Town of Indian Head
Newsletter

ISSUE 80
WINTER 2023

Town Hall

Office Hours
Monday - Friday
8:30 a.m.- 4:30 p.m.
Phone Numbers
Ofc: 301-743-5511
Fax: 301-743-9008

Holiday Closings

Town Hall and Public Works will be closed on the following days this quarter in observance of the holidays listed:

Christmas Holiday
Friday, December 23
Monday, December 26
New Year's Holiday
Friday, December 30
Monday, January 2
Martin Luther King Day
Monday, January 16
Presidents Day
Monday, February 20

If you have a water or sewer emergency after hours, call 301-373-1688 to report your emergency. On-call Town personnel will handle the problem accordingly.

After hours non-emergency type problems can be reported by leaving a message on the Town Hall office number 301-743-5511. Be prepared to furnish your name, address, phone number and brief, but detailed description of the type of problem. Water cutoffs for non-payment are not considered emergencies and are only handled during Public Works regular business hours.

Upcoming Meetings

Town Meeting: Town Meetings are the 1st Monday of every month unless it happens to fall on a holiday. The Winter Town Meetings will take place on Mon., Dec. 5 (virtual), Tues., Jan. 3 (in person), & Mon., Feb. 6 (virtual). *Town meetings are held in a virtual format, with one meeting being held in person every 3rd month. The Council may also change the meeting to in person if they feel it is needed based on the agenda that month. Please make sure to check our website to stay up to date on any changes. If you would like to log in for the virtual meetings, go to https://gotomeet.me/TOIH or dial in using your phone by calling 571-317-3122, Access Code: 135-757-733*
Planning Commission: Wed., Dec. 21, Wed., Jan. 18, & Wed., Feb. 15, 5:30pm. *Planning Commission meetings are held virtually. You may log in for any meeting by going to https://gotomeet.me/TOIH You can also dial in using your phone, 1 (571) 317-3122 Access Code: 135-757-733*
Work Session: Wed. Dec. 28, Wed. Jan. 25 & Wed. Feb. 22, 3:30pm. *Work sessions are held virtually. You may log in for any meeting by going to https://gotomeet.me/TOIH You can also dial in using your phone, 1 (571) 317-3122 Access Code: 135-757-733*

UPCOMING COMMUNITY EVENTS

Community Love in Action FREE Community Feast: Sat., Dec. 3, Village Green Pavilion. 1pm - while supplies last. Drive-thru event. First come - first served.

MD Food Bank's Mobile Market: Wed., Dec. 7, 11am - 1pm, Indian Head Senior Center.



Holiday Festival: The Town of Indian Head Holiday Festival will be held on Sat., Dec. 10th from 5pm to 8pm at the Village Green Park and Pavilion. Join us for the lighting of the Town's Christmas tree, shop for unique gifts from local crafters, try some delicious food from County Manners and DMV & Beyond Cafe! Enjoy beautiful music from the Lackey High School Band & Chorus, and acoustic music performed by Will Yeckley! Up the holiday fun with ice skating or a holiday hayride! And visit with Santa on the Village Green Pavilion stage! *(flyer on page 11)*

Annual Santa Run Through Town: PHVFD & RS will hold their Santa Run on Sun., Dec. 18, starting around 5pm and it will include their first due response areas of Knotts Subdivision and Strauss Avenue from S. Poplar Lane to Hawthorne Road. Questions: 301-743-7700
IHVFD & RS will hold their Santa Run on Friday, December 23, starting around 6pm. Questions: 301-743-3900



Mayor's Message by Brandon Paulin

Hello everyone!

As we approach the holiday season, I hope everyone is staying healthy and gets to spend some quality time with family and friends.

First I have a recognition. I would I like to recognize Lackey's Boys soccer team on their recent run in the state playoffs, having won the 2a south and making it all the way to the State Semi-finals! These young men had a phenomenal season and we can't wait to see them again next year.

Oasis grocery store is on track to open in later 2023, movement should start occurring in the area soon! So keep an eye out.

