

Town of Indian Head
NEWSLETTER



ISSUE 87
FALL 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:

Labor Day
Monday, September 2
Indigenous Peoples' Day
Monday, October 14
Veteran's Day
Friday, November 11
Thanksgiving Break
Thursday, November 28
Friday, November 29
Trash will be picked up the regular Tuesday/Friday schedule . There will be NO recycling pickup the week of Thanksgiving

check the Town's website for any updated holiday closures

If you have a water or sewer emergency after hours, call 301-373-1688 to report your emergency. On-call Town personnel will be contacted and the problem will be handled accordingly.
After hours non-emergency 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.

Meeting Schedule

Town Meeting: Town Meetings are the 1st Monday of every month unless it happens to fall on a holiday. The Fall Town Meetings will take place at 7:00pm on Tues., September 3, Mon., October 7, & Mon., November 4. *You may log in for the meetings by going to https://gotomeet.me/TOIH or dial in using your phone by calling 571-317-3122, Access Code: 135-757-733*
Planning Commission: Wed., September 18, October 16, November 20, 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. September 25, October 23, November 20, 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 Events



Annual Town of Indian Head Car Show in Memory of Emmett Posey : Saturday, September 7, 9am to 3pm, Village Green Park. Check the flyer on page 11 for further information.



Trunk or Treat : Thursday, October 31, 6pm to 8pm, Village Green Park. Join us for a night of fun and candy!





Veterans Day Ceremony : Friday, November 8, 11am, Village Green Pavilion. Open to the public. Hosted by the Town of Indian Head, local military and veteran organizations. For more information check the Town's website or email ALAUnit233md@gmail.com.

Please make sure to check our website to stay up to date on any changes to the meetings and events schedule and follow our Facebook page

Mayor's Message by Brandon Paulin

Hello everyone!

Fall of 2024 is an exciting time for the Town of Indian Head! In a few short weeks, Oasis Fresh Foods market will open its doors! Bringing with it the town's first grocery store in 25 years. Make sure to stay tuned to their Facebook page "Oasis Fresh Foods Market – Indian Head, MD" for more information. A huge shout out to Town of Indian Head resident, and CCPS teacher, Rachel Proctor for the beautiful mural adjacent to the grocery store. Her inclusive effort brought kids from Indian Head Elementary, Mt. Hope/Nanjemoy Elementary, and several others to paint a beautiful mural that will pay homage to Indian Head's newest grocery store and inspire future artists for years to come! If you have ideas on the next community art mural/feature, reach out and let me know your ideas!

Another building being revitalized this fall is the purple building on top of the hill. Energetics Technology Center, inc. (Most commonly known as ETC, a local non-profit/defense contractor) has acquired the building and is doing a "historic redevelopment" of the structure. Restoring the façade to look like it did in the mid-1920's and bringing the inside of the facility up to today's standard for future office space use.

Lastly, The Boys and Girls Club in Indian Head is looking to break ground on their location at the former PNC bank building. The B&G club will be operating 4 days a week at the Pavilion (after-school) until their facility is complete in early 2025.

Some other projects anticipated by the spring of 2025 include a splash pad on the Village Green, a new ice cream window at the Oasis site called "Papaleo's", and a fun historical project and interactive kids display (ideated by Amanda Scott at a CSM Velocity Center Hackathon) called the "Velocity Park" in front of the CSM Velocity Center.

As always, reach out anytime! We love your ideas and always need more volunteers for fun projects throughout town!

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
Anita Sampson
Adam Lynch, Base Rep.

