

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

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## JUNE

- All Nominees for State Officers, Group II
- 4 10:00 AM MDAFCE Board Meeting, Carroll County Extension Office
- 14 Flag Day



## JULY

- 4 Happy Birthday America
- 20-22 NAFCE Annual Conference, Austin, Texas

## AUGUST

- All **All County Associations' List of Officers and Committees for 2019 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 6 10:00 AM MAFCE Board Meeting, Prince George's County Extension Office

## SEPTEMBER

- All CHARACTER COUNTS!® Essay and Artwork Contest starts
- Collect 2019 Dues Membership Drive
- National Literacy Month
- 5 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office

## OCTOBER

- 22-23 Annual conference
- Best Western Hotel, Westminster Maryland

## Inside.....

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## CHARACTER COUNTS!® Contest

Abigail Moreland, from William Winchester Elementary school in Carroll County was the First Place winner in Maryland for the National FCE CHARACTER COUNTS!® Essay and Artwork Contest focusing on "Citizenship." She received \$50 from MDAFCE. Her contest papers were sent to National FCE for competition with other state's winners.

## Check out the WEB with MDAFCE [www.mdafce.org](http://www.mdafce.org)

Continue to send information and calendar updates for your web page. Send newsletters, calendars and information to Libby Wade at [dunade@aol.com](mailto:dunade@aol.com).

## Newsletter Deadline: August 1

Send all articles, Bulletin Board items, recipes, address changes and trivia for the newsletter to:

Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196. Please email me at [jcpurich@cs.com](mailto:jcpurich@cs.com) with your information.



## FROM THE PRESIDENT

### The Wizarding World of FCE

I came across some interesting tidbits in my readings over the last couple of months. It is really amazing what we have decided to celebrate. May is Older American's Month, Mental Health Month, National Hamburger Month and National Military Appreciation Month. We should all make an effort to reach out to anyone in our military services to tell them how much we appreciate their contributions to the defense of our country. We often just take these things for granted and don't think about how much we need those who have volunteered to serve. Of course, we also need to remember Mother's Day.



In June, we have to celebrate Audio Book Month, Cataract Awareness Month, Migraine Awareness Month, National Iced Tea Month and Turkey Lover's Month. Some of my favorite days are June 2 - National Donut Day, June 8 - National Best Friends Day, June 14 - Flag Day, and June 18 - Father's Day.

July is National Anti-Boredom Month (come to an FCE meeting, you'll never be bored), National Hot Dog Month, and National Ice Cream Month. We celebrate July 4 - Independence Day, July 5 - National Apple Turnover Day, July 7 - Chocolate Day, July 10 - Teddy Bear Picnic Day, July 15 - National Ice Cream Day, and July 22 - Parent's Day.

August is Family Fun Month, Admit you're Happy Month, and National Picnic Month. Some important days to do something special are: August 1 - National Girlfriends Day, August 2 - National Ice Cream Sandwich Day, August 4 - National Chocolate Day, August 5 - Friendship Day, My favorite - August 12 - Middle Child's Day, August 15 - Relaxation Day, August 26 - National Dog Day, and August 31 - National Eat Outside Day.

And if none of these days appeal to you, just make up your own special day to celebrate. Be sure to be happy every day.

Have fun! Enjoy Life!

Libby Wade, President  
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## NEWS FROM THE VICE PRESIDENT

The Executive Board has a great line-up of programs for the Fall Conference on October 22<sup>nd</sup> and 23<sup>rd</sup> at the Best Western in Westminster. Dr. Virginia Brown will be telling us "How to get the Most out of Your Health Care"; Dean Brewer, from the state Attorney General's office will speak to us on "scams", something we all need to look out for; Nancy Hart, audiologist, will help us keep our balance, which most of us need help with as we age; Sameen Piracha will enlighten us about the Muslim culture; and there will be a speaker on Maryland History. Add to this the usual basket raffle, good food, catching up with old friends and making new ones, the programs we will add from the National Conference in July, and it is shaping up to be a conference to remember! I'm sure you will all want to be part of it, so, especially if you are a first timer, please come and see what it's all about. When you come once, you will want to keep coming every year!

