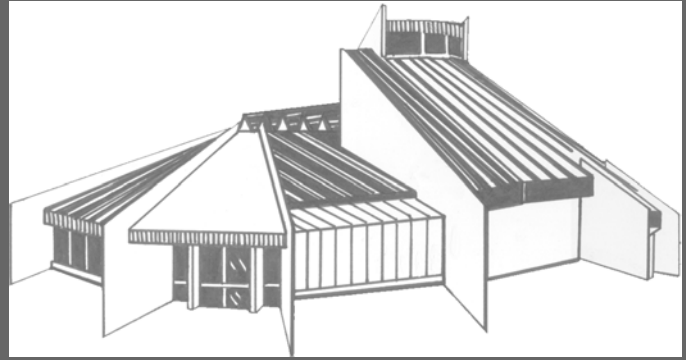


# THE PASCAL VOICE



Anne Arundel County  
Department of Aging &  
Disabilities  
Pascal Senior Center

## March is Amnesty Month

Have you lost your key tag? Is your key tag bent, dirty or otherwise showing wear? This month only you'll have a chance to get a replacement. Stop in the office. If your key tag is in good condition and working properly, you do not need to do anything.



## March 2012



## Travel Opportunities



**June 6 C & O Canal Trip** Ride along the canal in a boat pulled by mules. Feel yourself rise 8 feet in a lock. Hear the park ranger dressed in period clothing describe what it was like for families to live and work on the canal in 1870. Tour includes a lunch at Carmine's. Cost: \$66.

### June 17 American Music Theater

**(Lawrence Welk Show)** Five original musical family members share the stage for an amazing show. Lunch after the performance at Hershey Farms. Cost: \$100.

**July 17 Tangier Island Tour, Lunch & Cruise** This trip offers a boat ride, delicious family style meal at Hilda Crockett's, visit to the History Museum or the Crab Shack, and a guided golf cart island tour. Cost: \$98.

Check on line at  
[www.aacounty.org/Aging/activeSeniors/pascal.cfm](http://www.aacounty.org/Aging/activeSeniors/pascal.cfm)  
or at the trip desk for a complete listing of trips. Desk hours: Mon.-Fri. 10:00-2:00.



Anyone needing special accommodations must contact Center Manager, Nancy Allred at 410-222-6680 or through Maryland Relay 7-1-1 or by email at [pascalcenter@aacounty.org](mailto:pascalcenter@aacounty.org) at least 7 days in advance of an event. All materials are available in alternative formats upon request.

### Inside this issue:

Travel Opportunities	1
Service/Activity Highlights	2-5
Senior Safety Tips	5
Preview	5
Calendar	6-7
Menu	8
Save the Date	9

# Service Highlights

**SHIP Insurance Counseling** Each Monday from 1:00-3:00 (by appointment) a trained volunteer from the Department of Aging's Senior Health Insurance Program (SHIP) will address questions and concerns regarding Medicare, Medicaid eligibility, Supplemental Health Insurance, Long Term Care Insurance, Medical Claims Management, etc.

**NARFE Service Center** A trained volunteer from the National Association of Retired Federal Employees (NARFE) is available each Monday morning (by appointment) to discuss benefits.

**Nurse on Duty** A nurse will provide glucose monitoring for seniors already diagnosed with diabetes. She will also take blood pressure readings, 10:00-noon on Friday, March 2 and Wednesday, March 21. Trained volunteers are also available each Monday at 10:00 to take blood pressure readings.

**MAP Maryland Access Point** The Anne Arundel County Department of Aging and Disabilities provides assistance to help seniors with defining needs and locating and filing for appropriate services and programs. Information is obtained by calling 410-222-4257 or visiting [www.aacounty.org/aging](http://www.aacounty.org/aging).

**Senior Center Plus** operates at the Center on Thursdays to provide specialized activities for frail older adults. Participants receive staff support to help them participate independently at the Center. For information call 410-222-4464.