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

Ethics Commission
Paul Scott James
Stephen Gilligan

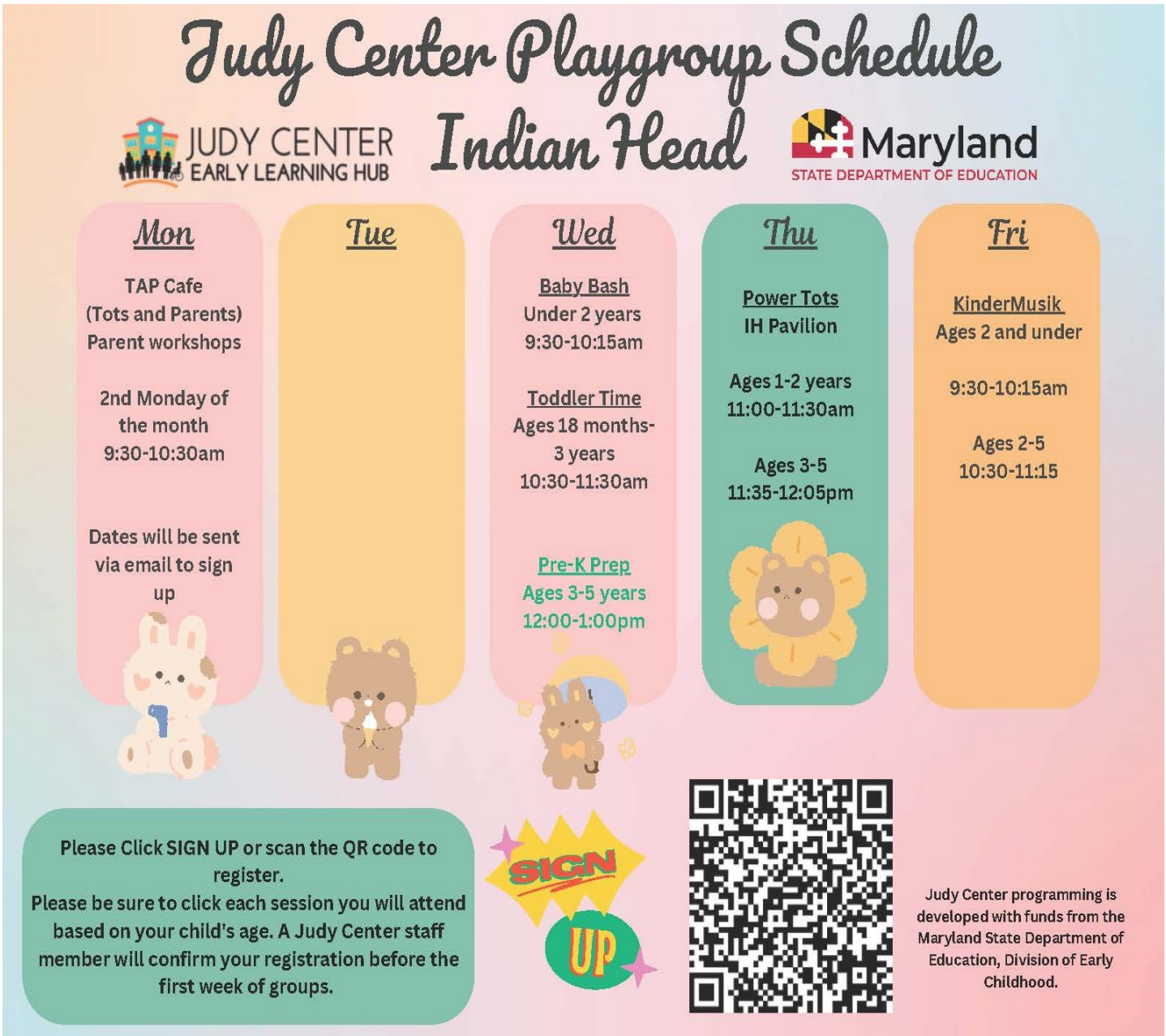
Town Hall Staff
Annie Brady, Town Clerk
Ginger Foster, Finance Officer
Diane Campbell, Deputy Finance Officer
Gus Proctor, Community Policing Contact
Planchek, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor
EAST, Inc., Water/Wastewater

Town Website
www.townofindianhead.org

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. Andrea Satchwell
asatchwell@ccboe.com
301-944-1092



Town Fall Leaf Vacuum Collection
Begins November 6

Leaf Vacuum Collection is offered by the Town on Wednesdays during the fall season, weather permitting.

- Only leaves free of sticks, rocks and debris can be raked to the curb.
- Do not rake leaves into the paved portion of the streets or into the storm drains.
- Bagged leaves placed curbside will be picked up with other yard waste during the regular Wednesday year-round yard waste pick-up. Bagged leaves MUST be in biodegradable paper bags. The Town WILL NOT pick up leaves in plastic bags.
- Keep regular household trash containers separate from yard waste.
- Bagged yard waste may be placed curbside on Wednesdays year-round for pick-up.

Please be patient, due to large volume of leaves the entire Town cannot always be covered in a single day. The crew will conduct one complete pass through of the entire Town before doubling back on streets.

