



July 2020

# All Around the Center

Bowie Senior Center Newsletter

News – Events – Activities – Classes – Schedules – Services

## Honoring Our Class of 2020 Volunteers

Like so many other special celebrations that have had to be canceled due to this unprecedented viral pandemic, our annual event to thank and honor the outstanding group of volunteers could not take place in April. The staff and volunteers anticipate this wonderful event with great delight. Since the inception of the Bowie Senior Center in 1977, volunteers have played an unwavering role in its operation and success. Over this past year, 140 dedicated, talented, creative, knowledgeable, caring, and generous volunteers have given over a thousand hours of service. We did not want to let this go unnoticed. We are sharing this list of individuals whose dynamic contributions increase the quality and value of all that we do. Words do not justify all that they mean to us but, for now, read their names and join us in thinking about how they have richly impacted our lives. To this class of 2020 volunteers, we salute you!



Barbara Adams	Ann Craynon	Lee Hackenberg	Nancy Malloy	Joy Samuels
Joanie Allen	Denise Cross	Rosemarie Hargett	Bernard Miller	Elizabeth Schindler
Mirlene Andre	Phyllis Cross	Edythe Harris	Faye Miner	Bernardine Shettle
Jean Arcusa	Doris Cuffey	Dale Hartig	Comfort Mitchell	Michelle Sloan
Brenda August	Margaret Cullings	Jan Hartig	Paula Mitchell	Sandra Smith
Patricia Baker	Jocelyn Curley	Ron Hawkins	Peter Mojica	Marianne Sokol
Lynn Baldwin	David Dasenbrock	Eric Hein	Carol Murray	David Sparks
Patricia Bartolillo	Doris Dasenbrock	Rosario Ideo	Judith Naugle	Verna Teasdale
Loretta Bast	Dare Draughn	Arthur James	Margaret Newton	William Terry
Adrian Bendermeyer	Sam Duff	Attrue Johnson	Arlelia Niles	Phillip Tevis
Fern Berry	Dennis Edgington	Leola Johnson	Lorraine Nosacek	Helen Toni
Donna Bethge	Kristi Edney	Rosemarie Jung	Heike Nyland	Jim Turk
Robert Blum	Marie Englehart	Marliese Kaufman	Grace Odoi	Candee Van Inderstine
Linda Bock	Linda Epstein	Inder Kaur	Johnnie Pernel	Cecelia Vitale-Reddy
Margaret Bond	Mary Lou Estok	Margaret Kayser	Morey Petrone	Kennedy Ward-McEwen
Janet Boyer	Frank Evans	Tony Kayser	Lewis Pollack	Lorraine Webb
Herb Briscoe	Ted Fagan	Madeleine Kennon	William Prevo	Mildred Webb
Mary Brown	Ron Floyd	Mabel Keys	Carol Price	Berlyn Wheeler
Susan Buckler	Deb Forespring	James Kozura	Lynn Rambo	Carlene Wildy
Pam Bulger	Mary Franklin	Ann Kunz	Carter Rardon	Gerald Williams
Kay Bush	Margrett Gary	Ron Kunz	Robert Rapczynski	Judith Williams
Janet Ciesielski	Christina Girardi	Daniel Lee	George Ratte	Paula Williams
Rose Claggett	Sylvia Glover	Oleina Lee-Simpson	Ana Reyes	Sam Williams
Carollera Conway	Lottie Graham	Beverly Lewis	Beverly Roberts	Roswell Woodruff
Carol Ann Cousins	Dale Grant	Sharon Lewis	Arthur Rogers	Myra Young
Sidney Cousins	Margaret Gregory	Jackie Lindbeck	Eunice Romano	Elsie Ziepolt
Jackie Cowden	Richard Guaraldo	Jacqueline Lord	Andrea Ross	
Bill Cramer	Dave Hackenberg	Jo Lucente	Kevin Russell	

The Bowie Senior Center is currently closed.

The staff are answering phone calls Monday through Friday from 8:30 a.m. – 4:30 p.m.

For assistance and referrals, please call 301-809-2300.

