



CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

Greetings College Park Seniors,

This winter has certainly been cold, snowy, and brisk. It is the perfect season to stay inside, warm by the fire, to sip your favorite beverage, wrap in a warm throw, enjoy a book, movie, music or call a friend on the phone. You might also spend the time planning your summer vacation, cooking, taking an online class, view and sort old photos, exercise, plan your spring garden, or take on a new hobby! Savor the season! Enjoy the picturesque scenes. There's only 4 short weeks left to appreciate the blustery, crisp elements of winter. Spring will be here before you know it! Stay bundled up, be well and warm.

CITY OF COLLEGE PARK SENIORS PROGRAM UPDATE

The City of College Park Seniors Program said goodbye to Fatima Knight, Deidre Massey, and James Eubanks. We have hired new staff. Please join us by welcoming our new seniors team members: Tony Clark -Bus Driver, Adrienne Jones -Advocate/Caseworker and Nicole Martinez - Administrative Assistant. They are eager to meet senior residents.

The Seniors Program has a new office site. The office location is 10007 Rhode Island Avenue, College Park, MD 20740. You will easily find us between *Gailes Violin Shop* and *Elaine Ellis Medical Center*. Office hours are Monday through Friday 9:30 a.m. to 5:30 p.m. Most program staff are part-time, so individual staff hours vary. Staff may be reached at 240-487-3614. Please leave a message whenever you contact us so that we can return your calls. We encourage appointments to assure that you reach the staff person that you would like to see. You, however, are most welcome to drop-in!

The office site at Spellman House remains the same and the telephone number there is 202-220-0037.

In-person social activities, at *United Methodist Church*, continue to be in a suspension due to COVID-19. We will advertise when socials resume.

We are looking forward to seeing you!



Black History Quote

"Ours is not the struggle of one day, one week, or one year. Ours is not the struggle of one judicial appointment or presidential term. Ours is the struggle of a lifetime, or maybe even many lifetimes, and each one of us in every generation must do our part."

-- John Lewis.

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
Donna Jones Seniors Social Coordinator
Adrienne Jones Seniors Advocate/Case Worker
Nicole Martinez Administrative Assistant

Bus Drivers: Marina Guzman
Joe Shearin
Tony Clark



A REQUEST FROM DONNA JONES, SENIOR SOCIAL COORDINATOR

Since the onset of COVID, our program has delivered activity packets and/or meals to the homes of participants. Monthly packets contain brain stimulating activities, art activities, encouraging notes, crafts projects, seasonal favors, snacks, and other interesting items. We currently have two openings for packets. If you would like to be a recipient, please contact us at 240-487-3614.

Brain Boosters

How Many Words Can You List Using Letters from the Words:

1. "picturesque"
2. "interested"

Fill in the letters for February words

- F r _ _ s _ _
- _ l _ _ p p _ _ r _ _
- H _ r m _ n _ _
- _ a r _ _ _ O _ a m _ _
- L _ v _ l e _ _ e _ _ s

How Many Words Can You List that begin with the letters:

- A B** example: ABSTRACT
- D O** example: DONUTS
- T E** example: TENNIS

KEEP IN TOUCH

College Park Senior Social participants have not gathered since March 2020. Suspension of In-person socialization activities occurred almost 2 years ago due to COVID-19. Participants wishing to keep "in touch" with one another have been sharing their telephone numbers and addresses to maintain contact. If you are interested in participating with group members, please contact Nicole Martinez at 240-487-3614 to share your contact information and connect with your friends that have been enjoying companionship and support!

IN MEMORIAM

Sadly, Peggy Kane, an active participant at the College Park seniors social activities passed away in December 2021. The family made private arrangements. We express our condolences to Peggy's family and friends. We will certainly miss Peggy Kane.

DONATION OF HOSPITAL BED

We have knowledge of a gently used hospital bed. If interested, please contact Angie Burns for details. Contact the Seniors Program Office at 240-487-3614.

QUOTES IN HONOR OF BLACK HISTORY MONTH

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

- Martin Luther King, Jr.

"My humanity is bound up in yours, for we can only be human together." --Desmond Tutu