Town of Indian Head Newsletter

ISSUE 85
SPRING 2024

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

Good Friday
Friday, March 29
Memorial Day
Monday, May 27

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.



We Need You!

EGGciting Adventure 2023 was possible because of support and partnerships from:

Together, we provided free lunches and family fun for more than 500 children.
If your church, non-profit or business would like to support EGGciting Adventure 2024, please contact gina@bridgeih.church.

Mayor's Message by Brandon Paulin

Hello all,

It's crazy to think that spring is already here! As the flowers start blooming, and spring starts springing, here are a few reminders:

- **Enjoy the outdoors!** We have plenty of parks, places to walk, and open space to enjoy. Take pride in your community and clean up after you enjoy a picnic or pick up trash that others left behind. A little effort can go along way towards making our community look better.
- **Keep an eye out for pedestrians and kids when driving through the community.** Safe driving is always better driving. Be extra mindful when it's nice outside.
- **Exercise your Green Thumb.** Plant flowers, vegetables, whatever you prefer! It's a rewarding activity and also can provide food and pollinators!
- **Keep your pets on a leash and pick up after they make an accident.** I love walking my beagles ,Bella & Lilo, but its best for your pets and other people's/pet's safety to keep them on a leash (or in a fenced in area) at all times. If they're on a walk and have to use the restroom, ensure you clean up after your pet. Many of our parks have doggy bags that you can use!
- **Spring also means budget season!** Not as excited as I am about this one, well you should be. Have an idea or improvement you want to see? Feel free to email me your suggestions, maybe it will be included in next year's budget. brandon@townofindianhead.org
- **Join in on the easter fun at Indian Head's EGGciting Adventure on March 30th!**

As always, have a happy a safe spring! enjoy the warmer weather and blooming flowers.

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 Sr.
Brian Israel
Anthony McFarland
Anita Sampson
Thomas Hastings, Base Liaison

Board of Zoning Appeals
Michael Pellegrino, Chair
Thomas Blake
Joanne Broussard

Ethics Commission
Paul James
Stephen Gilligan

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

Town Website
www.townofindianhead.org

Upcoming Meetings

Town Meeting: Town Meetings are the 1st Monday of every month at 7pm unless it happens to fall on a holiday. The Spring Town Meetings will take place on Mon., Mar. 4, Mon., Apr. 1, & Mon., May 6. To attend the meetings, go to https://gotomeet.me/TOIH or dial in using your phone, 1 (571) 317-3122 Access Code: 135-757-733.

Planning Commission: Wed., Mar. 20, Wed., Apr. 17, & Wed., May 15. The meetings are held on GoToMeeting at 5:30pm. You may log in for the 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. Mar. 27, Wed. Apr. 24 & Wed. May 22. The meetings are held on GoToMeeting at 3:30pm. You may log in for the 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

Board of Zoning Appeals Hearing - Tues., Mar. 12, 6pm, Village Green Pavilion. The BZA will meet in regard to application 03-01-24, 66 Poplar Lane, Special Exception - Airbnb.

Town FY25 Budget Public Hearing: Thurs., Apr. 25, 7:00pm, GoToMeeting. The Town Manager & staff with the Town Council will present the Town FY25 budget and field questions from citizens. You may log in for the 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



CODE ENFORCEMENT - HIGHLIGHTED CODE OF THE QUARTER

IPMC 302.7 Accessory structures. Accessory structures, including detached garages, fences and walls, shall be maintained structurally sound and in good repair.

Please keep in mind anyone in violation of any codes could be subject to code enforcement violations, fines, and citations.

Town of Indian Head Useful Information

Town Codes

- **Burning**—No burning is allowed within the Town limits.
- **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. Have them curbside by 7:00am.

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.

Bulk trash can now be scheduled year-round on Wednesdays. Fee of $50 (cash, money order, debit/credit **ONLY**) per scheduled pick-up must be paid in advance at time of scheduling at Town Hall. All items must be curbside by 7:00am on the pre-scheduled pick-up day but not earlier than 48 hours prior to pick-up day.

