



Connections

SPRING 2018

VOL. 19

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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>

From the Director, David Trolio...

I am very proud to share some exciting news regarding an innovative initiative emanating from our Volunteer Office, entitled 55VLP. Our Volunteer Office staff have always been progressive in advancing and expanding volunteer services in Cecil County, from fostering volunteer opportunities for seniors to the creation of Volunteer Cecil, 55VLP is a Volunteer Leadership Program for individuals 55 and over. The program is coordinated through the Department of Community Services and funded by the Corporation for National and Community Service. 55VLP fosters leadership opportunities for volunteers approaching retirement age to explore self-directed solutions to homelessness, opioid addition and disconnected youth, three issues impacting Cecil County. Participants will receive policy briefings from community leaders and trainings on community-based change and project planning with the goal of developing local solutions and community oriented responses to these three vital issues. We are very excited about this program and its relationship to the County’s strategic goals. For additional information, please contact Krista Gilmore, our Volunteer and Community Resource Coordinator at **(410) 996-8416 or kgilmore@ccgov.org**.

Cecil Transit’s Commuter Connection Links SEPTA and MARC Service

Cecil Transit is excited to launch its newest route, the Commuter Connection, which will provide express shuttle service between the Newark, Delaware and Perryville, Maryland rail stations. The MARC commuter rail service, operated by the Maryland Transit Administration (MTA), travels as far as Perryville, Maryland and the SEPTA commuter rail service, contracted by the Delaware Transportation Corporation, provides service as far south as Newark, Delaware leaving a noticeable gap in service. The approximately twenty mile gap is the only break in continuous commuter rail service between

Virginia and Connecticut. Through a partnership with Cecil College, a Park ‘n Ride will be located at Cecil College’s North East Campus creating a convenient location for commuters to access bus service to either the Perryville or Newark, Delaware rail station. The Commuter Connection is slated to begin mid-spring and will operate from approximately 4:15 a.m. through 10:00 p.m., Monday through Friday making connections to as many trains as possible. Please note, the times presented here are approximations.

Continued from Page 1

The Commuter Connection schedule may be modified based on demand for service or adjustments to rail schedules.

Cecil Transit Commuter Connection schedules will be listed and posted on www.ceciltransit.com.

For the latest Cecil Transit news and developments, go to Cecil Transit on Facebook: <https://www.facebook.com/CecilTransit/>

Use **Route Shout 2.0** for real time bus tracking and latest updates, please download app through your mobile device.



Be our guest for the day!

Passengers can ride fixed routes for **FREE** all day on the following dates:

Earth Day Observation: April 23, 2018

Dump the Pump: June 21, 2018

Find Cecil Transit on Facebook for the latest information on these and future events.

If you are interested in being a Volunteer Transit Ambassador for either event, please contact:

Krista Gilmore - kgilmore@ccgov.org - 410-996-8416

Cecil County Housing



We are proud to announce Cecil County Housing and Community Development has a new Facebook page. It includes information about the housing office, community events, and news in the area! Like our new page! Please find us at:

<https://www.facebook.com/CecilCoHousing/>

The Elkton Center

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. We are pleased to announce the 2018 theme, **Engage at Every Age**, which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

May 30, 2018 Open House to recognize National Senior Health & Fitness Day as well as Older American's Month

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

In recognition of Senior Health and Fitness, we will offer some sample fitness classes, health screenings, and you can join several staff for an enjoyable stroll

on the walking trail at the Administration Building. Who knows who might show up to walk with us? Walk with us and help kick off Walk Maryland and start a path to a healthier you. In June, join different staff at various locations across the county and walk one of our historic, scenic or just favorite places. Step up to the challenge! Keep your eyes open for more information on our website as we get closer.

CECIL COUNTY ANIMAL SERVICES AND CROSSFIT EQUITY



PAWS-FIT CHALLENGE



April 7th, 2018

JOIN US TO RAISE MONEY FOR THE HOMELESS ANIMALS

Join CrossFit Equity and Cecil County Animal Services on Saturday April 7, 2018 as we join forces to raise money for the homeless animals of Cecil County. This second annual walk/run and fitness challenge will take place at:

CrossFit Equity—505 Blue Ball Rd. (Building 140-B) Elkton, MD 21921
from 8:00 a.m. to 12:00 noon

Event Schedule: onsite we will have vendors, light snacks, and refreshments for purchase, and various challenges following a mile walk/run. Participants are asked to sign up for a time slot to complete their challenges.