Many have asked me about the buildings on the corner of 210 and Mattingly Ave. Recently there was yet another fire on that corner. We have repetitively taken the property owner to court to remediate and repair the code violations associated with those properties. We will continue legal action and pursue all legal avenues until the problem is corrected and improved.

Our Holiday festival will take place on December 10th! We will have crafters, ice skating, and SANTA! So come out for a fun time enjoying the holiday season.

Starting in January, Indian Head will welcome Charles County's first Boys and Girls Club! They will locate in the Village Green Pavilion on Tuesday's and Thursday's after school. Kids in our community absolutely need more recreational and educational opportunities. We are excited to partner with B&G club to bring awesome resources, fun, and more educational opportunities to town youth. It's something I wish I had growing up in Indian Head and hope many families utilize it!

Last but not least, I wish you and your family a safe, happy, and healthy holiday season. Reach out anytime.

Until next time,
Mayor Paulin

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Mayor
Brandon Paulin

Council
Ron Sitoula, Vice Mayor
Cassandra Grumbine, Councilwoman

Town Manager
Ryan L. Hicks

Planning Commission
Mary Armstrong, Chair
Wayne Higdon
Thomas Gordon
Brian Israel
Anthony McFarland
Thomas Hastings, Base Rep.

Board of Zoning Appeals
All positions currently open

Ethics Commission
Paul James
Stephen Gilligan

Town Hall Staff
Annie Brady, Town Clerk
Ginger Foster, Finance Officer
Diane Campbell, Deputy Finance Officer
Community Relations Unit (formerly Community Policing), Gus Proctor
Planchek, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor
EAST, Inc., Water/Wastewater

Town Website
www.townofindianhead.org



The people of God at St. James' Episcopal Church in Indian Head worship on Sunday mornings at 10 a.m. All Sunday services are offered in-person, on Zoom, and Facebook. All are welcome!

Please join us for Morning Prayer on Wednesdays at 8 a.m. through our Facebook page.

The Season of Advent (a time of preparation for Christmas) begins on Sunday, November 27 at 10 a.m.

A Service of Advent Lessons & Hymns will be held on Sunday, December 4 at 10 a.m.

A Christmas Pageant will be held on Sunday, December 18 at 10 a.m. Anyone interested in participating, please call Brenda at 301.399.2779.

The Candlelight Christmas Eve Service will be held on Saturday, December 24 at 7 p.m. This will be offered in-person, on Zoom and Facebook There will **not** be a Service on Christmas Day.

The Community Garden - in partnership with the Sierra Club - has been planted. Come check it out!.

Our Community Spaghetti Dinner will be offered again on January 30 from 5 until 6:30. As always there is no charge for this meal!

Our Famous Fish Fry returns on Friday February 17 from 11 until 6 for take-out!

And then on Tuesday night from 5 until 7 on February 21 we will have a Pancake Supper with all the fixin's! And once again there is no charge!!

We offer free Wi-Fi access to our community. You can come to the parking lot and sit in your car to use this service.

For more information, please call 301.743.2366, check out the sign in front, or visit our website at stjamesindianhead.org for the latest news.

Please let us know if you have a need in your family and please stay safe. We are praying for you. May the peace and love of Jesus be with you.

RELIGIOUS SERVICES

St Mary's Star of the Sea Church
Sunday Services 7:30, 9:00 & 11:00am
Saturday Services 5:00pm
Confessions Saturdays 4:00 to 4:30pm
Special Devotions 7:30am mass on the 1st Friday and 1st Saturday of each month
301-753-9177

Indian Head Baptist
Sunday School 9:15am
Sunday, Morning Worship 10:30am
Sunday Bible Study 6:00pm
Thursday Prayer Meeting 6:30pm
301-743-3707

St James Episcopal
Sundays 10am in person & via Zoom & Face-book
Morning Prayer, Wednesdays 8am via Facebook
301-743-2366

Indian Head Church of the Nazarene
Sunday School 9:45am
Sunday AM Worship 11:00am
Sunday PM Worship 6:00pm
Wednesday Adult Bible Study 7:00pm
240-766-5066

Indian Head United Methodist Church
Sunday School 9:30am, Worship 11:00am
301-743-2312