## Dept. of Aging & Disabilities

**Transportation** provides rides for seniors 55 and over to senior centers, nutrition sites, and medical appointments. Advance notification is required. To

schedule this service call 410-222-4826.

- **Shopping** The Center offers trips to local shopping centers on Tuesdays and Wednesdays from 11:30-1:30. A schedule of shopping destinations is available in the office. Van riders are asked to adhere to departure and pickup times. Van riders must sign up in the office one week in advance and pay a \$2 commitment fee. (Exact change only!) Those who cancel will not get their \$2 returned. Forfeited fees are donated to the transportation program.
- Other van trips are handled through the Center's Trip Desk.

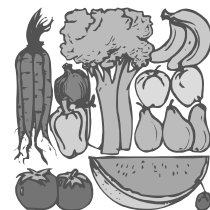
Transportation donations are accepted on the vans and at the Anne Arundel County Department of Aging and Disabilities, which is located at the Heritage Office Complex, Suite 400, 2666 Riva Road, Annapolis, Md. 21401. *Monies collected are used to help fund the transportation program so please give generously.*

**Mini-Massage** Thursday, March 8, 10:00-noon, massages of the head, back or neck are offered free of charge by certified massage therapist Bonnie Pavlak.

**Free Hearing Screening** Friday, March 9, Stephen Pallett, audiologist, will screen for hearing problems and adjust hearing aids (by appointment).

**Anne Arundel County Police Liaison** Anne Arundel County Police will respond to seniors' inquiries about safety concerns, community complaints, scams and other law enforcement issues. Contact Corporal Jimmy Miller at 410-222-0080.

**Lunch Program** Meals are served at the Center Monday-Friday at 11:30. Reservations need to be made one-week in advance. Cancellations should be made as soon as possible. Each meal costs the county \$4.03. Participants are asked to give what they can toward the cost of the meal. Participants are asked to check in no later than 11:15. Birthdays are celebrated on the third Wednesday of each month.



**Notary Services** This service is available on Mondays from 8:30-11:30 and Tuesdays and Wednesdays from 11:30-3:00.

**Public Use PC's** Two computers are available for use during normal Center hours. Please limit your use if someone is waiting. Classes are offered if instruction is needed. Check in at the office to receive a schedule and to register.

**Bunco** is a parlor game which uses dice and is played in rounds. The Center has formed two groups which play at 10:30 on Tuesdays, March 6 & 20. New players welcome!

**Mexican Train** is a domino game with many players. Join them at 1:00 on Mondays, except the third Monday of the month.

**Beyond Loss Support Group** meets on Wednesdays at 11:30. Members meet to exchange information, ideas and provide support to one another.

**Congressman Sarbanes** Consultations for constituents of the 3rd Congressional District are available on Thursday, March 1 from 11:00-noon.



### **Baked Goods Raffle**

Each month at 12:15 on the first Thursday (March 1) baked goods will be raffled to raise money to offset cuts to the Center's operating budget. Volunteer bakers are needed. If you can

help, see Pat Strumsky on Tuesday mornings or email her at [pfstrumsky@verizon.net](mailto:pfstrumsky@verizon.net).

**De-clutter Support Group** Center members can share their successes and gain support for the challenge of de-cluttering at 9:30 on Monday, March 5.

**Dine Around** This group strives to encourage companionship among members by meeting for lunch. This month on Saturday, March 10, 1:00, the

group will dine at the Texas Road House, 4465 Mountain Rd., Pasadena, Md. 21122. Contact Joan: 443-457-6429 or email [joankongsted@comcast.net](mailto:joankongsted@comcast.net).

**Fitness Room Orientation** Fitness Instructor Louise Mulvey will provide a one-hour informational session about how to exercise safely, demonstrate equipment use and answer questions. Orientations will occur on the 2nd Tuesday of each month from 9:30-10:30. The group size is limited to six. March's orientation will occur on the 13th. Register in the office.