## **Registration for 100 Continuing Education SAGE Classes**

The Prince George's Community College SAGE Program is offering over 100 online summer classes, and it is time to register. There will be no face-to-face classes. The SAGE summer class information is available on the SAGE page at [www.pgcc.edu](http://www.pgcc.edu). No printed materials will be available or mailed. Classes will run July 6 through October 3. Students must register and make payment online using the Owl Link. Online registration started Monday, June 29. This is a fantastic opportunity to take some of your favorite classes and try some new ones.

## **Transportation Options**

**Metro Access** (transportation for the disabled) – There are eligibility requirements. Call 301-562-5360 for the application. The application process takes approximately one month. (Lifts and ramps are operating.)

**Uber** is an on-demand transportation service. To request a ride:

1. Download the Uber app for free from the App Store or Google Play. Create an account.
2. Enter the destination and choose a ride option. You will see the price up front.
3. You will see the driver's picture and vehicle details. You can also track arrival time.
4. Verify the license plate number and the name of the driver before entering the car.

**Lyft** is an on-demand transportation service. To request a ride:

1. Go to <https://lyft.com/rider>. Download the free app and create an account.
2. Get a ride estimate.
3. Request a ride.
4. Verify the license plate number and the name of the driver before entering the car.

**Prince George's County Call-A-Bus** (Department of Transportation) This service provides door-to-door transportation. Medical appointments are given priority. Lift vans are available. There is no fee for seniors (age 60 and older) and persons with disabilities. Reservations can be made up to seven days in advance by calling 301-499-8603 between 7:30 a.m. – 4:30 p.m. Hours of service are 8:30 a.m.– 3:30 p.m.

## **Support Groups**

**Parkinson's Virtual Support Group via Zoom – Monday, July 27, 10 – 11:30 a.m.**

To join the Parkinson's support group virtual meeting, please contact Art James at [artjames@msn.com](mailto:artjames@msn.com) and request to be added to the Zoom meeting.

**Alzheimer's Foundation of America (AFA)**

AFA launched two new telephone-based support groups in May to help Alzheimer's caregivers cope with the challenges caused by the coronavirus pandemic:

**Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19 – Wednesdays, 3:30 – 4:30 p.m.**

**Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors – Fridays, 3:30 – 4:30 p.m.**

Please register by calling the AFA helpline at 866-232-8484 to speak with a social worker.

**Caregivers Support Group Virtual Meeting**

To join the Caregivers Support Group virtual meeting, please contact Ann Craynon at [ann@acElderCareSolutions.com](mailto:ann@acElderCareSolutions.com) and request to be added to the Zoom meeting.

## **Zoom Tutorial**

Learn more about Zoom at <https://www.youtube.com/watch?v=fMUxzrgZvZQ>.

## ***For Your Entertainment and Information***

Use your web browser to search for The Louvre, the Van Gogh Museum, the Vatican Museum, the Metropolitan Museum of Art, the Smithsonian, the Metropolitan Opera, Vimeo Livestream, and five virtual vacations for seniors.

The following may be accessed by clicking on the hyperlink or copy and paste in your web browser search box.

### **Arts and Science**

[Smithsonian Open Access](#): Millions of images and 3D models  
[NASA](#) videos and images  
[Coloring books from open culture](#)  
[3D virtual art tours via V21 Artspace](#)  
[Cultural documentaries and films](#)

### **National Parks**

[Yellowstone](#)  
[Yosemite](#)

### **Mental Health Webinars**

[https://generations.ce21.com/?\\_ccCt=a23-21w09l-nrdrls-cw3tbxg8](https://generations.ce21.com/?_ccCt=a23-21w09l-nrdrls-cw3tbxg8)

### **Mental Stimulation/Education**

[Ted Talks](#)  
[Big Think](#)  
[Lumosity](#)

### **Exercise Tips for Seniors**

[National Institute on Aging](#)

## ***Play Cards Online***

If you miss playing cards face to face with other members, there are a number of resources for playing online. Bridge, for example, can be played at BridgeBase.com. There are many other sites for playing a variety of games such as pinochle, canasta, solitaire, and Scrabble. Two additional examples are WeWeWeb Bridge and Classic Words. Use your web browser to search for these.