Greater Spiritual Fellowship Community Church
Sunday School 9:30am
Sunday Worship 11:00am
Tuesday Discipleship Training 7:30pm
Thursday Bible Study 7:30pm
301-743-6014

Congregation SHA'ARE Shalom
Services 1st Friday, 2nd & 4th Saturday every month. 301-645-4606
www.shareshalomsomd.org

Indian Head Worship Center
Sunday Christian Education 9:30am
Sunday Morning Service 11:00am
Sunday Youth & Young Adult Service 6:30pm
Tuesday Bible Study 7:30pm
Friday Evangelical Service 7:30pm
301-743-7772

Cornerstone AME
Sunday Morning Service 10:30am
301-743-6607

New Life Christian Ministries, Int'l
Worship Service—Sunday 12:00pm
Bible Study—Tuesday 7:00pm
240-377-8919

Metropolitan United Methodist Church
10::00am Sunday Worship Service
7:00pm Thursday Midweek Prayer Call
Connect using your smartphone, tablet, or computer
Meeting ID 992 478 648 or call 646-558-8656

Town Codes

- **Burning**—No burning is allowed within the Town.
- **Animal Control**—Dogs must be kept on the owner's property unless properly restrained. The Charles County Animal Control provides animal enforcement within the Town. Call 301-932-1713 if you have a problem.
- **Abandoned or Inoperative Vehicles** are prohibited within the Town and may not be kept on the street for more than 24 hours or on private property, with certain exceptions. Call Code Enforcement at 301-743-5511 ext. 101 with any questions.
- **Property Maintenance**—Every dwelling and lot shall be kept free from trash and garbage. Weeds and grass must be cut and kept shorter than 10 inches.
- **Building Code**—The Town has an adopted building code. Any new construction or remodeling, including, but not limited to porches, fences, sheds and garages, requires inspection and a building permit from the Town.

Code Enforcement

Planchek administers the Residential Property Maintenance and Building Codes for the Town of Indian Head. The Code Enforcement Officer does daily inspections throughout Town to check for code compliance. When a property is not up to code, the Code Enforcement Officer will issue a violation letter to address the code violation. Depending on the type of violation, the days for corrective action can be between 7 to 30 days. After the specified number of days, a fine letter will be issued for an additional 7 to 30 days, followed by a citation if the violation has still not been addressed. At the time that the citation is issued, the violation may be taken to court, or the Town may complete the needed property maintenance and lien the property for any costs incurred. The Town's Code Enforcement also does rental license inspections, and building permit inspections.

If you have any questions about the Code Enforcement process, if you would like to report a Code Enforcement violation, or if you need to speak with the Code Enforcement Officer in reference to an inspection, please call 301-743-5511 ext. 101.

Recycling/Yard Waste

Solid waste products such as glass jars and bottles, newspapers, plastic bottles and metal cans will be picked up at the curb every Thursday within the Town of Indian Head. Place these items in your recycling bin—no need to separate them.

Yard waste will be collected on Wednesdays, year-round, weather permitting. Grass clippings and leaves must be placed in brown paper bags or in a trash container marked "Yard Waste" and placed at curbside. Brush must be bundled and must not be any longer than four feet (4') in length. Individual pieces of brush must not be any larger than six inches (6") in diameter. Both Recycling and Yard Waste must be curbside by no later than 7:30AM. Bulk trash can be scheduled year-round on Wednesdays. Fee of $50 per scheduled pick-up must be paid in advance at time of scheduling at Town Hall. Payment must be made with cash, money order, debit or credit card, no personal checks. All items must be curbside by 7:00am on the prescheduled pick-up day but not earlier than 48 hours prior to pick-up day.

REMINDER: Please do not rake leaves or blow grass clippings into the storm drains.

Utility Rates

The Town bills for utilities on a quarterly basis. Please make note that you will be receiving a bill four times a year (July, October, January and April). ***You are encouraged to make an estimated payment monthly toward your quarterly bill.*** For more information you can call Town Hall at: 301-743-5511.