BURNING LEAVES IS NOT PERMITTED

NO OUTDOOR BURNING OF ANY KIND IS PERMITTED WITHIN THE TOWN LIMITS

Vacuum Collection is subject to weather. Should snow removal be required, the leaf vacuum will not operate.

CODE ENFORCEMENT—HIGHLIGHTED CODES OF THE QUARTER

305.1 General.

The interior of a structure and equipment therein shall be maintained in good repair, structurally sound and in a sanitary condition. *Occupants* shall keep that part of the structure that they occupy or control in a clean and sanitary condition. Every *owner* of a structure containing a *rooming house, housekeeping units*, a hotel, a dormitory, two or more *dwelling unit*s or two or more nonresidential occupancies, shall maintain, in a clean and sanitary condition, the shared or public areas of the structure and *exterior property*.

305.3 Interior surfaces.

Interior surfaces, including windows and doors, shall be maintained in good, clean and sanitary condition. Peeling, chipping, flaking or abraded paint shall be repaired, removed or covered. Cracked or loose plaster, decayed wood and other defective surface conditions shall be corrected.

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 $75 (credit card, cash or money order **ONLY**) per scheduled pick-up must be paid in advance at time of scheduling. All items must be curbside by 7:30am 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 (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 **$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.

Commercial Rate

Category I	Dumpster (4cu yds)	$500 per quarter
Category II	Maximum 2 cans (per unit)	$100 per quarter
	Each additional can	$48.00 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 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

REMINDER— Your trash cannot be put out in the blue recycle bin, it will not be picked up. It must be put out in a trashcan with a fitted lid.

BUSINESS HIGHLIGHTS

If you previously had a business card featured in the business highlights section and would like to continue to have it published please send an updated copy to info@townofindianhead.org

If you are a business located within the incorporated Town of Indian Head, and are interested in having your business card featured in the business highlights section of the next newsletter please send it to info@townofindianhead.org

Thank you!

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 be 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". As a respect for others, we ask you to stay home if you are ill. - **call 301 743-2125**.

Welcome New Leadership

Ready for FALL! Stop by in late October and introduce yourself. We are still focusing on being a community of WELLNESS (Blue Zone). Look for chats with Dr. Cook, cooking demonstrations, Maryland Food Bank, and activities to keep you moving as long as possible. 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, go to https://www.charlescountymd.gov, visit our Facebook page Charles County Senior Centers.

Programs:

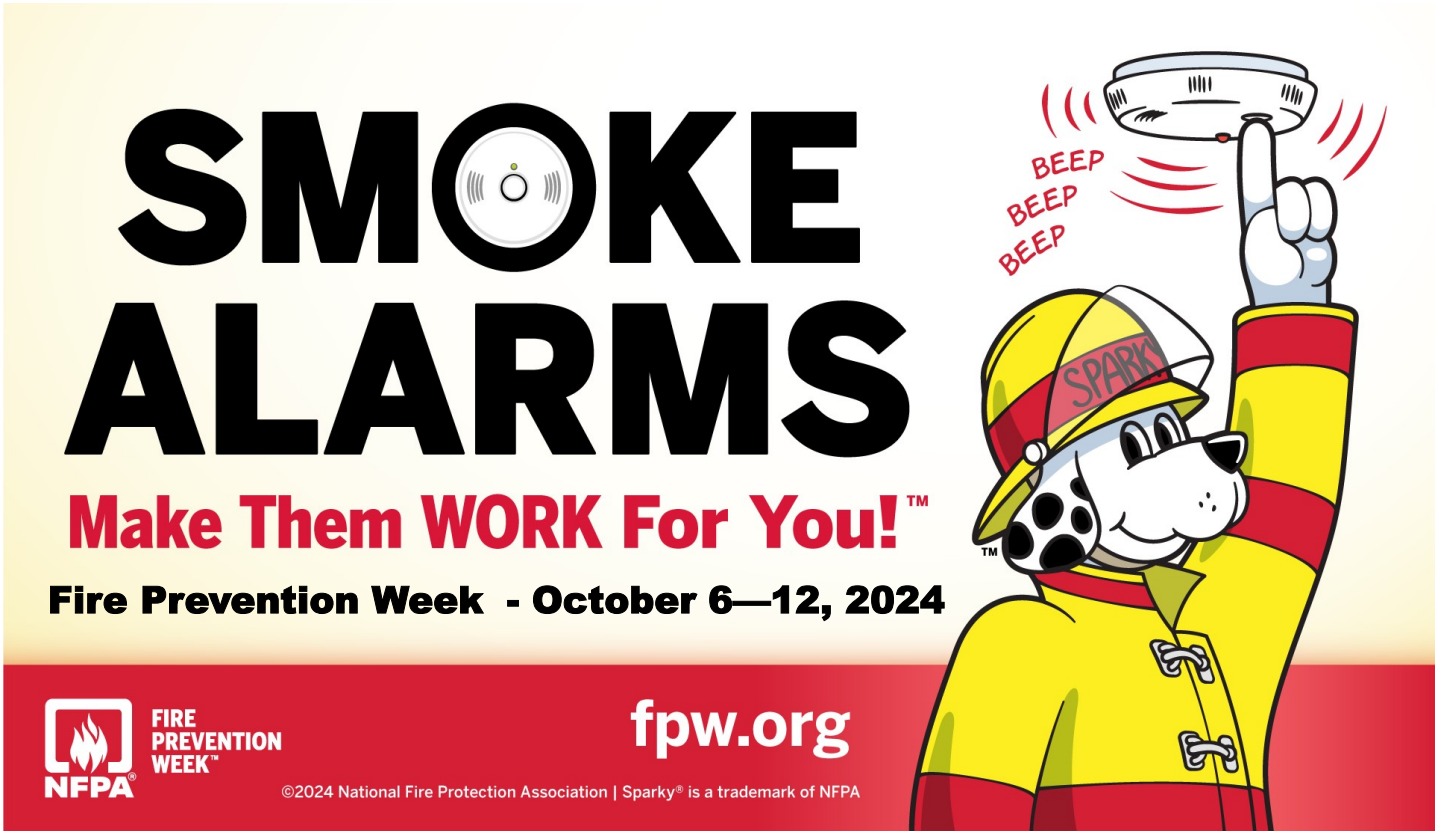
- Bingo and Choir Group the 1st, 3rd & 5th Mondays and some Wednesdays and Fridays at 9:30 a.m.
- Project Linus/Sewing 101 the second and fourth Mondays at 9:30 a.m.
- Mobile Market the 4th Wednesdays of each month at 11 a.m. – look for date changes in November and December.
- Senior Information & Assistance – learn about current Medicare topics some Tuesdays at 9:30 a.m. or make an appointment by calling 301 934-6737.
- Pop-up Yard Sales -updates on posted on the Indian Head community FB page
- Book Club – books provided – fourth Wednesdays at 1 p.m. – look for date changes in November and December
- Senior Tech, Crafts, Tea Club, Green Thumb Club, AFEP, Seated Yoga, Fitness room, fitness classes every day, Pickleball and more.

Upcoming Events:

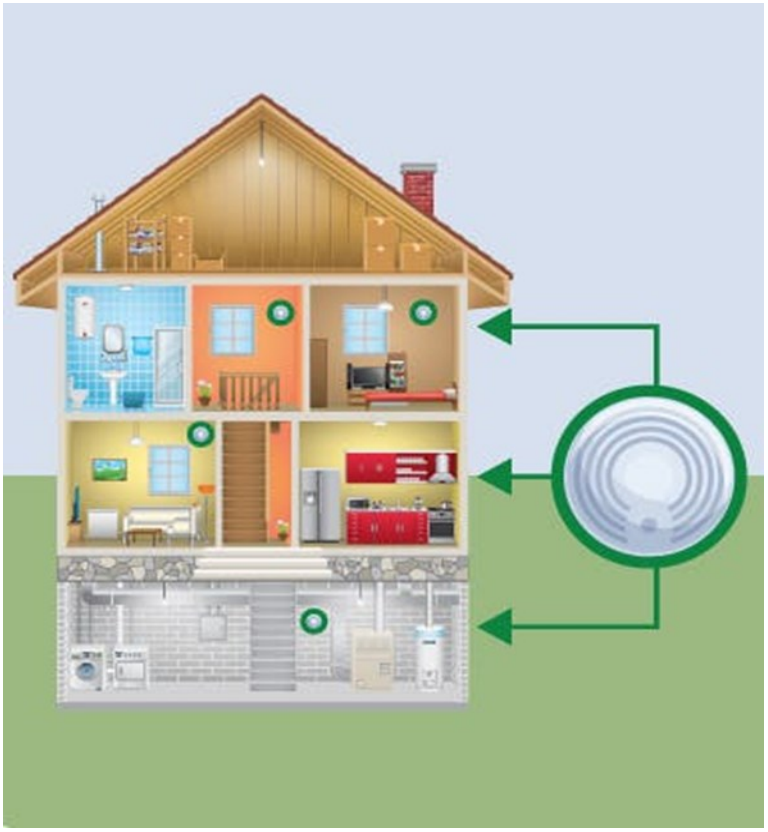
- September is National Senior Center month – All classes are limited due to space – come in to sign up for classes
  - Hypertension Workshop – Tuesday, Sept. 10 at 9:30 – FREE
  - Security Day – How Safe are You – Thursday, Sept. 12 at 10:30 – FREE
  - Solo Aging -Benefits and Challenges, Wednesday, Sept. 18 at 10:15 & 1
  - Cooking for two, Wednesday, Sept. 18 at 11:00
  - Basket Making – Monday, Sept. 23 at 10 a.m. this is a 3-hour class- suggested donation $5
  - Candle Making – Tuesday, Sept 24 at 1 p.m. – suggested donation $5
  - FOR WOMEN only – Pelvic Floor Exercise – Thursday, Sept. 26 at 9:30 – suggested donation $5
- October is
  - Walktober, Wednesday, Oct. 2 any time – find us walking the Green.
  - Autumn Fest (previously Fall Fest) on the Village Green with the DJ Swagg Money and the best of the Charles County Senior Centers. Thursday, Oct. 3rd starting at 9 a.m. DJ will start at 11 a.m.
  - Maryland Extension Services with our Green Thumb Club, Friday, Oct. 11 at 10:30
  - Dr. Cook, Friday, Oct. 18 at 10:30
  - Open Enrollment, Tuesday, Oct. 22 at 9:30 a.m. by appointment
  - Maryland Insurance Administration, Thursday, Oct. 24 at 11:00
  - Masked Senior, Wednesday, Oct. 30 at 11:00
- November will bring Cooking with our Nutritionist, Tuesday, Nov. 12 at 10:30 and our Choir group hosting Thanksgiving lunch on Wednesday, Nov. 20th at 11:00

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



Key smoke alarm safety tips and guidelines



Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.



Test smoke alarms at least once a month by pushing the test button.



Replace all smoke alarms when they are 10 years old or stop responding when tested.

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
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

www.bridgeih.church

What's Happening at BRIDGE CHURCH



Sunday Worship

BRIDGE Church invites you to join us every Sunday at 10 AM at the Black Box Theater in Indian Head. Experience a welcoming and relaxed family-friendly environment where you can come as you are and grow in your faith. Discover the love of Jesus through genuine fellowship and uplifting worship. We look forward to seeing you there!





BRIDGE KIDS

BRIDGE KIDS is our Children's Ministry 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. All members of our team have undergone background checks.

Bible Study

BRIDGE Church hosts a Midweek Bible Study for adults and high school-aged teens Wednesdays 6:30-8:15 in our upstairs church spaces at Black Box Theater. 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.
For more information, go to our website at www.bridgeih.church or call 301-841-6212.

www.bridgeih.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. Check out our staffed Nursery during the Worship Service! Your kids will love Jai Lyn!! We are also offering Coffee Hour following our Services. All are welcome and we hope to see you soon!

Please join us for Morning Prayer on Wednesdays at 8 a.m. through our Facebook page. A convenient link can be found on our website, www.stjamesindianhead.org.

Great news! We are planning 2 Fish Frys, one in September and the other in October. The dates are September 13th and October 4th from 11 am until 6 pm. These are typically take-out only, however, if you ask with a smile you may eat in!

We are currently planning 2 more Community Spaghetti Dinners. They will happen on Monday, September 30th, and Monday December 2nd from 5 until 6:30. As always these are offered at No Charge!