## ***Tune in to “Play More TV”***

This is a fun and informative family show. Enjoy performances, crafts, cooking, dance, fitness, art, and nature. This show is now airing Monday through Friday at 8 a.m. and 2, 5, 8, and 9:30 p.m. on Bowie State University Television (BSU-TV), Comcast 74, and Verizon 43.

## ***Masks for Bowie Seniors***

If you are a senior and city resident and have not been able to secure a mask, please contact the Center at 301-809-2300, and we will arrange to have a free mask delivered to you. If you or your organization would like to volunteer to help with this effort, please contact Lori Cunningham at 240-544-5601 or [lcunningham@cityofbowie.org](mailto:lcunningham@cityofbowie.org).

## ***2020 Census***

Deadline for completing the census is October 31. Citizens are able to complete the census online at [www.my2020census.gov](http://www.my2020census.gov) or call 844-330-2020.

### **Food Delivery Services**

[Grub Hub](#)  
[Door Dash](#)

### **Libraries**

[Library of Congress](#)  
[New York Public Library](#) – Hundreds of thousands of online prints and videos  
[Maryland Digital Library](#)

### **Narcotics Anonymous**

[Virtual meetings](#)

### **Museums**

[Visit the Moon](#)  
[National Women’s History](#)  
[National Museum of the U.S. Navy](#)  
[Girl Museum](#)  
[Museum of New Zealand](#)  
[Vatican Museum Tour](#)

### **Caregivers**

[Resources, support, and activities](#)



## Bowie Senior Center

301-809-2300

www.cityofbowie.org/seniorcenter

Accredited by   
National Institute of  
Senior Centers

### **Mission Statement**

The mission of the Bowie Senior Center is to serve, support, and enhance the lives of individuals 55 years and older by providing programs and services which promote active, independent, and healthy lifestyles.

### **Attention: Temporary Bowie Senior Center Mailing Address**

If you are mailing any correspondence to the Center while it is closed, please send it to **Bowie Senior Center, 15901 Excalibur Road, Bowie, MD 20716.**

### **Staff**

<b>Senior Services Manager</b> Laurel Raymond	301-809-2326	<b>Receptionists</b> Monica Leonard Belinda Press	301-809-2300
<b>Assistant Manager</b> Colleen Cofod	301-809-2325	<b>Maintenance</b> Ray Esguerra Ryan Graham	
<b>Wellness Coordinator</b> Mark Shields		<b>Transportation</b> Sue O'Toole	
<b>Information &amp; Referral Specialist</b> Gloria Gaddy		<b>Bus Drivers</b> Robert Caldwell, Gary Harash, Irving Harris, Darryl Jameson, Hank Lloyd, Carlton Oden, Stephen Pearson, John Scanlon, Darryl Stafford, Gerald Tucker, and John Watkins	
<b>Program Assistants</b> Michaeline Gandolph Trish McCants Sharon Wanzer			

### **Advisory Board**

The purpose of the board is to advise and assist management in promoting the Center and its services to Bowie seniors. We encourage you to get to know the board members—Herb Briscoe, Mary Brown, Sid Cousins, Lottie Graham, Lewis Pollack, Arthur Rogers, Eunice Romano, Paula Williams, and Samuel Williams.

### **Information for Bowie Seniors**

**Senior Nutrition Program** – You may be eligible to receive seven frozen meal packs delivered to your home weekly. Call Prince George’s County Department of Aging at 301-265-8475.

**Bowie Food Pantry** – The pantry provides food to needy residents of Bowie. Eligible new clients must show ID with proof of a current Prince George’s County address. Please call 301-262-6765 or check the website at [www.bowiefoodpantry.org](http://www.bowiefoodpantry.org) for more information.

**Neighbors Helping Neighbors** – So that seniors can remain safely at home, volunteers provide assistance shopping for groceries and prescription pickups. For information, visit the city of Bowie website at [www.cityofbowie/nhn](http://www.cityofbowie/nhn) or call Lori Cunningham at 240-544-5601.

### **Prince George’s County Aging and Disabilities Services**

Information and Assistance – 301-265-8450

Home-delivered Meals – 301-265-8475