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 (April, July, October, January). ***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 **$75 (per dwelling unit per quarter) plus $7 for every 1,000 gallons used**

Minimum rate for all commercial customers **$217 (per unit per quarter) plus $7 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: **$90.00 (per dwelling unit per quarter)** - Billed quarterly for twice a week curb-side pickup and one (1) recyclable products pickup per week. (Trash must be in a 20 to 32 gallon metal or hard plastic trash container with a secured lid)

Commercial Rate:

Category I	Dumpster (4cu yds)	$500.00 per qtr.
Category II	Maximum 2 cans (per unit)	$100.00 per qtr.
	Each additional can	$46.00 per qtr.

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 your trash must be curbside by no later than 7:30am. If you have an issue with your pickup please call, 301-855-3078

RELIGIOUS SERVICES

St Mary's Star of the Sea Church
Sunday Services 7:30, 9:00 & 11:00am
Saturday Services 5:00 pm
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
Wednesday Prayer Meeting 6:30pm
301-743-3707

St James Episcopal
Sunday 8:00, 9:15 & 10:30am
Sunday School 9:45am
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
202-766-5066

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.
www.shaareshalomsomd.org
301-645-4606

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 11:00am
Bible Study—Tuesday 7:00pm
240-377-8919

BRIDGE Church
Sunday Services at 10am, Black Box Theatre
Children's Ministry, Birth—5th Grade during service

Indian Head Baptist Church

Thursday night men's Bible study every other Thursday night beginning on March 7th at 6:00pm at the church. Sunday morning Sunday school for adults at 9:15am and worship services for all at 10:30am on Sundays as well. Be sure to join us for Easter service!

St. James Episcopal Church

The people of God at St. James' Episcopal Church in Indian Head worship on Sunday mornings at 10:30 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.

Holy Week this year begins the week of March 25th. We will have a service on Wednesday, March 27th and another on Thursday, March 28th, both at 7 p.m. On Good Friday we will offer Stations of the Cross at Noon. And then at 7 p.m. we will have a Good Friday Evening Service. Saturday night at 7 p.m. we will celebrate the Great Vigil of Easter. The week culminates with our Easter Service at 10:30 a.m. And don't forget we also have an Easter Egg Hunt prior to this Service at 9:30! If anything changes, we will post it on our website, Facebook and the sign out front!

Hope you were able to come to our Pancake Supper on February 13th. As we have been doing, there was NO CHARGE for this meal! Pancakes, sausages, scrapple and scrambled eggs were served.

Our famous Friday Fish Frys continue starting on March 8th from 11 until 6. There will be 1 more at the same time on March 22nd. This is Take Out Only but sometimes folks like to grab a table and eat indoors.

On Saturday, March 16th, from 3 until 6 we are having a St Paddy's Day dinner. This is a Dine-In event featuring a lot of food - Corned Beef, Ham, Cabbage, Parsley Potatoes, Green Beans, Roll, Carrot Relish, Dessert and Beverage. One plate can't hold it all! Just $20 for adults and $8 for kids 12 and under. Carry-Out is also available.

Unfortunately we have had to cancel the next Community Spaghetti Dinner which was scheduled on Monday, March 25th.

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. Please call 301.743.2366 for more info.

Sunday Mornings at BRIDGE Church



Looking for authentic community? BRIDGE Church invites you to join us on SUNDAYS at 10 AM at Black Box Theater Indian Head. We welcome you to a relaxed and authentic family-friendly environment where you are encouraged to come as you are.
BRIDGE KIDS (Children's Ministry) is provided for ages 8 weeks – 5th grade. Our littles meet upstairs in their own fun and creative spaces for an engaging age-appropriate experience. Our staff and volunteers provide a safe and loving learning environment and all members of our team have undergone background checks.

For more information go to www.bridgeih.church or call 301-841-6212.