And best of all - Our Bazaar is back!! It will happen on Saturday, November 4th from 10 am until 3 pm. We will also have lunch from 10 until 2. As always there will be many gift baskets raffled off, like a Game Night Basket, a Date Night Basket, an Italian Basket, and other Surprises!
Free photos with Santa and loads of Vendors. Not to mention an incredibly delicious Bake Sale! And oh, so yummy, Apple Dumplings!!

Also coming on December 7th is something we haven't done in a really long time. It's the Christmas Tea! A good chance to show off those fancy teacups and get together with old friends!! Please call Brenda at 301-399-2779 if you would like to get tickets for this event.

If you would like to be a vendor, please call Bonnie Grimes at 240-222-2304.
Please call Brenda at 301-399-2779 for any other questions you might have.

We also offer free Wi-Fi access to our community. You can come to the parking lot and sit in your car to use this service. Just give us a call at (301) 743-2366 to get the password!

Need a place to hold that special event? Birthday Party? Wedding Reception? Baby Shower? Please call 301.399.2778 for details.



Sponsored by Living Water Bible Church

ANNUAL TOWN OF INDIAN HEAD CAR SHOW







In Memory of Emmett Posey

Saturday, September 7, 2024 (rain date Sunday, 8th) **9 am to 3 pm**

On the Village Green, 100 Walter Thomas Rd, Indian Head, MD 20640

(Follow Indian Head Hwy to the end, on right before Naval Surface Warfare front gate)

Registration 8:30 am to noon ***NO SPECTATOR FEE***

Show Information

*3 Categories: **Cars/Trucks - 1997 & older; 1998 & newer, Motorcycles - any year!***

(NO Trailered Vehicles)

Entry Fee: $20 (includes goodie bag, unlimited bottle water, free raffle items from sponsors)

Dash Plaques to 1st 100 registered participants

Awards for Best of Show, Top 40 ('97 & older), Top 10 ('98 & newer), Top 3 Motorcycles, Pastor's Pick and Vets/Active Duty

Shaded parking available (COME EARLY)

For Additional Information, please call:

Tony Wright 301-752-1560

Mike Tompkins 301-843-1660

Indian Head Car Show-Registration Form

Name: _____

Address: _____

_____

Phone Number : _____

Email: _____

Year/Make/Model: _____

Veteran _____ Yes _____ No

Entry Fee-$20.00 ($15.00 if register by September 1st) (includes goodie bag, unlimited bottled water & free raffle items)

Make checks payable to: Living Water Bible Church 10651 Deacon Road, White Plains, MD 20695

In consideration of the acceptance of the right to participate, entrants and participants, by execution of this entry form, hereby release & discharge any causes of action against Living Water Bible Church and it's staff, volunteers or any entity connected with the management and/or presentation of this car show for any and all known or unknown damages, injuries, losses and/or other whatsoever, that may be suffered by an entrant, participant or his/her property with respect to participation in this show.

Participant's Signature _____

Town of Indian Head

TRUNK OR TREAT

Join us for a night of fun and candy!

Thursday, October 31st
6:00pm to 8:00pm

Village Green Park
100 Walter Thomas Road
Indian Head, MD

Trunk or Treat will start promptly at 6pm. We ask that any participants passing out candy, please arrive by no later than 5:45pm to allow time for lineup.