All participants over the age of 18 must raise a minimum of \$15 to cover the cost of an event T-shirt. Please register as an individual or team at First Giving <https://www.firstgiving.com/event/413206/paws-fit-challenge-2018>.

Questions? Please contact abingham@ccgov.org.



Cecil County Community Wellness Division

Elkton Center Open House

May 30, 2018



ENGAGE AT EVERY AGE: MAY 2018

Come visit us on **May 30th!**

We will be celebrating

National Senior Health & Fitness Day

Games, activities. free class demonstrations, and more!

2018 Walk Maryland campaign kick-off.

For more information or to sign up please call

Judi Brubaker at **(410) 996-8177**.



Healthy Lifestyles Fitness Center

Change

by Edward W. Wentzell Jr., W.I.T.S.
Healthy Lifestyles Fitness Center, Personal Trainer

for we are given only a finite amount of it. We pass from our childhood to the teenage years and into adulthood at a cosmic blink of the eye.

In closing and as I look back on this past year at the Healthy Lifestyles Fitness Center (HLFC), I've gotten to know some of you quite well. Your personal stories of triumphs and tragedies are a true testimony to the ability of the human spirit. Regardless of where you are, on the health and fitness spectrum, know that we're here at HLFC to help you find the best path forward on your journey. **Stay motivated!**

My name is, Ed Wentzell and I am one of the three certified Personal Trainers you will find at the Cecil County Healthy Lifestyles Fitness Center (HLFC). As A Marine Corps veteran and lifelong athlete, I have learned what it takes to move well and move often!

That's right, **change**. My only regret is that I did not begin this journey sooner.

The snake that cannot shed its skin perishes so do the spirits who are prevented from changing their opinions; they cease to be spirit.

-The Portable Nietzsche-

During my own personal journey I've experienced many valleys and peaks. Each new challenge offering its own risk and reward. In many respects I still feel like the kid I was in Jersey, many years ago. I've had to adapt, overcome, and improvise many times over. A little more than two years ago I was just a working class bloke who decided it was time for..... what?

The above quote taken from Nietzsche has us pondering change and its impact upon our lives.

Surely the one thing we all have learned by now is that change is continuous and time waits for no one. So use your time wisely



A Day of Learning

by Jim Tambasco B.S., NCSF
Healthy Lifestyles Fitness Center—Lead Trainer

Gray's presentation was entitled "My Body, My Problem." He lectured and instructed about 6 movement vital signs, which are **Energy Level, Breathing, Rest, Regeneration (nutrition), Movement pain, Hypermobility (excessive joint mobility)**.

On January 13, 2018 all 3 certified Personal Trainers (Tom Capezio, Ed Wentzell and myself) from the Cecil County **Healthy Lifestyles Fitness Center (HLFC)** attended a one-day, "**learn by doing**" professional development training in Fair Lawn, New Jersey. Our main objective in attending this professional seminar was to work with key note speaker, Mr. Gray Cook.

Mr. Cook is a well-respected Physical Therapist and, creator of the **Functional Movement Screen (FMS)**. The Functional Movement Screen (FMS) is a pre-participation screening tool; designed to identify compensatory movement patterns that are indicative of increased injury risk and inefficient movement that causes reduced performance.

He stated, "if one of these 6 movement vitals is below average then, you have just identified a red flag in your workout program." For example, if your nutrition is poor you can't expect to see positive results from working out. Gray contends that our body composition has more to do with our sleep and nutrition than it does exercise. He contends, "if your energy level is low you need to investigate why. Once these 6 movement vitals are in-check a person can expect positive results from a well-designed workout program. The take away for the day; most people are asking a fitness question to a movement problem.

The **FMS** is one of the assessment tools that all of the **HLFC** staff are trained in, employ with members on a daily basis and is reported by members to have numerous benefits from its use.

To learn more about the Functional Movement Screening (FMS): www.functionalmovement.com



NATIONAL VOLUNTEER WEEK
Celebrate Service
 April 15-21, 2018 | Powered by Points of Light

Volunteer Recognition – An Honor and A Privilege

By Krista Gilmore– DCS Community Resource/Volunteer Coordinator

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” — [Maya Angelou](#)

In April 2005, I planned my very first Volunteer Recognition Lunch for our department. I was nervous. I wanted everything to be perfect. And at the last minute, feelings of panic and doubt began to creep in. But then something so touching happened: staff swooped in to calm me, help me, and WE pulled off an amazing event for our volunteers. Since then, our department has willingly and lovingly paused to annually honor our volunteers who faithfully serve within our programs and within the Retired & Senior Volunteer Program (RSVP). The day is a favorite for staff, volunteers, elected officials AND for volunteers! On Thursday, April 19th, we will once again recognize volunteers at our Annual Volunteer Appreciation Luncheon. We roll out the red carpet; there’s a delicious lunch, heartfelt speeches, public accolades. It is a time of celebration for volunteer service accomplishments and I’m always humbled by the spirit in the air: the unity of purpose, the respect for individual and collective efforts, and the genuine affection conveyed for all who attend. We all leave energized, appreciated, and validated – how great is that?

