

The task ahead of us is never as great as the Power behind us.

The Name Game

Last issue, we asked you about OWLS . Older Wiser Lively Seniors for the name of our group. Helen has suggested %Survivors+. If we get one more submission, we'll vote on these.

Thank You! (but ð ..)

We're grateful to all of you who have taken the time to say you like this little newsletter. Even the one totally negative commenter will help us improve. But what is so frustrating is that NO ONE has sent or suggested items or ideas. This is your newsletter, folks, be a part of it! Orð

Coming Events at Friendship Church

Sun&Thu thru 4/9	Lenten Study "5 Marks of Faithful Congregations" – Sun. 6:30, same on Thu. 7:30
Wed. Mar. 4 10am	Dorcas-Lydia Women's Circle meeting . Fellowship Hall next-April 1(1st Wed., 10am)
Sat. Mar. 7 8am	Methodist Men breakfast . Pirate's Cove, Galesville, next-April 4 (1st Sat., 8am)
Sun. Mar. 8 2am	Spring Forward! . Move your clocks ahead one hour
Sun. Mar. 8 Noon	Chili Cookoff sponsored by Dorcas-Lydia Women's Circle to benefit mission projects
Mon. Mar. 16 7pm	Tabitha Women's Circle Bring-A-Friend Chips & Dip Party (next-April 20)
Tue. Mar. 24 7:30pm	South Arundel Garden Club meeting (next-April 28)
Sat. Mar. 28 8am	HOME Team / ASP mulch sale
Wed. April 1 Noon	Lenten Luncheon . Fellowship Hall . Ham & Fried Chicken . adults \$10, children \$4
Thu. April 9 7:30pm	Maundy Thursday Holy Communion Service
Fri. April 10 7:30pm	Good Friday Worship Service
Sun. April 12 7am	Easter Sunrise Service at Herrington Harbour South
Sun. April 12 8:30 & 11am	Easter Family Celebration
Tue. April 21 Noon	Seniors Luncheon . Free . Guest speaker on Nutrition
Sat. April 25 TBA	%Rebuilding Together+(formerly Christmas in April) Volunteers needed 410-257-7133
Sun. April 26 Noon	FUMC Missions & Ministries Fair (tentative)

Other Events of Interest to Seniors in Our Area

Tuesdays 10:15am	Walk & Stretch at North Beach Senior Center (NBSC) . Free
Fridays 2:30pm	Line Dancing Classes . Calvert Pines Senior Center (CPSC)
Sun. Mar. 8 2am	Spring Forward! . Move your clocks ahead one hour
Mon. Mar. 16 11am	Safe Food Handling . Fruits & Veggies . NBSC
Thu. Mar. 19 10am	Edgewater Senior Center van trip to Super Walmart in Severna Park
Fri. Mar. 20 8am-Noon & 6-8pm	Healthy Aging Festival at CPSC . Screenings, info, and New Age stuff
Sun. Mar. 22 1:30pm	Chesapeake Beach Easter Parade (17th & Boardwalk to Bayfront Park)
Mon. Mar. 23 10am-3pm	AARP Driver Safety Class at CPSC - \$10 (you could get a car insurance discount)
Mon. Apr. 6 10am-3pm	AARP Driver Safety Class, Edgewater SC, \$14
Wed. Apr. 8 10-11am	Essential Tremor meeting at CPSC (March meeting postponed)
Mon. Apr. 13 11am	Gospel Sing at NBSC
Fri. Apr. 17 8am-2:30pm	CPSC Caregivers Conf. Topics: Alzheimer's, Hospice, Abuse \$18 incl. meals, etc. <i>The next day, there's a Caregiver's Conference in Annapolis – \$10 (See SoCo newsletter website below)</i>
Thu. Apr. 30 8am-untill?	CPSC Tour: Pentagon Memorial & Arlington Cemetery - depart Dunkirk 8am - \$31
Sat. May 9 10:30am-@6pm	CPSC trip to Kennedy Center to see %Magtime+\$84 MUST RESERVE BY 3/17
Fri. May 15 10am-5pm	CPSC Annapolis Trolley & Boat Tour . depart Dunkirk (Blockbuster) 10am - \$45

ðThe first principle of happiness is being willing to ask for help. When we ask for help, we are more prepared to help others, and others are more inclined to ask for help themselves. When you ask for help, you are not only helping yourself be happy, you are helping others, too!ð based on the Beatitudes; thanks to Emilie Quast, webmaster of Beyond-Hearing (Yahoo group for the hard-of hearing).

Luncheon at Friendship

Monday, April 21, Noon

Healthy Eating for Seniors—presented by nutritionist Nancy LeFrancois
Come and enjoy fellowship, laughs, a great free lunch, and an informative program.