Water & Sewer Rates

Minimum rate for all residential customers **$ 70.40**

(per dwelling unit per quarter) plus

$6.85 for every 1,000 gallons used

Minimum rate for all commercial customers $**212.80**

(per unit per quarter) plus

$6.85 for every 1,000 gallons used

Bay Restoration Fee

$15.00 to State of Maryland Comptroller's office for the Bay Restoration Fund

Trash Rates

Residential/Multiple Residential Rate: ***$ 85.00 (per dwelling unit per quarter)*** - Billed quarterly for twice a week curb-side pickup and one (1) recyclable products pickup per week.

Commercial Rate

Category I	Dumpster (4cu yds)	$495.00 per quarter
Category II	Maximum 2 cans (per unit)	$95.00 per quarter
Each additional can		$46.00 per quarter

All residential and commercial units within the Town of Indian Head shall avail themselves of the Town's curb-side trash collection service.

ALL Residential trash pickup is on Tuesday and Friday. Please don't forget to have your trash curbside by no later than 7:30am. If you have any issues with your pickup please call 301-855-3078

Business Highlights















Winter/Holiday Fire Safety

Winter is fast approaching, and this means colder temperatures and the holiday season. This time of is intended to be cheerful and loaded with family, friends, and memories. Unfortunately, this time of year is also full of busy days and nights for all as we try to find time to keep ourselves safe and still attend to the necessities. Unfortunately, many of us get so caught up in the hustle and bustle of the holidays and tend to pay less attention to the details and take many shortcuts especially when it comes to Holiday Fire Safety and heating our home during the cold months, which can result in tragedy from fire damage, injuries and even deaths.

Did you know?

- About 3,500 Americans die each year in fires and about 20,000 are injured.
- 80% of all fire deaths occur in the home.
- According to the United States Fire Administration (USFA), fires occurring during the holiday season claim the lives of over 400 people, injure 1,650 more, and cause over $990 million in damage annually.

In an effort to make this time of year incident free and safe for all, the Indian Head Volunteer Fire Department and Rescue Squad Inc. would like to offer the following Fire safety tips for all:

Home Heating:

The leading cause of residential fires during the winter months is heating appliances and the misuse of these devices. The following are some safety tips that need to be observed when using any form of heating devices within your home.

- Be sure to follow the manufacturer's operating and maintenance instructions.
- When buying a space heater, be sure to look for the UL or FM testing laboratory label. This ensures the heater has been tested by a safety laboratory and certified.
- Ensure the heater is equipped with an emergency tip-over device. This will ensure that if the heater is knocked or tipped over it will shut off automatically.
- If you use a fireplace for heating your home be sure to have it professionally cleaned and inspected each year.
- Always use a fire screen and burn only appropriate materials.
- Be sure to properly dispose of the ashes in a metal container and store it away from your home.
- Be sure to use only the appropriate fuel in these heaters, using the wrong or inappropriate fuels can lead to an explosion, fire, and serious injury.

Carbon Monoxide Poisoning:

Carbon monoxide is an odorless and tasteless gas that can make you and your family members sick and can even cause death. Some symptoms of carbon monoxide poisoning include headache and dizziness, nausea, convulsions, respiratory arrest which can lead to death. Carbon monoxide is caused by the incomplete combustion of fuel products such as fuel oil, propane, natural gas and even the log in your fireplace. If you heat your home with any of these types of fossil fuels please follow these simple tips to help keep your family safe.

- Be sure to install at least one Carbon Monoxide alarm in your home.
- These devices should be placed either in the hallways or in the sleeping areas of the home.
- Purchase a device that is electric with a battery backup to ensure they work in the event of a power failure.
- Should your detector go into alarm, leave your home as is and contact the fire department. By opening windows and doors to ventilate the home, the fire department could get false readings on their meters.
- Be sure to replace the battery in these devices annually just as you would in a smoke alarm to ensure their operability.

Cooking Safety:

The kitchen is the heart of the home, especially during the holidays. Family, especially children, love to be involved with the preparations. Safety in the kitchen is important all year but especially during the holiday season when there are a lot of activities and people at home. Cooking equipment, most often a range or stovetop is the leading cause of reported home fires and home fire injuries in the United States. In addition, cooking equipment is also the leading cause of unreported fires and associated injuries this time of year. Here are some cooking safety tips to help keep you and your family safe in the kitchen.