BRIDGE KIDS





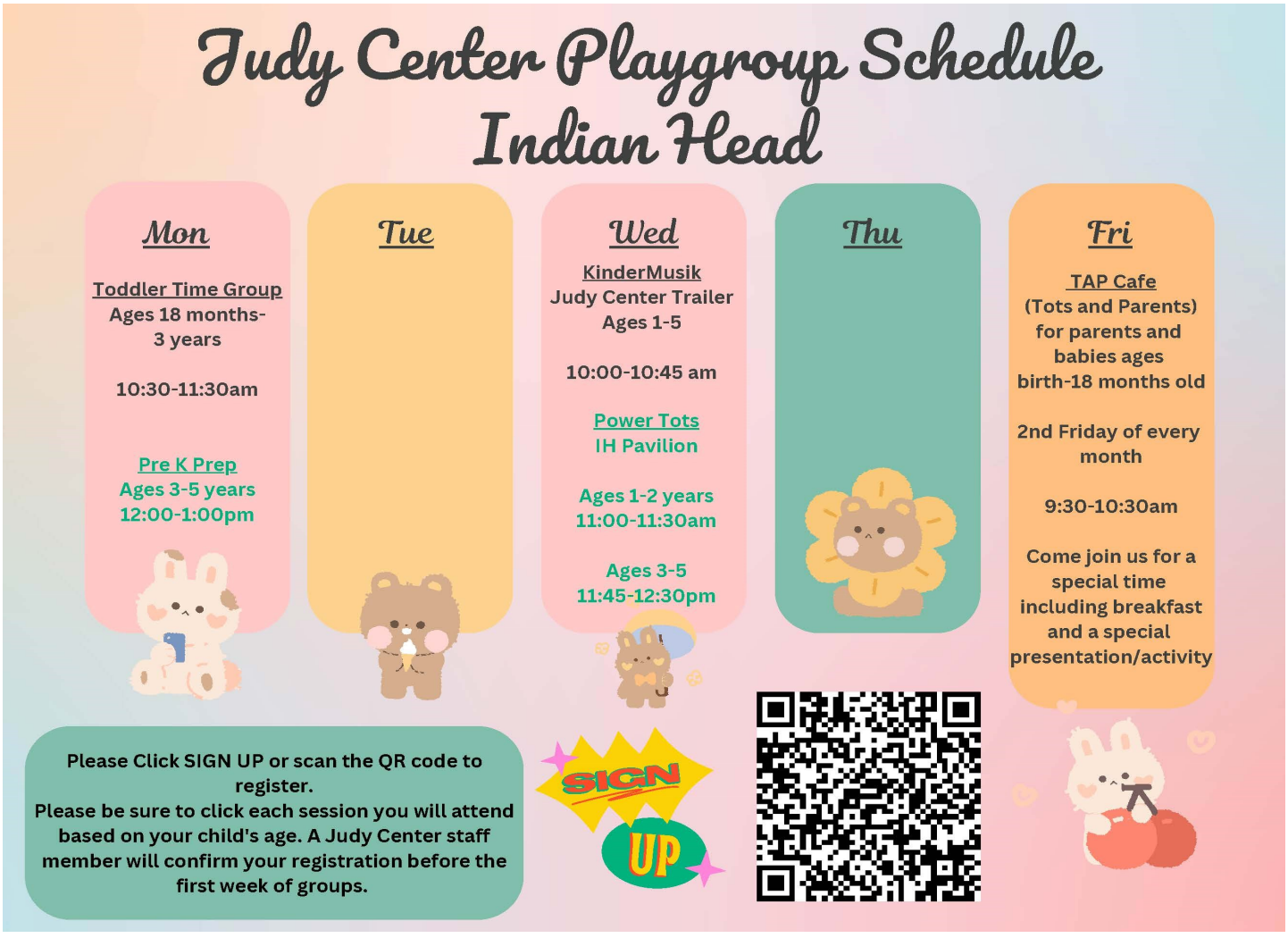
MIDWEEK BIBLE STUDY

BRIDGE Church hosts a Midweek Bible Study for adults and older teens Wednesdays 6:30-8:15 in our upstairs church spaces. During the study we dig deeper into the Biblical passage from the previous Sunday's sermon and discuss relevant application for our daily lives. Study guides and all materials are provided. Come join us, all are welcome. The group will not meet on Mar 27th or Apr 3rd. For more information, go to our website at www.bridgeih.church or call 301-841-6212.