Pastor's Corner: Pearls by Paula Madden

Paula is currently a Stephen Ministry Leader at Friendship and she's also a candidate for Certified Lay Ministry. We're fortunate to have Paula share her wisdom and love with us here.

Pearls. That's what I see when I look across the congregation on Sunday. Yes, pearls! Especially when I'm seated near the back of the sanctuary. It makes it easier for me to pick out the tufts of silver and white mixed in amongst the black, brown, blonde and red. That's right! I'm talking about you! Friendship Seniors!

What do I mean by "pearls"? Well, let me tell you. You are a treasure! A wealth of information, experience and history that's impossible to measure. I remember many a Sunday morning between services sitting in the Fellowship Hall talking with "Miss Evelyn" (Sansbury) listening as she spoke the history of Friendship, MD and Friendship church. Since her passing I've had similar conversations with other Friendship Seniors before and after worship, in Bible study, in fellowship and serving with them in ministry. What a blessing each of you are.

You learned the scriptures when you were children in Sunday school and even in public school! And you remember and can recite them. You learned hymns in your childhood that still spring from your mouth with ease. You can add without a calculator, cook without a microwave, and have imagination enough to fill up your days even when the cable has gone out. You keep your family close and treat your friends like family. You have talents and skills passed down from the generations before you for things many have long forgotten and others have never had the opportunity to learn.

How would you like to give the gift of you?! Would you offer yourself in service and fellowship to give others the opportunity to learn from you? To allow the ones to follow you to glean pearls of wisdom, acquire skills, learn and appreciate the history of our church and community from you. And, to gain comfort from you who have been there before who have the life experience and the ability to share what you have learned.

How about "adopting a senior" or a high school senior that is "for a little mentoring and perhaps in return you could get some "tech savvy" hints. Or a young adult or someone just entering the workforce, or just married, or a new mother or who could benefit from you having been there.

Having someone walk up beside us in Christian love gives us strength and confidence when we feel weak or unsure. Have you considered joining the Stephen Ministry program? It's an ideal way to use the gifts of caring and sharing that God has blessed you with, and a way to demonstrate how good may have come from some of the trials you have endured over a lifetime of experience.

So, the next time Pastor Byron directs us to "Say hello before we go" and "Greet before you eat" seek out a young person. Get to know them, let them get to know you. Find out how you can connect and in doing so each become stronger. Seek out a Stephen Minister and inquire about how you could be a part of or utilize the program for yourself or a loved one. From the day of our Baptism to the day of our going home we are all Ministers for Christ. Never stop reaching out in Christian love! Caring, sharing and giving the gift of you. You may be surprised by the treasures you get in return.

Respectfully Submitted in Love,
Paula



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

Seniors
the local
each or
of these

Click Here to upgrade to
Unlimited Pages and Expanded Features

are available on the internet . try a search.

Full (Magazine) Size and Flyers

2009 Medicare Part D Stand-Alone Prescripⁿ. Drug Plans
(spreadsheet-type chart)

Caregivers Support Groups

A Consumer Guide for Seniors (MD Atty. Gen.)

Coping With Essential Tremors (2 flyers) (International
Essential Tremor Foundation)

Do You Need Help With the Cost of Your Medicare Part D
Prescription Drug Plan? (flyer)

Maryland Advance Directives (legal documents)

Maryland Veterans State Benefits & Information Guide

Medicare and Your Mental Health Benefits (federal-HHS)

Retirement Living SourceBook (commercial, quarterly)

Senior Companion Program (federal)

Services for Seniors Directory

Shoppers Guide to Long-Term Care Insurance (private)

South County Senior Center Monthly Newsletter

Volunteer Grandparents Needed! (flyer)

Brochures, etc.

AA County Agencies:

AACo Commission on Disability Issues

Activity Program for Frail Older Adults

Consumer Guide for Selecting an Assisted Living Home

Curb Abuse in Medicare and Medicaid

Emergency Phone Numbers (fridge magnet)

Foster Grandparent Program

Friendly Visitor Program

Friends of Arundel Seniors

Handy Cab Program

National Family Caregiver Support Program

Pets On Wheels / Life Enrichment / Mom & Me (1 brochure)

Respite Care Referral Program

Senior Access Point

Senior Activity Centers

Telephone Reassurance

Calvert County Agencies:

Calvert County Nursing Center

Calvert County Office on Aging Senior Services

Calvert Meals on Wheels

Caregivers Support Groups

I Have Put My House In Order (Confidential Personal Recrds)

Living Well: Take Charge Of Your Health

Project Lifesaver (radio monitoring of dementia wanderers)

Resource Directory for Calvert County Seniors (56pp, 6x9)

Senior Health Insurance Assistance Program (bookmark)

MD State Agencies:

Adult Evaluation and Review Services

Consumer Tips for Purchasing Long-Term Care Insurance

Don't Be A Target of Healthcare Fraud

List of County Aging Agencies (bookmark)

List of County Senior Health Insurance Office Phones

Making Medical Decisions for Someone Else

Maryland Long Term Care Ombudsman Program

Maryland Senior Legal Hotline

Medicaid Home and Community Based Waiver for Older
Adults

Medication Recorder (strip of 4 business cards)

Need Help with Paying Heating and Electric Bills?