- The leading cause of fires in the kitchen is unattended cooking.
- Be sure to stay in the kitchen when you're frying, broiling or baking any food. If you must leave the kitchen for even a short period of time, have an adult watch the cooking or turn the stove off.
- If you are simmering, roasting or broiling, be sure to check it regularly and use a timer to you of cooking times.
- STAY ALERT! Be sure to be well rested and try to stay away from alcohol to reduce your chances of fatigue and altered mental status.
- Be careful around the burners and heating elements, keep all potholders, oven mitts and other combustibles away from the heat.
- Be sure to wear short, close-fitting or tight rolled sleeves when cooking. Loose clothing can dangle over the stove burners and can catch on fire.
- Be sure to have a 3 feet "Kid-Free Zone" around the stove and oven to prevent children from getting too close to the appliances and possibly getting burned.

If a fire on the stove occurs, please remember the following:

- Stay calm.
- Smother the fire by placing a lid on top of the pan. • Turn the burner off and allow the pan to cool completely before removing it from the stove.
- If a fire occurs in the oven, leave the door closed as fresh air will cause the fire to accelerate.
- Turn the oven off and allow it to cool completely before opening the door.

Decorations:

- Be sure to purchase and use only UL or FM approved indoor and outdoor lighting and decorations.
- Be sure all electrical cords are in proper working condition with no frayed or damaged areas.
- Never attempt to repair any lighting or extension cords; this could cause a fire due to a short circuit.
- Never overload electrical outlets, all the manufacturers strongly recommend not to link more than three strands of lights together on one extension cord or power supply.
- Be sure to connect all lighting to the extension cords before plugging the cord into an outlet to reduce a power surge on the electrical system.
- Check all wiring periodically, they should never be warm or hot to the touch. If they do become warm or hot, you should disconnect them immediately and replace them.
- Be sure to turn off or unplug all lighting and decorations when you are not at home or go to bed.
- Never leave holiday lighting unattended.

Christmas Trees:

According to the United States Fire Administration, during the past 5 years U.S. fire departments have responded to an average of 250 home fires that started with Christmas trees per year. These fires caused an average of 14 deaths, 26 injuries, and $13.8 million in direct property damage annually.

If you use a live Christmas tree, be sure to follow these safety tips:

- Be sure to choose a freshly cut one. The needles should be green and hard to pull off the branches.
- Tap the tree on the ground and see if the needles fall off, if they do the tree has begun to dry out and could be a severe fire hazard.
- Before setting the tree up in your home be sure to cut one to two inches off the trunk to allow the tree to draw water from the stand more evenly.
- Be sure to use a stand with a base for better balance and a deep-water reservoir to immerse the trunk. This will allow for ample water, helping to keep the tree fresh.
- Be sure to check the water level daily and add water as needed.
- Keep the tree away from all heat sources such as fireplaces, heat registers and portable heaters to prevent it from drying out.
- Be sure to set the tree up out of traffic areas to prevent it from being knocked over and from blocking your exit from the home in the event of an emergency.

- Be sure to dispose of your tree properly before it dries out by taking it to a recycling center or having it hauled away by a community pick-up service.
- If you are using an artificial tree, be sure that it has the UL or FM label on it.

Smoke Alarms:

As always, lease ensure that your home has working smoke alarms installed and remember, **Smoke alarms increase your chance of surviving a fire in your home by 50%**

- According to the new Maryland Law, if you are replacing your existing battery-operated smoke alarms you must replace them with a new 10-year battery device. This includes even the ones that are hard-wired with battery backup.
- Every home should have at least one smoke alarm installed on each floor.
- Per manufacturer's specifications, all smoke alarms should be replaced every 10 years.
- If you or your family need these vital life safety devise, please contact the Fire Station or the Community Affairs Office.