The Charles County Judy Center Early Learning Hub serves families with children ages birth-Kindergarten who live in the Indian Head Elementary School zone. Judy Centers are not childcare centers but a comprehensive hub where families can participate in family learning experiences and receive services and support. Judy Centers empower a child's first teachers— their families- by supporting child development and early learning skills for our youngest learners from birth through kindergarten.

Families who are interested in attending Judy Center playgroups should use the sign up link or QR code to register. For more information about The Judy Center please contact the following staff members. Ms. Amanda Pheulpin, apheulpin@ccboe.com , 301-944-1093 or Ms. Andrea Satchwell, asatchwell@ccboe.com, 301-944-1092

To be added to our email distribution list please use the QR code to enter your contact information. Emails will include information about upcoming FREE programs and services for children ages 0-5 years old.



Make Spring Cleaning a Fire Safety Priority

As we begin say goodbye to "Old Man Winter" and cold temperatures, our thoughts turn to warmer temperatures, spending time outside in our yards and spring cleaning. As a reminder, our "Spring Cleaning" project is also a good time to remember Fire Safety. One of the most important things you can do to prevent a fire is to keep your home clean. Dust and dirt can quickly build up and become combustible. The Indian Head Volunteer Fire Department & Rescue Squad would like to remind everyone of the following safety tips to include in your cleaning routine.

Clear out any clutter from your home, especially in hallways and stairways.

- Did you know that clutter provides fuel for a fire to spread?
- Remember, to make sure that all of your exits are clear and have a clear path to them. If you have any items blocking an exit, move them immediately. This ensures your family will have good escape routes should you need to evacuate due to fire.

Check Your Smoke Alarms and Carbon Monoxide Detectors

- Remember that smoke alarms increase your chances of surviving a home fire by 50% so be sure to check these devices for proper operation and be sure to clean them by vacuuming them as part of your cleaning.
- Check the age of the smoke alarms, they should be replaced every ten years according to the manufacturers of the devices.
- As a reminder, in the state of Maryland, if you replace your smoke alarms you must replace them with a new 10-year battery life battery alarm.
- At minimum, there should be at least one smoke alarm on every floor of your home.
- When you change your clocks, you should also take the time to clean the device and test the batteries in your smoke alarms. If they are not working properly, it's time to replace them
- If you have a fire extinguisher in your home this is a good time to check it and replace if necessary. If you have an ABC Dry Powder extinguisher it needs to be replaced every 12 years.

Check all your Appliances and Electrical Cords

- This is a good time to check all electrical equipment and appliances for damaged or frayed cords and replace them if necessary.
- Be sure to check your electrical outlets to ensure that they're not overloaded or damaged.
- Remember to check for lint buildup from your dryer in the hose and vents. Dryer fires are rapidly becoming a major cause of home fires.
- Clean your oven and stove making sure you get all the grease and unwanted buildup to prevent a fire. Pay special attention to more than the pretty flowers when outside!

Trim any trees or bushes that are close to your home.