## **Activity Highlights**

**Nancy Abramson Sings** Nancy has sung at numerous Baltimore restaurants, nightclubs, and hotels. Nancy's repertoire includes Big Band, Broadway, Classic Rock, Country, Disco, Jazz, Oldies, and Standards. She will perform for Pascal members at 12:30 on Thursday, March 1.

**Sing-Along with Danny Marchetti** Danny returns to Pascal's mall to provide you with a varied program of popular piano music on Friday, March 2 at 12:30.

### **Smocking workshop**

Smock a beautiful Easter Egg, Wednesdays, March 7 & 14 from 10am to 12pm. Class and kit fee only \$10.00. No smocking experience or other supplies necessary. Deadline for sign up is February 29th. Class taught by Jeri Kelley and Ann Hall, members of the Black Eyed Susan Smocking Guild. Payment, cash only, is due at registration.



**Caregivers' Support Group** The National Family Caregiver Support Program (NFCSP) will meet at the Pascal Senior Center in Glen Burnie from 1:00-2:30 pm on the 2nd Wednesday of the month (March 14). Mary Fridley, RN, BSN, BC, will facilitate the group which is open to all caregivers. For more information, you may call 410-222-4464 ext. 3094.

**Tenor Charles Sullivan** An energetic performer, Charles' repertoire includes not only a broad spectrum from the classical genre, but also includes many American standards written by Gershwin and Porter, many jazz standards, and music sung by Tony Bennett, Frank Sinatra, Nat King Cole and more. Charles will perform on Thursday, March 8 at 12:30. The public is welcome to attend.

**March Movies**

- Friday, March 9 at 12:15 *Top Secret Rosies: the Female Computers of WWII*. This documentary introduces us to women who were recruited from college mathematics departments to help calculate ballistics trajectories in order to create trajectory tables that were shipped to troops around the world.
- Friday, March 23 at 12:15 *Midnight in Paris* Owen Wilson, Marion Cotillard, Rachel McAdams, Kathy Bates, and Carla Bruni star in Woody Allen's romantic comedy about a family on a business trip in the City of Light. As a young couple engaged to be married experiences a profound transformation during their visit to Paris, an idealistic man with a romanticized view of the city finds that there's plenty of truth to that old adage about the grass being greener on the other side.

**Kinship Caregiver Support Group**

This month's meeting will be held at the Pascal Senior Center from 6:30-8:00 on Tuesday, March 13. For information contact Chere Torsiello, Kinship Navigator, at 410-897-3933 or email her at ctorsiel@dhr.state.md.us.

**Mary Ann Jung's History Alive presentation: *Rosalie of Riversdale***

Mary Ann Jung's unique portrayals of historic personalities are educational as well as entertaining. At 12:30 on Thursday, March 15, Mary Ann will present Rosalie Stier Calvert (1778-1821) and show how her life was connected with the War of 1812, plantation life, the Star Spangled Banner, Washington DC and Baltimore History, and the Battle of Bladensburg. This program is offered through the financial support



of the Arts Council of Anne Arundel County and Pascal Seniors Inc. The show is free and open to the public.

**Bill Sharkey Irish Sing-along** Join Bill on Friday, March 16 at 12:30 for an afternoon of Irish music. Wear your St. Patty's day green. Light refreshments will be served.

**Jewelry**

**Workshop** From

1:00-3:00 on Wednesday, March 21, Susan Brown will help you make a beautiful



bracelet and earring set using mosaic shell inlaid beads, Swarovski crystals, and sterling silver findings. The finished pieces are simply stunning and will make a great gift if you don't NEED to keep them for yourself! Basic bead stringing skills will be taught with a few new clever ideas. No experience is necessary, but bring reading glasses if you need them! You will be able to choose between white or black/gray beads. The \$25 cost is payable to the instructor, Susan Brown, at sign-up.

**Hot Buttered Nuggets** Douglas Everton and his eclectic quartet will perform a vintage variety show of rockabilly, jazz, and swing music that will feature tributes to music legends Louis Armstrong, The Ink Spots, Louie Prima, Elvis Presley, Johnny Cash, New Orleans Blues, Fats Domino, Leon Redbone and lots more. This performance is sure to entertain. Join us at 12:30 on Thursday, March 22.