COLLEGE of SOUTHERN MARYLAND



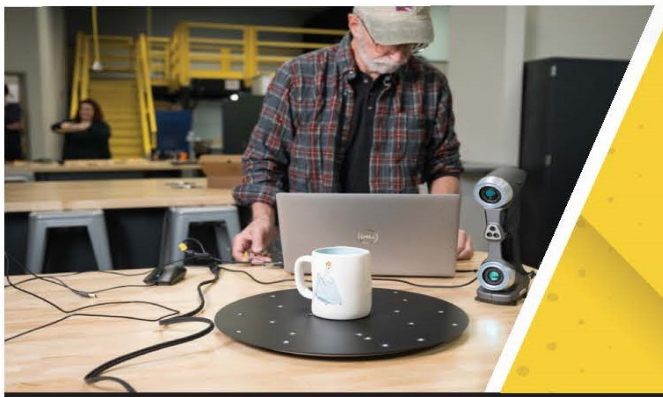
UNLEASH YOUR CREATIVITY

MAKERSPACE AT THE CSM VELOCITY CENTER

3D PRINTING • GRAPHIC TEES
LASER CUTTING AND ENGRAVING



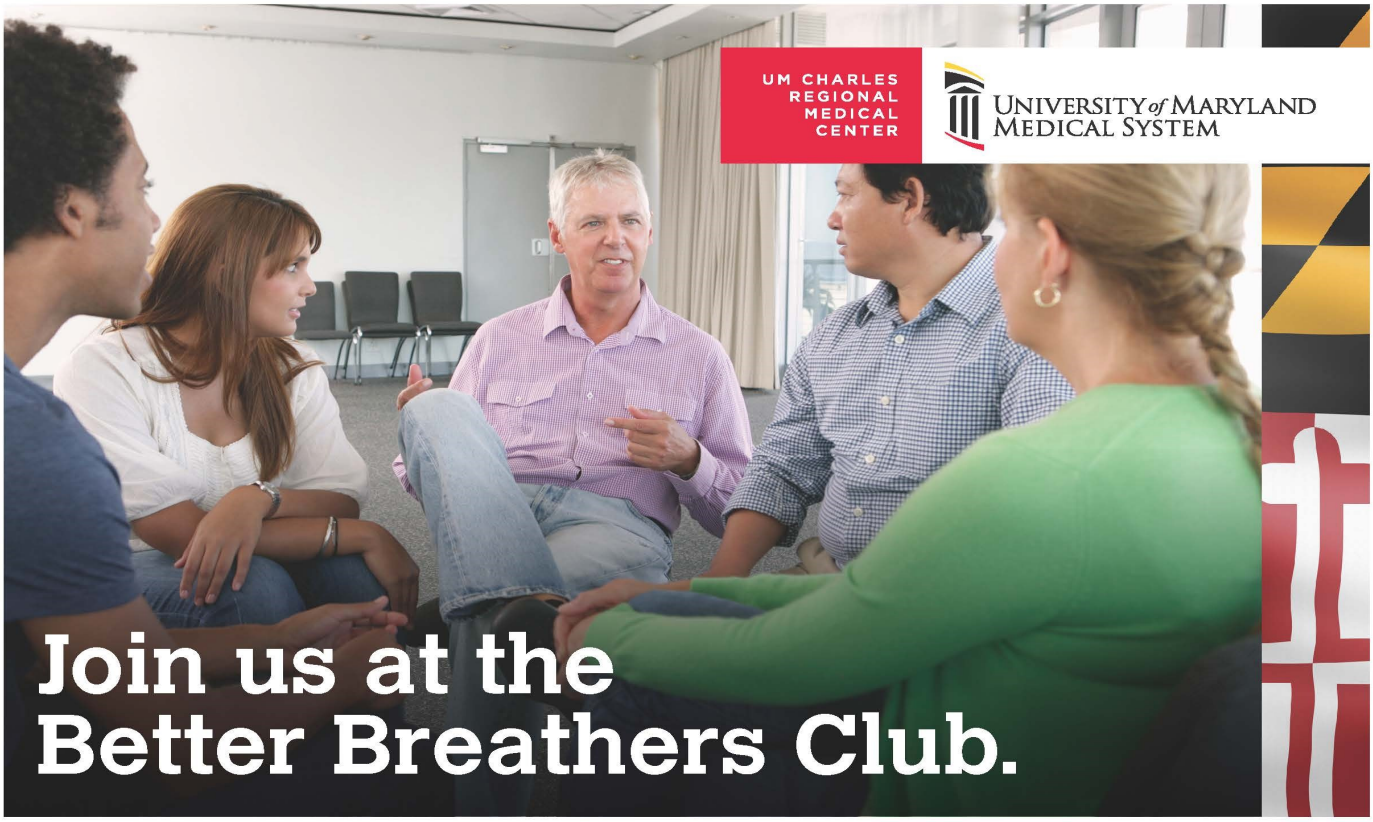
Scan the QR code to learn more.



Whether you're a seasoned inventor, a hobbyist, or just curious about creating, the CSM Makerspace is designed to inspire and empower you. Explore a variety of hands-on workshops and classes or sign up as a member for access to state-of-the-art equipment to bring your projects to life.

WWW.CSMD.EDU/VELOCITYCENTER

UNIVERSITY of MARYLAND
CHARLES REGIONAL
MEDICAL CENTER



Helping you cope with lung conditions while offering compassionate support.

Struggling with COPD, pulmonary fibrosis, or asthma? Interested in tips to help you breathe better? Or are you simply tired of being tired?