The entertainment will be the band "Standard Delivery." The members are Chad and Jim and they will play a mixture of music, and sing songs we know and can sing along with.

Hope to see you there!!!!

Remember to keep filling your water bottles for the ZERO Hunger challenge.

Sue C. Van Slyke  
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## PUBLIC POLICY NOTES

Education is a powerful tool to effect change in our society, especially in areas that bring healing and change for the better of society's ills. Two very needed areas for change and healing are the drug epidemic our country is suffering through and racial stereotyping of the conflicts arising from the Civil War. The Washington Post had two very interesting articles (April 24 & April 16) about these very different topics.

Ohio is beginning to tackle the opioid epidemic with drug abuse education in the classroom - the Kindergarten classroom! The state is second only to West Virginia in deaths from drug overdoses. It is also one of the few states left that believes in total local school board control over school lessons. The idea behind this new approach is, the teacher in

the child's class is encouraged to discuss real-life situations, to help the child to make the right choices and know how to deal with the situations that they encounter as drugs, abuse, or peer pressures happen in their lives. It is too late to approach this topic when they are teenagers. Ohio law prohibits the State Board of Education from establishing health education standards. The article mentioned that there is concern this education on opioid abuse will affect the state's abstinence-only approach to sex education. The program that is being promoted is called HOPE, Health and Opioid Prevention Education. The program had a pilot run in Belpre, Ohio, with a population of 6500, which has felt the full power of the opioid/heroin epidemic. Making a difference with children at 6 or 7 may produce results down the line, but, it at least is trying to create the habit in a child of knowing how to handle real life situations, when they confront drugs and those who would pressure them in their use.

The second article talks about Richmond's American Civil War Museum and it's CEO, Christy Coleman, who is bringing an innovative approach to the presentation of the Civil War. She is not focusing on the points of view of the North and South, but on the conflict seen through different people's perspectives - women, Native Americans, enslaved blacks, and immigrants. Every one of us sees the symbols of the Civil War differently, i.e., depending on your politics, family history, where you grew up, your ethnic background, prejudices, etc. Each person's point of view has a story behind it that affects how to tell the story of the Civil War and how the lingering problems it has left behind are dealt with. The symbols that were mentioned - the war memorials and what to do with them, the Stars and Bars Confederate Flag, and other leftover items that still affect the descendants of that conflict - need to be perceived through each different person's story to see the complete picture of the Civil War. This whole area is encapsulated in this museum in the Capitol of the Confederacy, Richmond. Again, education and the willingness to confront the leftovers of that era, by the willingness to listen to all these stories and perspectives, is how we as a society will move forward and make the changes we need to heal and solve today's problems.

Debra Rausch, VP for Public Policy  
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## MARYLAND FCE CONFERENCE

The Annual MDAFCE Conference will be held at the Best Western Hotel, 451 WMC Drive, Westminster, MD, 21158. Carroll County FCE will be the host. The dates are Monday October 22 (Registration will start at 9:30 AM, meeting at 10 AM.) and Tuesday October 23 (starting at 8:30 AM). Overnight rooms are reserved at the hotel and those staying at the hotel will have breakfast included on Tuesday morning.



This will be an educational and fun conference. Hear about all new FCL programs from the National FCE July Conference, i.e. *Grow as a Volunteer, Wills, Trusts and Funerals, Controversial Issues – Drugs, and Hearth Fires - Asking for a Friend ...How Does Aging Affect My Senses?, Someone's in your Home ...Eating Healthy Food, Someone's in the Community... Driving to Save Lives and updates.*

Attend and experience the magic and fun of FCE! You may even make new friends.