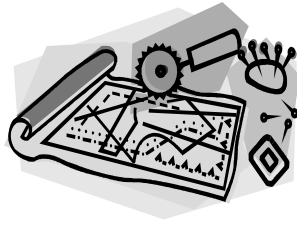
**AARP 55 ALIVE Driver Safety Program**

Tuesday, March 27, 9:30-2:30. This one-day course, sponsored by AARP, is designed to help older drivers improve their driving and accident prevention skills. Upon completion students receive certificates. Some insurance companies honor course completion with a reduction in insurance rates. Registration is required. There is a fee (\$12, AARP members; \$14, non-members) payable by check or money order to AARP at sign-up.

## Easter Card

### Making Class

Three Easter theme card projects will be presented by Susan Brown from 1:00-3:00 on Wednesday, March 28. The \$5 fee covers all supplies except double stick tape, if students prefer tape over glue sticks. Payment is required at registration. Make checks payable to the instructor. Class size is limited. Register early.



**Van Trip - Amish Market** A Department of Aging van will transport Center members to the Harbor Center in Annapolis. The van will leave the Center at 9:30 and return at 1:30 on Thursday, March 29 and Friday March 30. Lunch will be on your own. Donations are appreciated for the van service. A \$2 commitment fee is required to reserve a seat on the van. Seniors may register in the office.

**Trudy Marie Sings Country** A favorite performer, Trudy will share her vocal talents starting at 12:30 on Thursday, March 29.

**Book Club** will meet at 10:00 on Friday, March 30 to discuss the book *Heart Mender* by Andy Andrews. New members are welcome.

**OMHS Steel Band** Old Mill High School's Steel Band, under the direction of Michael Miller, is a group of 18 students, who perform music from the Caribbean Islands and some American Pop tunes in a steel drum orchestra. The band performs all over the state of Maryland and is the only group of its kind in Anne Arundel County. They will perform for center members on Friday, March 30 at 1:00.



## Preview

**GoGetters Easter/Spring Show** 12:30 on Tuesday, April 3.

**Harp Concert** Soloist Heidi Sturniolo will perform on Thursday, April 5 at 12:30.

**Volunteer Recognition** Those who are recording their service using the Center's touch screen sign-in will be recognized at 12:30 on Thursday, April 19.

**Al Long presents George Burns and Friends** This comic impersonator from the Philadelphia area returns to Pascal for a performance at 12:30 on Friday, April 20.

## Senior Safety Tips from TRIAD PLUS

**Stay Safe When You're Out and About**  
Common sense actions can reduce your risk of becoming victim to crime.

- Stay alert and tuned into your surroundings.
- Know the neighborhood where you live. Check out the locations of police and fire stations, hospitals and stores for safety.
- Send the message by moving purposely that that you're confident and know where you are going.
- If possible, go with a friend.
- Stick to well-lighted, well traveled streets. Avoid short cuts through vacant lots, wooded areas, parking lots, or alleys.
- Let someone know where you are going and when you expect to return.
- Avoid establishing predictable activity patterns which make you more vulnerable to crime.
- Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.
- If you use a knap sack, make sure it is securely shut.
- Always carry your medical information, in case of an emergency.
- Carry a cell phone with I.C.E. (In Case of Emergency) contacts.