- Be sure to remove all outdoor debris and dead vegetation away from home to help reduce the potential of a fire starting in your yard and extending to your home.
- Be sure your address numbers are visible for all Emergency Services to see in the event of an emergency and if needed replace the numbers with new ones.
- **As a reminder, there is no outdoor burning permitted within in the Town limits so if you have yard waste, follow the Town Yard Disposal rules or take it to the recycling centers.**

Flammable/Combustible liquids and rags storage

- All fuels for lawn and garden equipment should be stored in an approved container and never stored in your home or attached garage.
- Never leave cleaning rags in a pile. When you're finished using the rags, take them outside to dry, keeping them well away from the home and other structures.
- Put dried rags in a metal container, making sure the container is tightly covered. Fill the container with a water and detergent solution, which will break down the oils.
- Keep containers of oily rags in a cool place out of direct sunlight and away from other heat sources

Grilling Safety

- Barbeque gas grills should be thoroughly inspected, including gas hoses, connections, burners and propane tanks should be inspected prior to use.
- Move the grill at least 10ft away from the house before using, this will help to prevent damage to your siding and prevent a possible house fire.
- **Maryland Fire Laws prohibit grilling on apartments and condominium balconies.**

In addition, as part of our Spring Cleaning, many of us take this opportunity to get rid of many of the old
and/ or unwanted household chemicals, yard fertilizers and pesticides. As a reminder these chemicals should be stored in their original containers and properly disposed of at the Charles County landfill at no cost to you.
Here are a few examples of these types of products:

- Pesticides, fertilizers and weed killers
- Pool chemicals
- Paint and thinners
- Gasoline or other flammable/combustible liquids
- NEVER dispose of these types of products in the trash as they could leak causing a chemical reaction and possibly start a fire.

While performing your annual Spring Cleanup and by following these simple safety tips you can greatly improve your family's safety and reduce your chances of a fire in your home during this annual event.

If you or neighbors are in need of a new 10-year battery smoke alarm or if you have any questions or concerns about Fire Safety/Prevention, please contact the Town Hall or the department at 301-753-9400 or 301-743-3900. If you are interested in serving your community and becoming part of our team, please stop by and see us at the Fire Station.

The Indian Head Senior Center is located on the Village Green in the Old Post Office, 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, we ask that you stay home. Questions **call 301 743-2125**.

WELL-Come to Wellness – You Matter 2024

The staff at Indian Head Senior Center continues to focus on being a community of WELLNESS. Look for chats with Dr. Cook, cooking demonstrations, Maryland Food Bank and activities to keep you moving. Register at 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, go to https://www.charlescountymd.gov or visit our Facebook page Charles County Senior Centers.

Fitness Classes:

- Tai Chi for Health – 41 movements – outside, weather permitting – Mondays & Wednesdays at 9 a.m.
- Dance Fit – Mondays at 10:15 a.m.
- Tai Chi for Beginners – Mondays & Wednesdays 1 p.m.
- Arthritis Foundation Exercise Program (AFEP) – Tuesdays & Thursdays at 11:15 a.m.
- Mobility & Balance – Tuesdays at 9:15 a.m.
- Strength Training– Wednesdays at 10:15 a.m.
- Fitness Surprise – Thursdays at 9:30 a.m.
- Circuit Training – Thursdays at 1 p.m.
- Kettlebell Training – Thursdays at 2:15 p.m.
- Seated Yoga – Fridays at 9 a.m.



Ongoing Programs:

- Bingo the first, third and fifth Mondays and some Fridays at 9:30 a.m.
- Project Linus/Sewing 101 the second and fourth Mondays at 9:30 a.m.
- Grocery Distribution third Thursday at 11:30 a.m.
- Senior Information & Assistance – learn about current Medicare topics, the fourth Tuesdays at 9:30 a.m.
- Pop-up Yard Sales -updates are posted on FB
- Book Club – books provided – fourth Wednesdays at 1 p.m.
- Singing Group – every other Monday at 1 p.m.