Elizabeth Heagy, Carroll County 410-857-3388  
 momheagy@yahoo.com

## IN AND AROUND MARYLAND

### CARROLL COUNTY

Last newsletter I told you that we had someone come and talk on scams at our March county meeting. That person was Dean Brewer from the Maryland State Attorney's Office. He gave a very informative talk about all the scams that are happening every day and many new ones that keep popping up. He talked about – “us as senior citizens” - should never give out information to anyone we do not know. At a different talk that he gave, attended by Joan Antonio, he talked about people coming into senior centers and making friends with someone lonely and ending up in their homes taking care of them. We need to watch out for strangers being too friendly!! Do Not Give anyone that you Do Not Know personal information!! And be careful what you say to a stranger!! These scam artists do nothing else but scam people and they are very good at it!!

In February, we read and looked at the pictures drawn and essays written by approximately 60 students from William Winchester Elementary school who submitted CHARACTER COUNTS!® papers. Abigail Moreland was our 1<sup>st</sup> Place winner. She will receive a \$25 check from CCAFCE and her paper and picture was selected by the Maryland FCE Board as the Maryland FCE state winner. Aralynn Patterson was our 2<sup>nd</sup> Place winner – she will receive a \$15 check from CCAFCE and Courtneigh Hogan was our 3<sup>rd</sup> Place winner and she will receive a \$10 check. We also give out 10 Honorable Mentions who get \$5 each. Everyone who enters also receives a certificate from Carroll County and a bookmark. A stuffed animal – this year it was Micka the “Citizenship” Monkey and a lesson book from Micka is given to the 3 top winners. The Honorable Mention winners also get the book on Micka. Waltraut Staggs goes with me to the school and hands out the awards and I take pictures of the top 13 children getting their awards. We make a board to show members the children’s pictures for our May Day luncheon. I also take copies of the pictures back to the school so the children can each have a copy of their picture too!

May found us reading the papers of graduating seniors in Carroll County who applied for one of our two \$750 scholarships. We had 22 students apply this year. We picked Karlyn Jae Taylor and Joshlyn Roberyson as our winners. Karlyn goes to Liberty High School and plans to attend the University of South Carolina. Joshlyn goes to Manchester Valley and plans to attend Carroll Community College.

May is also the month we have our May Day luncheon. This year it was on May 10<sup>th</sup> at the Elks Club and 28 members and their guests attended. The speaker was Nancy Hart who talked to us on Balance as it has to do with hearing. Nancy Hart was the same person who came to the State conference last year and talked on hearing.

Elizabeth Heagy  
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### FREDERICK COUNTY

On April 17<sup>th</sup>, Frederick County FCE Homemaker members held their annual spring meeting. Fifty members and guests were in attendance. The meeting was hosted by the Pleasant Walk Homemakers Club. Tables were set up for the auction of a lap robe and pillow made by our Treasurer, Joyce Gregory, baked goods

contributed by our members, and DIY gardening and craft books were also on the sale. Joyce Gregory was awarded a recognition certificate for being a member for 50 years. Nomination of officers was held for a Vice President, Secretary and Treasurer. These officers will be elected and installed at our annual fall meeting. Each club has been busy contributing homemade goods and performing services for our communities this past year. Kathryn Nicodemus led the members present in a Remembrance Service for six members that had died during the past year. A buffet luncheon was served.

After lunch, Heidi Winkler introduced our speaker, Dr. Mark Silverman, Director of Oncology Services at the new Stockman Cancer Institute. Dr. Silverman told us about the center and then opened up the floor to questions.

Scrapbooks had been updated by County Clubs to highlight their efforts this past year and certificates were awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize.

April’s lesson at the Extension office was a Hearth Fire lesson taught by Jeanne Purich “Is there a Cure for Rudeness”, a timely subject for today’s fast paced environment. May’s lesson will teach us how to make gift boxes out of greeting cards. Most clubs will host picnics in June and will not present a formal lesson.

Since many clubs take the summer off from regular monthly meetings, our next focus will be demonstrating various crafts at the Great Frederick Fair in September.