**MONDAY**

- 8:20 Aerobics (C)
- 8:30 Spanish—Beginning (C)
- 9:00 Oil Painting (C)
- 9:00 Needlework (V)
- 9:25 Aerobics (C)
- 9:30 Intro. to Social Media (C)
- 10:00 Blood Pressure Check (V)
- 10:05 Spanish Intermediate (C)
- 10:35 Chair Yoga (C)
- 11:30 Lunch
- 12:00 Drawing (C)
- 12:00 Ballroom Dance (C)
- 12:30 Google Tools (C)
- 12:30 Stained Glass (C)
- 12:30 Intermediate Bridge (V)
- 1:00 Mexican Train (P)
- 1:15 Beginner Tai Chi (C)
- 1:30 Yoga (C)
- 2:30 Zumba Gold (C)

**MONDAY SPECIALS...**

March 5 (9:30) Declutter Support Group

Each Monday (10:00 – noon)  
NARFE Benefits (by appointment)

Each Monday SHIP Insurance  
Counseling (by appointment)



**TUESDAY**

- 8:20 Weights & Exercise (C)
- 8:45 Ceramics (C)
- 9:25 Weights & Exercise (C)
- 9:30 Open Computer Lab (V)
- 9:30 Pastels (C)
- 10:30 Armchair Exercise (C)
- 10:30 Yoga (C)
- 10:30 Bunco 3/6 & 3/20
- 11:30 Shopping Van Trip
- Noon Go Getters Rehearsal
- 12:30 Oil Painting (C)
- 12:30 Decorative Painting (C)
- 2:00 Digital Photography (C)
- 2:30 Tap Dance (P)

**TUESDAY SPECIALS...**

March 6 & 20 (10:30) Bunco

March 13 (6:30-8:00) Kinship Caregiver Support Group



March 27 (9:30-2:30)  
AARP Driver Safety Program

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**WEDNESDAY**

- 8:20 Aerobics (C)
- 8:20 Pilates (C)
- 8:45 Ceramics (C)
- 9:25 Aerobics (C)
- 9:30 Acrylic Flower Pa
- 9:45 Enhancing Mind
- 10:00 Debating World A
- 10:30 Tai Chi (C)
- 11:30 Lunch
- 11:30 Beyond Loss Sup
- 11:30 Shopping Van Tri
- 12:00 Low Impact Line
- 12:00 Landscape Art (C)
- 1:30 Yoga
- 1:45 Intermediate Line

**WEDNESDAY DAY**

March 7 & 14 (10:00-  
Smocking Wo

March 14 (1:00) Care

March 21 (10:00-noon)

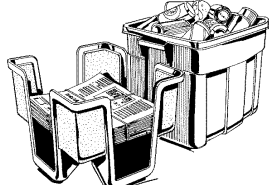
March 21 (1:00-3:00) Je

March 28 (1:00-3:00) Ea

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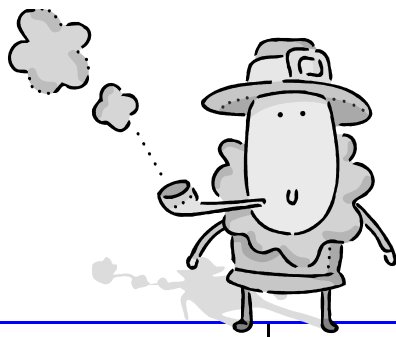
Address: 125 Dorsey Road, Glen Burnie, MD 21061