Upcoming Events:

- Healthy Living for Your Brain and Body – hosted by the **Alzheimer's Assoc**. Wednesday, March 6 at 10 a.m.
- Maryland Relay presentation – hosted by Telecommunications Access of MD, Tuesday, March 19 at 10:15 a.m.
- Meet Local Author **Christine Trent** – book sales and signing, Wednesday, March 27 at 12:30 p.m.
- Introduction to Pickleball – Wednesday, April 3rd at 10:15 a.m. Weather permitting.
- Meet the **Area Council on Aging**, Thursday, April 11th at 9:30 a.m.
- Painting Workshop with local Artist **Olga Herrera**, Tuesday, April 16th at 10:30 a.m. Fee- $10
- How Foods Affect You hosted by **Dr. Crayton** – lunch provided, Friday, April 19th at 10:30 a.m.
- SCAM Jam at the Clark Senior Center $5, includes catered lunch, Wednesday, April 24, 9:30 a.m.
- **Beat the Blues Jean Party**, Tuesday, April 30th at 10:45 a.m. Fee $5.
- **IN MAY** look for – Diabetes Self-Management workshop • Meditation Class • CarFit • Jazz & Tea • Bike to Work

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".

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



Indian Head
Center for the Arts

Book your event at the Black Box now!

More information can be found at:
indianheadblackbox.com/rental
301-743-3040



SAVE THE DATE!

Town of Indian Annual 4th of July Celebration!

Thursday, July 4, 2024
Village Green Park
Event kicks off at 3:30pm

Food Vendors, Live Entertainment,
Amusements including Pony Rides!

The event will finish with a beautiful fireworks display!

Check the Town's website and Facebook for additional event information as it becomes available.



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.

Please call Palon Moon at 301-609- 4925 to register!

AVAILABLE DATES	1:00 PM
January 11, 2024	
March 14, 2024	
May 9, 2024	
July 11, 2024	
September 12, 2024	
November 14, 2024	

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

Diabetes Prevention Program

PREVENTT2
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)

Cut your risk for Type 2 Diabetes in half

This Program Is For

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

Support partners are welcome to attend

Wheelchair scale available

Program goals are 4 - 7% weight loss and 150 minutes of physical activity each week

Pick the weekday and time that fits your schedule the best.
You will register for only one program.

Class #1-Wednesdays	Class#2-Fridays	Class #3-Wednesdays	Class #4-Tuesdays
Begins on 11/1/23	Begins on 11/10/23	VIRTUAL ONLY	Begins on 1/9/24
10:00am-11:00am	6:00pm-7:00pm	Begins on 1/3/24	2:00pm-3:00pm
Clark Center, La Plata	White Plains	3:00pm-4:00pm	Waldorf West

Each Program lasts for 12 months
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 301-609-6622 for more information

SCAN ME

Type in link or scan QR code above, https://forms.gle/o5RmK7gbXQU5KFgk9

JOIN US!

UNIVERSITY of MARYLAND CHARLES REGIONAL MEDICAL CENTER

2024

Diabetes Support Group

We would like to invite you to the University of Maryland CRMC Center for Diabetes Education's Diabetes Support Group.

Come join us as we discuss different topics relating to Diabetes
Feel free to bring a friend!

Wednesday, March 20	1:00pm- 2:00pm	Nagula 2
Wednesday, April 17	1:00pm- 2:00pm	Nagula 2
Wednesday, May 29	1:00pm- 2:00pm	Nagula 2
Wednesday, June 26	1:00pm- 2:00pm	Nagula 2
Wednesday, July 31	1:00pm- 2:00pm	Nagula 2
Wednesday, Aug 28	1:00pm- 2:00pm	Nagula 2
Wednesday, September 25	1:00pm- 2:00pm	Nagula 2
Wednesday, October 30	1:00pm- 2:00pm	Nagula 2
Wednesday, November 13	1:00pm- 2:00pm	Nagula 2



An RSVP is required to secure a seat!!

Please contact us at 301-609-5444 or diabeteseducation@umm.edu to RSVP!!

