, and knees. The cause of this is usually a core balance problem and tight hip and thigh muscles. If you have this, we would prescribe you hip and thigh stretches, along with a core balance exercise such as the bird dog.

If you are interested in receiving a static postural assessment, just see one of our Certified Personal Trainers at HLFC.



Please contact Juana Darr at **410-620-3101** or email [jdarr@cecilcountmd.gov](mailto:jdarr@cecilcountmd.gov) for more information on our 55+ Healthy Lifestyles Fitness Center.

## Cecil County Division of Human Services

By Anne Bean, Chief of Cecil County Department of Human Services



October kicks off this quarter with Domestic Violence Awareness Month. This is a nationally recognized occurrence that raises awareness in communities about issues of domestic violence. The Bridge is Cecil County's local domestic violence and rape crisis center. Services are provided confidentially and free of charge. Services include a 24-hour hotline, shelter accommodations, individual and group counseling, advocacy, assistance with legal services and education. One of the goals of the program is to increase understanding of domestic violence in the community. If you are a member of a group or organization that could benefit from additional information about domestic violence, please reach out by calling **410-996-0333** to schedule a

presentation. Presentations will be tailored to meet your needs.

Last quarter, the Cecil County Child Advocacy Center introduced the new facility dog, Poppy. Poppy has now been a member of the team for about eight months. She continues to provide comfort and support to the families and children that come to the center. She has become a welcoming face to staff and professionals as well!

The Help Center continues to feed the community, serving 7,738 unduplicated individuals during the course of FY24. The program is always in need of volunteers to help with shopping and stocking, driving the truck to pick up food commodities, and checking customers in when they come to shop. If you have some time on your hands, please consider this opportunity. More information can be found at [volunteercecil.org](http://volunteercecil.org).

The Human Services Division website got a much needed facelift! Check it out at [CecilHelp4u.com](http://CecilHelp4u.com).

## Do You Know Cecil County Housing and Community Development?

By Earl Grey, DCS Director of Cecil County Housing Agency

Did you know the Housing division operates four separate program areas, managing 14 different services for residents, and directly serves over 800 households each year, as well as many, many more individual calls and emails for assistance? Did you know that the Housing division is 98% funded by Maryland and Federal grants? Did you know the Housing division inspects over 1,100 rental units in the County every year? Did you know the Voucher program has held HUD-rated "High Performer" status for more than 15 consecutive years? Did you know the Housing division partners directly with five other local agencies to provide housing assistance to some of our most vulnerable residents in crisis such as people with disabilities, veterans, victims of domestic violence, foster children, and reuniting families separated by homelessness?



Did you know that all of this is accomplished with just eight people who have more than 120 years of combined experience? Bev, Mary, Jaywana, Pete, Joyce, Lisa, and Dee work very hard every day to serve County residents and we should all appreciate their dedication, but what I appreciate most is their desire to help people when they need it.



## What to Expect During a Skin Cancer Screening Exam

By Marc Scheiner, M.D, Cecil Dermatology



With over 3 million new diagnoses per year, skin cancer is the most common type of cancer. As part of a complete early detection strategy, the American Cancer Society recommends that you have a full-body, professional skin exam every other year, or more often if you are at a higher risk of skin cancer.

If you've never had atypical moles or skin cancer, the exam will likely be brief (about 10 minutes). You'll need to remove your clothes and put on a medical exam gown. You won't need to remove your underwear, unless you've indicated that a spot on your genitalia concerns you. The dermatologist or

plastic surgeon will thoroughly check your skin from head to toe, paying close attention to hard-to-see spots like your scalp, back, backs of your legs, and behind your ears. The doctor may use a small handheld magnifying device. Then the physician may recommend that you have a biopsy of one or more suspicious spots. This means removing a portion of a skin lesion and sending it to a lab for analysis. If the report comes back that the spot is skin cancer, the physician will contact you and explain the type of skin cancer and the treatment options.

Remember that early detection of skin cancer is the key to the most minimal and cost-effective treatment with the highest chance of a cure. Make your appointment soon!

## Probiotics versus Prebiotics for Gut Health: What's the difference?

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



**Probiotics** are live, "good" microbes like bacteria and viruses, that when consumed, support good health. Our large intestine contains 100 trillion "good" bacteria that provide a variety of benefits. Probiotics strengthen the immune system, reduce inflammation, aid in digestion, improve lactose intolerance, and decrease infections in the respiratory, urinary and gut tract. Foods high in probiotics containing these "live" microbes include: Yogurt, kefir (cultured goat milk), some cheeses (parmesan and cottage). Look for "live and active cultures" on the label to assure you are getting living microbes. Flavored and unflavored options of these products can contain probiotics.

**Fermented foods:** "Good" microbes turn cabbage into sauerkraut, cucumbers into pickles, soybeans into miso, and sweet tea into kombucha. Look for "unpasteurized" on the label for these products. Pasteurizing uses heat to kill harmful bacteria, but it also kills "good" bacteria.

**Prebiotics** are non-living substances and are "food sources" that help live, "good" microbes grow and thrive. Prebiotics contain insoluble dietary fibers, added to or found naturally in food. Foods containing insoluble fiber include whole-grain products like oatmeal and whole-grain breads and vegetables like asparagus, leeks, onions, garlic, sweet potatoes, corn, beans, peas and lentils.

Both probiotic and prebiotic supplements are available on the market; however, talk to your healthcare provider before taking any supplements.

Probiotics and prebiotics can be effective in maintaining good gut health and managing certain health conditions.

For more consumer information about probiotics and prebiotics, visit the International Scientific Association for Probiotics and Prebiotics [ISAPP] website at <https://isappscience.org/for-consumers/infographics/>



# Beep Beep!

## Do you need a ride to help you keep up with your healthy lifestyle?

Places like.....

- The Grocery store
- The Library
- The Doctors
- Diabetes Prevention or Management Group
- Weight Management
- Nutritional Counseling
- Or another healthy lifestyle location

**This program requires at least 24 hour notice to schedule a ride!**

**Call 410-996-5168**

To see if you qualify for our Healthy Lifestyles Assistance Program



# You Can Library That!

We are here to help. Visit any CCPL branch or our website to get started.

Library cards are free and give access to everything the Library has to offer.



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Use our "Bookmate" service to get a personalized recommendation.



**Looking for information?**  
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**Can't find the book you want?** We can request items from other Maryland Library Systems and have them sent to your preferred CCPL branch.



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Build Knowledge.  
Inspire Curiosity.  
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[www.cecilcountylibrary.org](http://www.cecilcountylibrary.org)

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