DAY	THURSDAY	FRIDAY
<p>Painting (C) Function (C) Affairs (P)  Support Group (V) p Dance (C)  Dance (C)  SPECIALS...  noon) 2-week Workshop  giver Support  Nurse on Duty  Jewelry Workshop  ster Card Making  those who do- cartridges, o earn credits of office sup- to bring them he receptacle sk. Your sup- er and is</p>	<p>8:20 Weights &amp; Exercise (C) 8:45 Ceramics (C) 9:00 Stamp Club (V) 3/8 &amp; 3/22 9:00 Needlework (V) 9:25 Weights &amp; Exercise (C) 9:30 Windows 7 Basics (C) 10:30 Armchair Exercise (C) 10:30 Yoga (C) 11:30 Lunch 12:30 Canasta (V) 12:30 Email Basics (C) 12:30 Open Art Studio (V) 2:00 Ballroom (C) 3:05 Intermediate Ballroom (C)</p> <p><b>THURSDAY SPECIALS...</b></p> <p>March 1 (11:00) Sarbanes Representative</p> <p>March 1 (12:15) Baked Goods Raffle</p> <p>March 1 (12:30) Nancy Sings</p> <p>March 8 (10:00-noon) Mini-Massage</p> <p>March 8 (12:30) Tenor Charles Sullivan</p> <p>March 15 (9:00) Advisory Council (10:15) Pascal Seniors Inc.</p> <p>March 15 (12:30) Mary Ann Jung presents <i>Rosalie of Riversdale</i></p> <p>March 22 (noon-1:30) <i>Hot Buttered Nuggets</i></p> <p>March 29 (9:30-1:30) Van Trip: Amish Mkt.</p> <p>March 29 (12:30-2:00) Trudy Marie</p>	<p>8:20 Aerobics (C) 9:25 Aerobics (C) 9:30 Watercolors (C) 9:30 Bingo (V) 9:30 Music &amp; Singing (C) 9:30 Intro to the Internet (C) 10:30 Chair Yoga (C) 11:30 Lunch 12:00 Advanced Bridge (V) 12:30 Table Tennis (V) 12:30 Portrait Painting (C) 12:30 Autobiographical Writing (C) 12:30 Computer Awareness (C)</p> <p><b>FRIDAY SPECIALS...</b></p> <p>March 2 (10:00-noon) Nurse on Duty</p> <p>March 2 (12:30) Sing-along with Danny</p> <p>March 9 (by appt) Hearing Screening</p> <p>March 16 (12:30) Irish Sing-along with Bill Sharkey</p> <p>Friday at the Movies</p> <ul style="list-style-type: none"> <li>March 9 (12:15) <i>Top Secret Rosies</i></li> <li>March 23 (12:15) <i>Midnight in Paris</i></li> </ul> <p>March 30 (9:30-1:30) Van Trip: Amish Mkt</p> <p>March 30 (10:00) Book Club</p> <p>March 30 (1:00 ) OMHS Steel Drum Orchestra</p> <p>Pascal members, please recycle both here and at home.</p> 

