



# CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

## *Greetings College Park Seniors,*

As we enter the last part of summer, many of us have time to focus on organization. It's a good time to...

## PREPARE

Preparation is always wise. Older adults are more vulnerable and it is vital to have personal documents that allow others to carry on in the event that normal functioning has been interrupted or death occurs. Here is a simple summary of some common documents which are advisable to consider:

### POWER OF ATTORNEY

A Power of attorney grants a person that you choose to act as the legal authority to represent you when you require assistance in managing financial decisions and legal matters.

### LIVING WILL

A living will outlines your wishes for end of life care. The living will provides specific instructions for health care if you are unable to communicate your wishes.

### LAST WILL

The last will is a document that communicates final wishes after death. In the absence of a will the courts will decide what happens to possessions.

These documents can be created in several ways. There are "do it yourself kits" online; handwritten documents signed by witnesses; and/or acquiring services of an attorney to draw the documents. Decide which method you would prefer and take action today.

## Legal Advice

Here is a list of some community resources in the event that legal advice is warranted:

### Community Legal of Prince Georges County

P. O. Box 374  
Riverdale, MD 20737  
240-391-6370

### MD Legal Aid

8401 Corporate Drive  
Suite 200  
Landover, MD 20785  
301-429-8743

### The Peoples Law Library of MD

866-635-2948  
PEOPLES-LAW.ORG

### Maryland Self Help Center

410-260-1392

#### IMPORTANT PHONE NUMBERS

Seniors Program 301-345-8100  
Medicare 1-800-633-4227  
Social Security 1-800-772-1213

#### City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager  
Fatima Knight Seniors Advocate  
Deidre Massey Administrative Assistant  
Donna Jones Seniors Social Coordinator

Bus Operators: Marina Guzman

James Eubanks  
Joseph Shearin

**\*\*FREE WORKSHOP\*\***

Prince George’s County Department of Family Services is offering the “Living Well –Take Charge of Your Health” program. This is a chronic disease self- management and diabetes self- management program. Workshops consist of a one -hour telephone call for 6 weeks. Tool kits include textbook; CD, self- test, tip sheets and a certificate of completion. For registration and information call Jackie Harley, Health Promotion Coordinator at 301-248-0039 on Tuesday and Thursday and 443-386-1508 on Monday, Wednesday and Friday.

**Sight & Sound**

College Park seniors have traveled to Sight & Sound Theatre in Pennsylvania for more than 20 years to enjoy bible stories on stage. Noah, Moses, Joseph, Abraham & Sarah, and The Miracle of Christmas are just a few of the productions. Sight & Sound shows are now available on demand television. Streaming is free on TBN or you can plug in at [sight-sound.tv](http://sight-sound.tv). Enjoy the shows!

**Is Laughter the Best Medicine?**



Kids laugh hundreds of times a day, but the average adult laughs less than 20 times a day. Laughter is a fairly easy tip to incorporate and fun to do! If you need a little help, *Laughter Yoga*, a book by Madan Kataria, MD, is an illustration of easy ways to reduce stress by laughing. Try it!

**Improve Sleep**

The American Sleep Association has a few recommendations to improve sleep and rest. Wear “Blue Light Glasses” in the evening to reduce the light exposure from electronics; Reduce caffeine during the evening; Adopt a sleep pattern that includes rising and retiring at set times daily; Upgrade bedding regularly and start by replacing worn pillows; Adjust the temperature of the bedroom to a cooler temperature. Then snooze away!



**COVID-19**

COVID-19 is a virus. Regardless of the many opinions and reports that we hear daily, a few recommendations remain constant.

- Wear a face covering
- Wash your hands,
- Sanitize hard surfaces,
- Stay home when you are sick,
- Avoid contact with others that are sick
- Physically distance from others



For the City’s current information on COVID-19 visit [collegeparkmd.gov\covid19](http://collegeparkmd.gov/covid19)



**Puzzle Give-Away**

The Seniors Program has received puzzle donations. If you are interested in receiving one, please leave a message on the office phone line. One puzzle will be offered per caller until they are gone. Puzzles are 500 and 1000 pieces.

***For assistance contact the Seniors Program at 301-345-8100.***

\*\* If you would like to receive a monthly email version of the College Park Seniors Newsletter, sign up by visiting: [www.collegeparkmd.gov/cpconnect](http://www.collegeparkmd.gov/cpconnect)  
 The newsletter is also available for viewing online in the Social Activities Section on the city website: <https://www.collegeparkmd.gov/seniorsprogram>