Donna Bowles  
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### MONTGOMERY COUNTY

Fifty-one FCE members and guests attended our Spring Luncheon entitled “You’ve Come a Long Way Baby!” which celebrated 80 years of FCE. Attendees were treated to a program by Ginny Hagberg that gave highlights of the homemakers and FCE members’ accomplishments over the past 80 years. Much FCE memorabilia was on display. After lunch we took a walk around the parking lot for our participation in the ACWW program “Women Walk the World”.

One of our scholarship recipients, Norah Nakijoba, a nursing student, told us of her journey from Uganda to the United States and how she wants to make a difference in the world.

## ACWW News

In June, we will head to Gettysburg, to the home of Frann Peters at Lake Heritage for a "Fun Day" and some relaxation. Some of us will lounge on the porch, others will shop or visit Gettysburg or even go for a boat ride on the lake.

In July, several of us will attend the National FCE conference in Austin, Texas. If you have never been to a National conference, I encourage you to do so. Registration can be found on the web at [www.nafce.org](http://www.nafce.org).

August (10-18) brings us to the Montgomery County Fair in Gaithersburg. We will present and man four display booths in the Home Arts building. We always show our blanket making project and then three other educational/informational booths. It is a very busy time when we get to speak to the public about our mission and programs.

Jeanne Purich  
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### PRINCE GEORGE'S COUNTY

The word is thin (I wish)-our membership is very thin in numbers. May had 3 of our 7 ladies attend. Even with a wonderful meal prepared by Sue, salad and cheese-stuffed shells, we were only 3. Sue gave a program on Human Trafficking. We are planning to go to Chesapeake Beach for a Tea Luncheon in June. Sue made Easter dresses this year for little girls in the Capitol Hill Ministry Program.

The State Board Meeting will be in PG County in August and we will make 2 small baskets for the State Conference in October. Sue will be traveling to the ACWW Summit Meeting in June and possibly the National FCE Conference. One of our members, Frances Fullwood, moved to a wonderful Senior Center in Lusby, MD, and is very happy with the move. I hope we will have some crafts, (Sue, Frances, and Debbie), to take to the County Fair this year! Here is wishing a lovely summer to Marge, Sharon, Elsie, Barbara, Sue, Alicia, Marie, Jean, Frances, Arnie, and to myself, Debbie. Have a wonderful summer!

Debbie Rausch  
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301-498-8806

## How ACWW Makes a Difference

In 2017 we received 17 Final Reports, showing that more than 4,100 women and children have benefited from ACWW-funded projects, whilst our newly funded projects are being implemented in Bangladesh, Cameroon, Ghana, Guatemala, India, Kenya, Mongolia, Pakistan, Sri Lanka, and Uganda.

Completed Projects reporting in 2016 are shown by type:

### Water and Sanitation

7 Projects in 6 Countries

16,553 Beneficiaries

Ensuring access to water and sanitation for all

### Income Generation

4 Projects in 2 Countries

342 Beneficiaries

### Health Education

5 Projects in 2 Countries

111,870 Beneficiaries

Ensuring healthy lives and promote well-being for all at all ages

### Education and Capacity Building

4 Projects in 4 Countries

13,204 Beneficiaries

Ensuring inclusive & quality education, promote lifelong learning

### Agricultural Training and Development/Nutrition and Home Economics

3 Projects in 3 Countries

406 Beneficiaries

End hunger, achieve food security & nutrition and promote sustainable agriculture

Ruth Shanks, AM  
ACWW World President



Condolences to the family of Pat and Bob Kenney, Montgomery County, on the passing of their son, Mike.

## MEMBERSHIP

### Welcome 2018 New Members

**Patti Agnes, Shirley Ainoo, Tina Brown,  
Helen DeRoo, Andrea Graham, Marjorie Kupiec  
Tami Lounsbury, Sue Poduska, Susan Steadman**

Thanks to all the county treasurers who continue to send their membership information and dues to me as soon as they get them. We are happy to have 8 new members as of the end of April. This gives us a total membership of 127. Our membership is made up of 79 individuals, 5(10) families, and 43 seniors. I encourage you to continue inviting people to join FCE throughout the year. If you recruit a new member, be sure your name and address is included on the bottom of the form so you and your new member can have a chance to go to our fall conference for free. Also the recruiter will receive a gold star from National FCE.