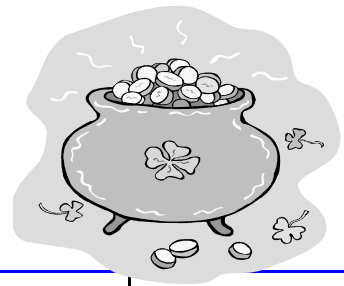
Center Funded

(V) = Volunteer Facilitator

(FV) = Fee/Volunteer Teacher



# March Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is served daily with fun and friendship!" Please give generously towards the \$4.03 cost of each meal. Persons under the age of 60 must pay full price for their meal. Please reserve or cancel your meal by calling your Senior Nutrition Site Aides. Thank you! The menu is subject to change. Milk and margarine is served with all meals.</p>			<p>1 Split Pea Soup Turkey Salad Pickled Beets Winter Vegetables Wheat Bread (2) Mandarin Oranges</p>	<p>2 Health Salad Stuffed Pepper Lima Beans Rye Bread Pineapple Tidbits</p>
<p>5 Grape Juice BBQ Pork Ribette Seven Bean Salad California Blend Vegetable Wheat Bread Fruit Cocktail</p>	<p>6 Tuscan Bean Soup Seafood Salad Tossed Salad Mixed Vegetables Potato Roll Mandarin Oranges</p>	<p>7 Fresh Tomato Soup Hamburger LTO Pickled Beets Sandwich Bun Applesauce</p>	<p>8 Cranberry Salsa Sliced Turkey/Gravy Sweet Potatoes Peas Rye Bread Sliced Peaches</p>	<p>9 Dixie Slaw Pork Chop/Gravy Mashed Potatoes Spinach Whole Wheat Bread Orange</p>
<p>12 Gingered Cucumbers Pulled Chicken BBQ Carrots Sandwich Bun Applesauce</p>	<p>13 Pickled Beets Beef Tips Noodles Broccoli Salad Wheat Bread Banana</p>	<p>14 Navy Bean Soup Turkey Salad Ranch Salad Peas Potato Roll Sliced Peaches</p>	<p>15 Tossed Salad Meatloaf/Gravy Mashed Potatoes Kale Whole Wheat Bread Pineapple Tidbits</p>	<p>16 Vegetable Barley Soup Seafood Salad Lima Beans Pickled Beets Potato Roll Applesauce</p>
<p>19 <b>HOLIDAY MEAL</b>  Seven Bean Salad Roast Beef Au Jus O'Brien Potatoes Steamed Cabbage Rye Bread Orange</p>	<p>20 Vegetable Soup Knockwurst Baked Beans Confetti Slaw Hot Dog Buns Sliced Peaches</p>	<p>21 Orange Juice Meatball Sub Carrots Mini Sub Roll Sliced Pears</p>	<p>22 Marinated Green Beans Honey Mustard Chicken Macaroni Salad Pickled Beets Whole Wheat Bread Mandarin Oranges</p>	<p>23 Broccoli Salad Stuffed Peppers Mashed Potatoes Wheat Bread Mixed Fruit Cup</p>
<p>26 Split Pea Soup Hamburger Patty Dixie Slaw Winter Squash Sandwich Bun Mandarin Oranges</p>	<p>27 Marinated Cucumbers &amp; Onions Chicken Southwest Calico Corn Turnip Greens Wheat Bread Fresh Fruit</p>	<p>28 Health Salad Baked Ziti Italian Vegetables Italian Bread Pineapple Tidbits</p>	<p>29 Pickled Beets Chicken Diablo Dirty Rice Kale Marble Rye Bread Mixed Fruit Cup</p>	<p>30 Lentil Soup Tuna Salad LTO Oriental Vegetables Wheat Bread Sliced Peaches</p>

# SAVE THE DATE!

Anne Arundel  
County's

**Saturday  
April 21, 2012  
8:30 am—3:00 pm**

## Caregivers' 20<sup>th</sup> Annual Conference

**DoubleTree Hotel**  
210 Holiday Court  
Annapolis, MD 21401

**Information for family &  
professional caregivers.**

This event is brought to you by the Anne Arundel County Department of Aging & Disabilities, the Anne Arundel County Department of Social Services, Active Day Centers of Annapolis and Pasadena, the Alzheimer's Association of Greater Maryland, Gero-Resources, LLC, Home Instead Senior Care, and Somerford Place Alzheimer's Assisted Living.

Cost: \$15  
Social Work CEUs will be awarded for an additional fee.

For more information and to be placed on our mailing list for this and other caregiver programs, contact 410-222-4464 ext 3043 or email: [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org).





ANNE ARUNDEL COUNTY  
DEPARTMENT OF AGING AND DISABILITIES  
Making Life Better!  
**PASCAL SENIOR CENTER**  
125 DORSEY ROAD  
GLEN BURNIE, MD. 21061

*March 2012*

HOURS OF OPERATION  
*Monday - Friday 8:00 - 4:30*

*Email: [pascalcenter@aacounty.org](mailto:pascalcenter@aacounty.org)*

**We're on the Web**  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

# THE PASCAL VOICE

## Senior Center Staff:

Senior Center Manager – Nancy Allred  
Office Support Assistant – Nancy Dembinski  
Nutrition Site Aides—Marge Ruark  
Senior Center Plus – Donna Hunt

Custodian – Darius Powell  
Van Drivers: Katrina Henson, Eric Hamilton,  
Myrtle Watts

## Phone Numbers:

Senior Center.....410-222-6680  
FAX.....410-222-6685  
Trip Desk.....410-222-6682  
Transportation.....410-222-4826  
Weekday Nutrition.....410-222-6240  
Meals on Wheels.....410-626-7543  
Taxi Program.....410-222-4222  
Corporal Jimmy Miller.....410-222-0080  
Information & Assistance - MD Access Point **MAP**  
Dept. of Aging & Disabilities...410-222-4257