Many thanks to our volunteers ... we celebrate your service!

55+ Volunteer Leadership Program

Cecil County Department of Community Services will launch a new **55+ Volunteer Leadership Program (55VLP)** designed to cultivate volunteer leaders to help local organizations address three interconnected crises impacting the County: the opioid epidemic, homelessness, and the high percentage of disconnected youth. Over six weeks in May and June of 2018, volunteers will attend weekly sessions to study the issues with local organizations, learn project management and leadership skills, and set to work to develop volunteer responses. Class size is limited to 30; participants must be 55 or older. For more information or to request an application, please contact Krista Gilmore, kgilmore@ccgov.org or (410) 996-8416.



Upcoming Opportunities to Volunteer Your Time for the Environment and for Cecil County

April 7, 2018

Project Clean Stream

For more information, please visit:

<https://www.allianceforthebay.org/category/our-work/building-stewardship/project-clean-stream/>



June 16, 2018

9th Annual Wade-In Event

Join the Department of Public Works at Elk Neck State Park as they pull up their pant legs and wade into the Upper Chesapeake Bay at the beautiful North Beach location to measure water quality the way retired Maryland State Senator Bernie Fowler did 24 years ago with his “sneaker index”! This event is FREE, open to the public, and is kid-friendly (and fun!). For more information, please contact Brie Tulowitzky, Stormwater Management Division, at (410) 996-5265.



September 22, 2018

Cecil Cares



Coordinated by the Cecil County Department of Community Services, Cecil Cares is an annual countywide day of service providing Cecil County residents the opportunity to volunteer their time, energy and skills with local organizations (nonprofits, faith based and service organizations, government agencies) on a variety of hands-on service projects in our community. For more information, email volunteercecil@ccgov.org.



Healthy Options Program-Seniors (H.O.P.S) offers several balance training and fall prevention programs. This month the spotlight is on our **Stay Active and Independent for Life (S.A.I.L)** exercise program.

What is **S.A.I.L**? It is an evidence-based fall prevention exercise program developed with funding from the Centers for Disease Control. The **S.A.I.L** program was brought to Maryland by **H.O.P.S** two years ago and has proven to be both popular and effective by participants.

Every **S.A.I.L** class is an hour of upbeat music, fun, energetic exercise, lively camaraderie, and – most importantly – a fitness routine that **WORKS!**

Studies show that a combination of aerobic and flexibility exercises, balance training, and strength training effectively protects our health and independence, and helps prevent falls. The **S.A.I.L** program ticks every box. By participating in **S.A.I.L**, you will be joining a safe, proven exercise program that will boost your energy, promote good balance,

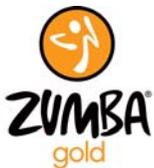
and increase your mobility. **S.A.I.L** exercises are geared specifically for older adults, and all exercises can be performed standing or seated.

The **H.O.P.S** program has two certified **S.A.I.L** instructors: Cathryn Harjung and Deannie Padham, who conduct 6 week sessions, with 2 classes per week, at the Senior Center and at satellite locations throughout the county.

Participant feedback includes, “My doctor says keep doing these exercises!”, and “I am moving easier and I have more energy!” “It is so much fun that the hour passes before I know it.” “I love this class!” “I am stronger and my balance is better.”

To register for **S.A.I.L** or any **H.O.P.S** program, please contact Judi Brubaker at **(410) 996-8177** or jbrubaker@ccgov.org.

Meet Some of our Healthy Options Program—Senior (H.O.P.S.) Instructors



My name is Tina Banks. I have been teaching Zumba Gold in the **H.O.P.S.** program since it's beginning in 2014. I've been working part time for 9 years, as a certified **Zumba fitness** instructor. I teach Toning, Zumba for Kids, Zumba Gold, and love teaching and engaging with my participants in all my classes.



My name is Teresa Gordon. I am a long time employee with the Cecil County Community Wellness Team. I currently teach **SHiNE™ Dance Fitness** and two Living Well Classes. I have resided in Cecil County my entire life. I have two children and 5 grandchildren. My favorite part of teaching any class, is the interaction with the people attending.