If you said yes to any of these questions, our Better Breathers Club is for you. With monthly meetings that offer a fun and stimulating combination of guest speakers, problem-solving discussions, and social activities, this adult support group can help you breathe a little easier.

Led by trained facilitators, these in-person meetings will give you the tools you need to stay active, healthy, and living your best life.

For more information, please contact 301-609-4391.

THE BETTER BREATHERS CLUB MEETS ON THE LAST THURSDAY OF EACH MONTH.

Thursday, May 30 1-2pm
Thursday, June 27 1-2pm
Thursday, July 25 1-2pm
Thursday, August 29 1-2pm
Thursday, September 26 1-2pm
Thursday, October 31 1-2pm
Thursday, November 28 1-2pm

Registration is not required.

UM Charles Regional Medical Center
Nagula Conference Room
5 Garrett Ave
La Plata, MD 20646

A better state of care.

UM CHARLES REGIONAL MEDICAL CENTER

UNIVERSITY of MARYLAND MEDICAL SYSTEM

Stroke & Brain Injury Support Group

B.E. F.A.S.T.

RECOGNIZE THE SIGNS OF STROKE
Learn the Warning Signs and Act Fast

B — **BALANCE** Loss of Balance, Headache or Dizziness

E — **EYES** Blurred Vision

F — **FACE** One Side of the Face is Drooping

A — **ARMS** Arm or Leg Weakness

S — **SPEECH** Speech Difficulty

T — **TIME** Time to Call for Ambulance Immediately

CALL 911 IMMEDIATELY if you or a loved one show any signs or symptoms of stroke.

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Health Care

Charles Regional Medical Center offers a **FREE support group** for survivors of stroke or traumatic brain injury and their caregivers. Each hour session may consist of a variety of activities, education materials, guest speakers, question and answer period, and time for socializing.

UM Charles Regional Medical Center is a Primary Stroke Center certified by the Maryland Institute for Emergency Medical Services Systems. To learn more about the stroke support group, and for meeting details and topics, please call **301-609-4890 or email skhoo@umm.edu**.

Each Month | 3:30 – 4:30 pm

February 5
April 1
June 3
September 9
November 4

March 4
May 6
No Mtg. in July/August
October 7
December 2

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

For more information on how you can help, go to **how2recycle.info**

RECYCLING GONE WRONG



Some reasons your RECYCLING ISN'T PICKED UP

- Plastic bags, pizza boxes or other unacceptable items commingled
- Not placed on the curb in time
- Not placed in a recycling container

If you're unsure of the proper way to recycle, **START HERE**! Following these tips will prevent your recycling from being thrown in the landfill.

Scan for the Residential Recycling Guide.

NEXT

ELIMINATE SINGLE-USE PLASTICS



Acceptable Plastic Recycling Items



Unacceptable Plastic Recycling Items

Single-use plastics are used once before they're disposed of. They are devastating to the environment, can take hundreds of years to degrade, contaminate soils & water & are detrimental to wildlife.

NB
"The Jewel of the Chesapeake Bay"
North Beach, Maryland
NORTH BEACH ENVIRONMENTAL COMMMITTEE
301.855.6681
www.northbeachmd.org

For more information on how you can help, go to **how2recycle.info**

BEWARE OF SINGLE-USE PLASTICS

What goes IN THE BIN ?

RECYCLE CLEAN & EMPTY PLASTICS



- ✓ Detergent bottles & bleach containers
- ✓ Milk jugs
- ✓ Some take out containers marked recyclable
- ✓ Plastic cups
- ✓ Some plastic water & soda bottles
- ✓ Plastic tubs for margarine, cool whip, yogurt, cottage cheese & other foods
- ✓ Rigid plastic such as laundry baskets & dishpans

Scan for the Single-Use Plastics Handout.

DO NOT RECYCLE THESE PLASTICS!

- ✗ Motor oil containers
- ✗ Plates
- ✗ Tableware
- ✗ Toys
- ✗ Bubble wrap
- ✗ Medicine bottles
- ✗ Tupperware
- ✗ Styrofoam
- ✗ Straws
- Empty anti-freeze containers

When in doubt, THROW IT OUT

If you're unsure if your items are recyclable, throw them in the trash to prevent contaminating other recycled items.