Questions About Programs and Services for Older Marylanders

Senior Health Insurance Assistance Program

Traveling Safely with the Grandkids

Federal:

Help Paying Medicare Costs

Medicare Hospital Compare

Private:

2009 Medicare Part D Pharmacist Quick Reference
Guide (Community CCRx)

Affordable Emergency In-Home Monitoring

Ask about a Reverse Mortgage (PNC Bank)

Caregivers Tips:

Caring for the Caregiver

Creating a Safe Environment

Enjoying Everyday Activities

Reducing Restlessness and Anxiety

Guide to Senior Housing & Care (commercial)

Local name origins:

- Calvert County was named for Cecil Calvert, 2nd Lord Baltimore. So was Cecil County.
- Lady Anne Arundel was the wife of Cecilius Calvert.
- Annapolis honors Queen Anne of England, who reigned 1702 to 1714.
- Parole: From 1862 to the end of the Civil War, Union prisoners paroled by the Confederacy were confined at Camp Parole until they were exchanged.

Tax Counseling at North Beach and Edgewater Senior Centers

Call 410-257-2549 (Beach) or 410-222-1927 (SoCo) to make an appointment with an AARP tax counselor (simple returns only at SoCo).

Congrats to FUMC member Janet Bewley for serving on the 2009 Calvert Senior Council.

WAYS TO MAINTAIN A HEALTHY LEVEL OF INSANITY . Advice from Pastor Don

At lunch time, sit in your parked car with sunglasses on and point a hair dryer at cars. See if they slow down.

Order a diet water+whenever you go out to eat and do it with a serious face.

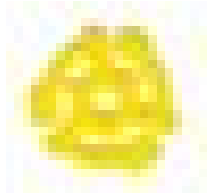
Specify that your drive through order is %to go+

When leaving National Zoo, run toward the parking lot yelling %win for your lives! They're loose+

Tell your children over dinner, %due to the economy, we are going to have to let one of you go.+

When the money comes out of the ATM, start screaming %won! I won!+

Remembrance of Things Past



My Life with Essential Tremor - Update

- by Jay Lounsbury

I attended the Feb. meeting of the local Essential Tremor (ET) chapter at Calvert Pines. Very nice, helpful, understanding people. Next meeting is April 8, 10am. My doctor has me trying a drug called Atenolol to help not only with my mild tremor, but also control blood pressure.

We'll see how it works. To contact the International Essential Tremor Foundation, go to www.essentialtremor.org/ or email Linda Coty of the local ET group at lhcoty@comcast.net

Did you know that the southernmost point of the official border of DC extends 200 feet south of the Wilson Bridge near the Virginia shore?

Please visit our church website, www.friendshipmethodist.org/. See the Epiphany Cantata photos under Music, learn about Stephen Ministry and Bible Studies. The calendar of events is very helpful (make sure your area of interest is kept up to date). You can even click on an event and request to be sent an email reminder of it ahead of time. Tell others about FUMC.

in Shrdlu Exposed!

Seniors Newsletter, asking do you know Etaoin Shrdlu? Why fooled? Etaoin Shrdlu isn't a person or it is letters of the alphabet in the order of the frequency of their use. E is the most common, T is second, etc.

Local News Websites

In our last issue, we gave you four Calvert-based websites for local news. They are: www.somd.com/ www.somdnews.com/ www.thebaynet.com/ www.calvertnews.info/ Here are some in Anne Arundel: www.bayweekly.com/ www.hometownannapolis.com/ annearundelcounty.com www.mddailyrecord.com/ Do you know of any others?

Why do I Like Retirement????

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why are retirees so slow to clean out the basement?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

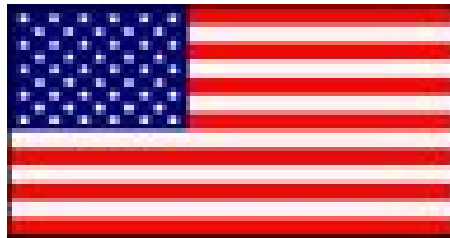
Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.

How can it be that on Feb. 26 Antoine "Fatsö" Domino turned 81 years old????!!!!!!

Where Do We Go From Here?

Have you thought about ways we, Friendship Seniors and friends, can apply our experience, energy, and knowledge in helpful ways? Or should we just be content to be passive?



Happy Spring! What better proof than new life that God loves us!.