The Indian Head Volunteer Fire Department & Rescue Squad would like to wish everyone a Happy and Safe Holiday Season. By following these basic safety tips, if you have any questions contact the fire station at 301-743-3900 or 301-753- 9400.and your family enjoy a Fire Safe Holiday Season. For more information on Fire/Life Safety or if you have any questions contact the fire station at 301-743-3900 or 301-753- 9400.



The Indian Head Senior Center is located on the Village Green in the Old Post Office. Our address is 100 Cornwallis Square. If you are at least 60 years young we encourage you to part of this fast-paced center, where we encourage older adults to be independent as long as possible physically, mentally, spiritually, and socially.

Indian Head Senior Center

"Kindness is difficult to give away because it keeps coming back to you", even though COVID restrictions have been lifted, if you are sick not to come to the center. Questions **call 301 743-2125**.

As we wrap up 2022 we WELL-come Wellness in 2023. Register at the any of the Charles County Senior centers to participate in our activities. For a complete list of activities pick up a copy of the SCOOP publication or go to https://www.charlescountymd.gov or visit our Facebook page Charles County Senior Centers.

Closed for the Holidays on the following days:

- December 8th – Jaycees Christmas Party – FULL
- December 16th – Center closes at NOON
- December 23rd, 26th, 30th and January 2nd
- January 16th
- February 20th

Enjoy the time with your family and friends



Upcoming Events:

- Dance Fit Demo – Monday, December 5, 10:15 a.m.
- Santa's Workshop Tuesday, December 6 starting at 9:30 a.m. Shop for homemade items designed by the seniors.
- Mobile Market – Last one of the year Wednesday December 7 starting at 11 a.m.
- Christmas Party at the Senior Center, Thursday December 15, 10:45 a.m. – MUST sign up in advance, space is limited.
- Winter Bingo December 21 at 11 a.m.
- Kick off – Well-come to Wellness 2023, Thursday, December 29 at 11 a.m.
- Pick up a SCOOP, visit our Facebook page or come into the center for more information



New Programs in 2023:

- Aging Solo
- Dance Fit
- Crocheting Club
- Tea Club
- Local Business Awareness
- Small Group Fitness
- New Book Club
- Smoothie/Latte Days
- Building Better Caregivers
- Matter of Balance

Check out the YouTube video from the FallFest in October - https://www.youtube.com/watch?v=f0PlzXKROw8

The Charles County Senior centers are "Connecting older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing and self-expression". We are here to remind you "if you don't move, you don't move" and "refuse to let an old person move into your body".

We wish you all a wondrous holiday season.



For more information visit: https://www.charlescountymd.gov/services/aging-and-senior-services/senior-centers

Indian Head
Center for the Arts

December 10th, join the Black Box for all day Christmas Movies while celebrating the Town of Indian Head! Free popcorn and goodies!

The Black Box will start the new year with construction, lighting, and other upgrades to enhance your visits to the theatre.

Stay tuned!

Town of Indian Head Holiday Festival

Saturday, Dec. 10, 2022
5pm - 8pm
Village Green Park & Pavilion

Please join the Town of Indian Head to celebrate the holiday season!

The event will kick off with the lighting of the Town's Christmas tree with musical performances by the Lackey High School Band & Chorus and the arrival of Santa!

Indoor Holiday Shopping Market! *featuring local crafters and Santa will be on the stage for visits and photos!*

Outdoor Food Market! featuring **County Manners** and **DMV & Beyond Cafe**. There will be a tented outdoor dining area to enjoy your delicious treats and listen to acoustic music performed by Will Yeckley!

Holiday hayrides! Enjoy a free ride around the Green to the sounds of Christmas music!

Ice skating behind the Village Green Pavilion! Tickets will be on sale for $1 per person. All proceeds will be donated to Neighbors Eager to Serve (NETS)



UNIVERSITY of MARYLAND
CHARLES REGIONAL MEDICAL CENTER
CENTER FOR DIABETES EDUCATION

DIABETES 101



Join Us for a No-Cost Education Course

The Diabetes 101 Class has been added to serve the uninsured or underinsured to build a foundation of knowledge for participants to manage diabetes. It is a small group session that reviews the basic principles of managing diabetes, insulin administration, and glucometer teaching. This program does not require a doctor referral.