Martha C. Moser, Chairman  
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## New Medicare cards coming soon

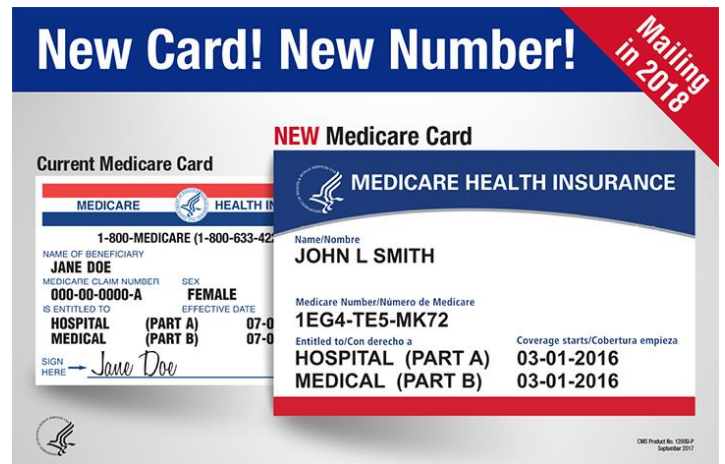
March 6, 2018

by Lisa Weintraub Schifferle, Attorney  
FTC, Division of Consumer and Business Education

New Medicare cards are coming soon. Here's what you need to know about your new card. Plus, how to avoid related scams.

Starting in April 2018, Medicare will begin mailing new cards to everyone who gets Medicare benefits. Why? To help protect your identity, Medicare is removing Social Security numbers from Medicare cards. Instead, the new cards will have a unique Medicare Number. This will happen automatically. You don't need to do anything or pay anyone to get your new card.

Medicare will mail your card, at no cost, to the address you have on file with the Social Security Administration. If you need to update your official mailing address, visit your online Social Security account or call 1-800-772-1213. When you get your new card, your Medicare coverage and benefits will stay the same.



If your sister who lives in another state gets her card before you, don't fret. The cards will be mailed in waves, to various parts of the country, from April 2018 until April 2019. So, your card may arrive at a different time than hers.

When you get your new card, be sure to destroy your old card. Don't just toss it in the trash. **Shred it.** If you have a separate Medicare Advantage card, keep that because you'll still need it for treatment.

As the new Medicare cards start being mailed, be on the lookout for Medicare scams. Here are some tips:

- **Don't pay for your new card.** It's yours for free. If anyone calls and says you need to pay for it, that's a scam.
- **Don't give personal information to get your card.** If someone calls claiming to be from Medicare, asking for your Social Security number or bank information, that's a scam. Hang up. Medicare will never ask you to give personal information to get your new number and card.
- **Guard your card.** When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security number cuts down on many types of identity theft, you'll still want to protect your new card because identity thieves could use it to get medical services.

For more information about changes to your Medicare card go to [go.medicare.gov/newcard](http://go.medicare.gov/newcard). And if you're a victim of a scam, report it to the FTC.





## **Direction to Annual Conference**

### **Best Western Hotel**

**451 WMC Drive, Westminster, MD, 21158**

**Phone: 410-857-1900**

**Monday October 22<sup>nd</sup> - Tuesday, October 23<sup>rd</sup>**

#### **From East and South:**

Take 32 west to Route 140 east, the BEST WESTERN Westminster Catering and Conference Center will be on your right-hand side.

#### **From the North or West:**

Take 97 south to Route 140 West and the BEST WESTERN Westminster Catering and Conference Center will be on your left-hand side just past Route 31.



**Maryland Association for  
Family and Community Education  
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