Charles Regional Medical Center

UNIVERSITY of MARYLAND MEDICAL SYSTEM

UM Charles Regional Diabetes Support Programs

Managing Diabetes for a Healthy Life

We offer education programs for adults with type 1, type 2 and gestational diabetes that help patients learn to successfully manage their diabetes, including:

- One-on-one evaluations
- Instruction on insulin, injections and blood sugar meters
- Tips for nutrition and weight management
- Small group education classes

Bring a partner to the sessions! For more information on the days and times of classes, call us at 301-609-5444

Diabetes Diet and Nutrition Therapy

Eating healthy is an important part of treating diabetes. Our registered dietician Jocelyne Loran, RD, LDN, CDCES, can help you maintain a healthy diet as you manage your diabetes with our medical nutrition therapy program. Medical nutrition therapy is proven to help diabetes patients reduce their A1C levels and better manage chronic conditions.
Note: You will need a referral form from your doctor for the one-on-one sessions, group classes and medical nutrition therapy.

Diabetes Support Group

Our support group meets every month and is open to adults with diabetes and their loved ones. Sharing your stories and hearing from others who are managing diabetes themselves is part of a successful treatment program.

You do not need a referral to attend a support group. For more information and to learn how to join the meetings, please call us at 301-609-5444.

Dare to C.A.R.E.

This free vascular screening and disease management program is available to:

- Anyone over 60 years old
- People over 50 years old with certain risk factors, such as obesity, smoking, and a family history of stroke.
- People over 40 have diabetes.

Offered on the campus of UM Charles Regional Medical Center. Call to secure your spot at (410)573-9483.

Are you at risk for
type 2 diabetes?

WRITE YOUR SCORE IN THE BOX.

1. **How old are you?** .....
   Less than 40 years (0 points)
   40–49 years (1 point)
   50–59 years (2 points)
   60 years or older (3 points)

2. **Are you a man or a woman?** .....
   Man (1 point) Woman (0 points)

3. **If you are a woman, have you ever been diagnosed with gestational diabetes?** .....
   Yes (1 point) No (0 points)

4. **Do you have a mother, father, sister or brother with diabetes?** .....
   Yes (1 point) No (0 points)

5. **Have you ever been diagnosed with high blood pressure?** .....
   Yes (1 point) No (0 points)

6. **Are you physically active?** .....
   Yes (0 points) No (1 point)

7. **What is your weight category?** .....
   See chart at right.

Height	Weight (lbs.)		
4′ 10″	119–142	143–190	191+
4′ 11″	124–147	148–197	198+
5′ 0″	128–152	153–203	204+
5′ 1″	132–157	158–210	211+
5′ 2″	136–163	164–217	218+
5′ 3″	141–168	169–224	225+
5′ 4″	145–173	174–231	232+
5′ 5″	150–179	180–239	240+
5′ 6″	155–185	186–246	247+
5′ 7″	159–190	191–254	255+
5′ 8″	164–196	197–261	262+
5′ 9″	169–202	203–269	270+
5′ 10″	174–208	209–277	278+
5′ 11″	179–214	215–285	286+
6′ 0″	184–220	221–293	294+
6′ 1″	189–226	227–301	302+
6′ 2″	194–232	233–310	311+
6′ 3″	200–239	240–318	319+
6′ 4″	205–245	246–327	328+
	1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points			

ADD UP YOUR SCORE.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at **diabetes.org/alertday** or call **1-800-DIABETES (800-342-2383).**

American Diabetes Association.

There are certain items you should never flush down the toilet to keep your system running smoothly.

To ensure that your pipes stay clog-free, here are a few items you should avoid flushing.

- BABY WIPES
- Q-TIPS, COTTON PADS OR OTHER COTTON PRODUCTS
- MENSTRUAL PRODUCTS
- CONDOMS
- DIAPERS
- DENTAL FLOSS
- PAPER TOWELS & TISSUES
- MEDICATION
- CIGARETTE BUTTS.
- CAT LITTER
- HAIR
- GUM
- COOKING GREASE
- FISH
- FOOD
- BLEACH



(information from https://www.wastewaterts.com/)