AVAILABLE DATES

April14, 2022	October 13, 2022
May 12, 2022	November 10, 2022
June 16, 2022	December 8, 2022
July 14, 2022	
August 11,2022	
September 8, 2022	

Interested? Contact us today for additional information.
DiabetesCenter@umm.edu | 301-609-5444

UNIVERSITY of MARYLAND
CHARLES REGIONAL MEDICAL CENTER
CENTER FOR DIABETES EDUCATION

WORRIED ABOUT GESTATIONAL DIABETES?



Schedule a Private Session With Our Diabetes Specialists

If you're pregnant and starting to show symptoms of diabetes, you may be developing gestational diabetes. Don't panic — a healthy pregnancy is still possible for both you and your baby. But, to accomplish this, you will need to take steps to manage gestational diabetes.

Luckily, our diabetes education experts offer one-on-one evaluations and consultations to members of our community. Schedule an appointment with them today to learn more about your changing needs and how you can tackle this new challenge with confidence.

Interested? Contact us today for additional information.
DiabetesCenter@umm.edu | 301-609-5444

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DIABETES 101



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AVAILABLE DATES

January 12, 2023	July 13, 2023
February 9, 2023	August 10, 2023
March 9, 2023	September 14, 2023
April 13, 2023	October 12, 2023
May 11, 2023	November 9, 2023
June 8, 2023	December 14, 2023

Interested? Contact us today for additional information.
DiabetesCenter@umm.edu | 301-609-5444



MEDICAL NUTRITION THERAPY PROGRAM

What is Medical Nutrition Therapy?

"Medical nutrition therapy (MNT) is a key component of diabetes education and management. MNT is defined as a nutrition-based treatment provided by a registered dietitian nutritionist." (Centers for Disease Control and Prevention) MNT has been proven to help patients living with diabetes successfully reduce their A1C levels and better manage their chronic condition.

Where is Medical Nutrition Therapy offered?

The Center for Diabetes Education at the University of Maryland Charles Regional Medical Center has started offering MNT. Our dietitian, Jocelyne Loran, RD, LDN, CDCES specializes in both nutrition and diabetes care and education. With previous experience counseling patients with gestational diabetes, diabetes, and prediabetes, our dietitian will be able to work with patients to individualize their care and help them achieve their health goals.

How to set up an appointment?

Are you someone living with diabetes or prediabetes interested in starting on the path to achieve your personal nutrition and health goals? If so, call 301-609-5444 today to set up an appointment. We will be happy to assist you!

University of Maryland Charles Regional Medical Center







UM CHARLES REGIONAL MEDICAL CENTER
Center for Diabetes Education

5 Garrett Avenue
P.O. Box 1070
La Plata, MD 20646
Phone: 301-609-5444

www.charlesregional.org

Diabetes Prevention Program

Cut your risk for Type 2 Diabetes in half

Wheelchair scale available.

Caregivers and support staff are welcome to attend.

This Program Is For

- Adults who are overweight
- Adults who have prediabetes
- Adults who have borderline diabetes
- Adults who have a family history of diabetes
- Adults who had gestational diabetes

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PreventT2 IS PART OF THE NATIONAL DIABETES PREVENTION PROGRAM LED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

Program goals are 4 – 7% weight loss and 150 minutes of physical activity each week
Program lasts for one full year. Lifestyle Change takes time.

Pick the class the works for you. Start dates are listed below.

Class #1-Mondays, 10/3, 9:30am, Waldorf
Class #2-Fridays, 10/14, 5:30pm, White Plains
Class #3-Tuesdays, 11/15, 3pm, La Plata

Exact address will be given after registration is complete.

Charles County Department of Health

University of Maryland Charles Regional Medical Center

Pre-Registration is required.
Call 301-609-6885 for more information

SCAN ME

To Register-https://forms.gle/o5RmK7gbXQU5KFgk9

COMMUNITY LOVE IN ACTION



FREE COMMUNITY FEAST

Saturday, December 3, 2022
1pm - While Quantities Last
First Come -First Served
Location: Indian Head Pavilion- Indian Head, Maryland 20640

Drive Thru Event