My name is Heike Button. I am originally from Germany and my family and I moved to the U.S. in July 2011. My interest has always been divided between martial arts and dance. In 2012 I started working for the Department of Community Services. My co-worker Teresa Gordon, who is a **SHiNE™** instructor, got me interested in **SHiNE™ Dance Fitness** and I became a certified instructor in July 2017. I love to teach **SHiNE™** to everybody who loves to dance and move. It is not important that everybody knows the routines but to have fun and keep moving. When I see my class smiling that fuels me to do the best that I can do.



Healthy Options Program - Seniors (H.O.P.S)

For 55+!

No cost exercise/fitness workshops designed to help you get in shape and stay there!

- R.E.S.P.E.C.T.** Presenter: **Sheila Murphy**
 Perryville Public Library, 500 Coudon Blvd. Perryville, MD
 Friday, April 6, 2018

Lunch and Learn
Sign-up open
 11:00 a.m. –1:00 p.m.
- SHINE Dance Fitness™**: Instructors: **Teresa Gordon and Heike Button**
 VFW, 304 Basil Ave., Chesapeake City, MD
 Fridays, April 6 - May 11, 2018

Sign-up starts March 6
 2:00 p.m. – 3:00 p.m.
- Line Dancing**: Instructor: **Shirley Mackey**
 Jane's UMC, 213 N Walnut St, Rising Sun, MD
 Fridays, April 13—May 18, 2018

Sign-up starts March 13
 12:00 p.m.—1:00 p.m.
- Yoga**: Instructor: **Shay Robb**
 North East UMC, 308 South Main St., North East, MD
 Thursdays, April 26—June 7, 2018, **Not on May 24, 2018**

Sign-up starts March 26
 1:30 p.m.—2:30 p.m.
- S.A.I.L (Stay Active and Independent for Life)**: Instructor: **Deanie Padham**
 Trinity UMC, Chesapeake City, MD
 Mondays and Wednesdays, May 7—June 25, 2018
Not on May 28, 2018

Sign-up starts April 7
 11:30 a.m.—12:30 p.m.
- Zumba**: Instructor: **Tina Banks**
 Elkton UMC, 219 E Main St., Elkton, MD
 Mondays, May 14—June 25, 2018 **Not on May 28, 2018**

Sign-up starts April 14
 1:30 p.m. - 2:30 p.m.
- S.A.I.L (Stay Active and Independent for Life)**: Instructor: **Cathryn Harjung**
 Five Rivers Church, 290 Whitehall Road, Elkton, MD
 Tuesdays & Thursdays, May 15 — June 28, 2018

Sign-up starts April 15
 10:00 a.m. -11:00 a.m.
- Tai Chi**: Instructor: **Tom Capezio**
 Five Rivers Church, 290 Whitehall Rd, Elkton, MD
 Tuesdays, June 5—July 10, 2018

Sign-up starts May 5
 1:30 p.m. - 2:30 p.m.

Class size is limited! Please register by contacting:
Judi Brubaker at (410) 996-8177 or jbrubaker@ccgov.org

Cecil County Public Library Events



Cecil County Public Library

Digital Library

@Cecil County Public Library

- OverDrive** Enjoy eBooks & eAudiobooks
- rb digital** Listen to eAudiobooks & read digital magazines
- hoopla** Download eBooks, eAudiobooks, graphic novels, movies, music, & TV

Guided Garden Walk

Tuesday, April 24, 6:30 pm
North East Branch

Local author Sharon Brubaker will provide a 50 minute guided walking tour highlighting local North East, MD locations used in her novel "The Greening".

4th Annual Plant Exchange

Tuesday, April 24, 6 PM
Elkton Library

Swap plants with other gardeners and bring new life to your garden!

Just Passing Through

Tuesday, May 1, 6:30 PM
Chesapeake City Branch

Local historian Bob Hazel will present various vessels that have traveled through the C&D Canal.

Need help using your device, phone or tablet?
Stop by any branch for assistance or visit our website:
<https://www.cecil.ebranch.info/digital-library/devices-and-downloads/>

Call (410) 996-5600 ext. 481 to register for library programs.

We hold events each month—join our news list and stay current! <http://bit.do/librarynews>

You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

■ Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.

■ Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.



We'd like to hear from you regarding our DCS Connections newsletter. Please share your feedback and suggestions for upcoming newsletters to Heike Button at (410) 996-8170 or hbutton@ccgov.org.