

Spring Cleaning?

PIC is currently accepting donations for the spring St. Michaels' Fire Department Flea Market on **Saturday, April 18th, 2020**. All money raised will fund social events for our members while also raising awareness of our organization. If you have household items, decorative items, and/or accessories (handbags, jewelry, etc.) that you are willing to donate, please drop them off at our office (8694 Commerce Dr. #1, Easton) between 9:00 am – 3:00 pm, Monday through Friday, or contact our office @ 410 822-1803 to arrange for pick-up.

COMING SOON . . . ONLINE AUCTION!

Partners In Care will be hosting an online auction featuring gift certificates from local businesses with proceeds benefitting PIC Upper Shore programs.

Date and details to follow.



Veterans Luncheon

PIC hosted the inaugural Veterans Appreciation Luncheon on Monday, November 11th at our new office on Commerce Drive in Easton. Our veterans enjoyed the afternoon reminiscing and sharing memories while meeting other local veterans. The attendees were veterans of Vietnam, Korea, and World War II and representing several branches of our military service.

Art Show at St. Michaels Library



Spanning the month of March, PIC is proud to display several of our talented member's art at the St. Michael's Library.

Artists work on display includes – Anne Hock (acrylic and oil painter), Herbert C. Phillips (watercolor painter), Marie Rose-Ludington (oil painter), Daryl Lyerly (cross stitch), and Russell Klages (carver).

According to the **Centers for Disease Control**, "Most of the time flu activity peaks between December and February, although activity can last **as late as May**." What is the best way to prevent getting the flu? Get a flu vaccine every year. Additionally, there are healthy habits that you can employ to help protect yourself and others.

- Stop the spread of germs by -
 - keeping your distance from those that are infected
 - washing your hands often
 - covering your mouth and nose with a tissue when coughing and sneezing
 - avoiding touching your eyes, nose and mouth
 - disinfecting frequently touched surfaces
- Reduce your chance of getting the flu by -
 - getting plenty of sleep (NIH suggests 7-8 hour each day for adults)
 - reducing stress (stress = illness susceptibility)
 - eating healthy foods (boost your immune system)
 - getting more sunshine (for vitamin D to help your body's natural defenses)
 - increasing exercise (20-30 minutes several times per week)

Information provided was compiled from the Centers for Disease Control, National Institutes for Health, and Northside Hospital. This information should not be used as a substitute for medical advice from your health care professional

“Volunteers do not necessarily have the time; they just have the HEART”

By Elizabeth Andrew



Did you know ...

... the Maryland Dept. of Aging has instituted the first state-run free phone check-in service for residents 65 and older? If you live alone, and are interested in more information on the Senior Call Check program, call 1-866-50-CHECK (or go online at aging.maryland.gov online).

~SAVE THE DATE~

**Volunteer Appreciation Luncheon
April 23 @ 11:00
Details to follow**

Cooking without Looking

On, December 17th, PIC hosted Blind Industries and Services of Maryland (BISM) who presented innovative ideas and shared information on rehabilitation programs, quality products/services and resources during our Low Vision Group Meeting. Rehabilitation Teacher and Senior Programs Manager, Amy Crouse, along with two of her amazing co-workers (Danielle Earl and Heather Guy), provided a mini-workshop with excellent hands-on activities based on Technology, Culinary Arts and Education with emphasis on independence and confidence.



Our group members broke up into sub-groups and rotated through three learning stations – kitchen tactics, technology, and measuring/pouring/chopping skills. It was a really fun and informative meeting! A variety of non-visual techniques for labelling were shared (such as using rubber bands, puff paint, Velcro stick on, and bump dots), measuring and pouring skills were practiced, and individual microwave cakes were made (and eaten!) It was also a good opportunity for members to share with each other the adaptations and tips and tricks that they use which perhaps other members had not tried

VOLUNTEER SPOTLIGHT ON.....GAIL CAVANAUGH



Gail Cavanaugh with Maryland State Senator Addie Eckert and Maryland State Delegate Johnny Mautz.

As the first volunteer to come through our door in November 2009, Gail Cavanaugh has spent over a decade helping neighbors in our community as a volunteer with Partners In Care Upper Shore - always with a smile and a kind word! Over ten years later, Gail has driven approximately 11,000 miles - many of those miles as our ‘saving grace,’ taking rides that may have otherwise gone unfilled. As the picture above demonstrates, Gail’s selfless service to the community has not gone unnoticed. She has received several awards including a citation from the House of Representatives and the Maryland Senate.

Heartfelt thanks to Gail Cavanaugh!



We  PIC volunteers! Our Valentine’s Day ‘Donuts for Drivers’ was great fun and a wonderful opportunity for us to express in person how much we appreciate everything you do for your older neighbors

We look forward to seeing everyone at the yearly Volunteer Appreciation luncheon on April 23rd (details to come!)

Partners In Care - Upper Shore

8694 Commerce Drive, #1, Easton, MD 21601

410-822-1803

