

# Town of Indian Head Newsletter

## Issue 81 Spring 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

**Good Friday**  
**Friday, April 7**  
**Memorial Day**  
**Monday, May 29**

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 at 7pm unless it happens to fall on a holiday. The Spring Town Meetings will take place on Mon., Mar. 6 (Virtual), Mon., Apr. 3 (In Person), & Mon., May 1 (Virtual). To attend virtual meetings, go to <https://gotomeet.me/TOIH> or dial in using your phone, 1 (571) 317-3122 Access Code: 135-757-733. The in person meeting on April 3 will be held at the Village Green Pavilion.

**Planning Commission:** Wed., Mar. 15, Wed., Apr. 19, & Wed., May 17. 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. 22, Wed. Apr. 26 & Wed. May 24. 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

**Town FY24 Budget Public Hearing:** Thurs., Apr. 20, 7:00pm, GoToMeeting. The Town Manager & staff with the Town Council will present the Town FY24 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



## 2023 Indian Head Town Council Election Day

Tuesday, May 2

Polls Open: 8:00am to 8:00pm

Village Green Pavilion

Residents living within the Incorporated Town  
of Indian Head who are registered to vote in  
the state of Maryland are eligible to vote.

**Voter Registration Deadline:** Monday, April 3

**Candidate Registration Deadline:** Monday, April 3  
*(by no later than 2:00pm)*

**Written Request for Absentee Ballots Deadline:**  
Tuesday, April 25 *(must be a qualified registered voter)*

**Deadline for Receipt of Absentee Ballots:**  
Tuesday, May 2 *(ballot must be received before the poll  
closes at 8pm)*

*Questions? Call 301-743-5511 (Mon.-Fri. 8:30am - 4:30pm)*

## Mayor's Message by Brandon Paulin

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Hello everybody!

I hope everyone is having a happy and healthy start to the new year and is ready for spring! As spring approaches please be mindful of pedestrians as more families and kids are taking advantage of our parks and playgrounds.

Oasis Grocery Store is picking up speed. Demolition of some vacant homes took place to pave the way (literally) for a new parking area that will service the grocery store, surrounding businesses, a future community garden, and more! We are very excited to be a part of a team of dedicated individuals that will bring Indian Head its first grocery store since the 90's. Give "Oasis Fresh Foods Market - Indian Head, MD" a follow on Facebook or visit [oasisIndianHead.com](http://oasisIndianHead.com).

Another business locating in town soon is the "Avo Team Powered by Samson Properties", opening a new real estate office. They plan on having a "Grand Opening" event on March 24th at their new office, 4179 Indian Head Hwy. Indian Head MD 20640. So be on the lookout for more information.

We have recently begun conversations with State Highway Administration about improving walkability (Curbs, sidewalks, crosswalks) along Indian Head Hwy in town. They (SHA) are currently conducting a feasibility study for such improvements and will get back to us. Since we are designated a "Sustainable Community" through DHCD, we are eligible to get the sidewalks/improvements along Indian Head Hwy 100% covered by the State. As the feasibility study comes back, we will let you know the results and next steps.

I hope to see all of you at many of the upcoming events in town. Have a fantastic spring, if you need anything reach out!

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

Thomas Hastings, Base Liaison

### 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

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](http://www.townofindianhead.org)

**Indian Head Baptist Church:** Easter Service will be held at 10:30am on Sunday, April 9th.

**St. James' Episcopal Church:** 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 Lent (a time of preparation for Easter) begins on Ash Wednesday February 22nd. We will have a Service, Imposition of Ashes, at 12 Noon and at 7 p.m.

Holy Week this year begins the week of April 2nd. We will have a service on Wednesday, April 5th and another on Thursday, April 6th, 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 a.m. And don't forget we also have an Easter Egg Hunt prior to this Service! 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 21<sup>st</sup>. 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 3rd from 11 until 6. There will be 2 more at the same time on March 17th and March 31st. This is Take Out Only but sometimes folks like to grab a table and eat indoors.

Our next Community Spaghetti Dinner will be served on Monday, March 27th, from 5 until 6:30. This Dinner is on us so bring your appetite and leave the wallet at home!

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.

**BRIDGE Church:** Financial Peace University - Financial Peace University is a nine-lesson course that teaches you how to save for emergencies, pay off debt fast, spend wisely, and invest for your future. Class will run from March 8<sup>th</sup> - May 17<sup>th</sup> from 6:30 - 8:30pm at 4185 Indian Head Highway. The cost for the class is \$79.99 which includes 12 months access to FPU material and a downloadable pdf workbook. A hardcover workbook can also be purchased for an additional \$20.00. To register visit [fpu.com/1161098](http://fpu.com/1161098)

April 9th Easter Service - Time to be determined, check our website for updates, [www.bridgeih.church](http://www.bridgeih.church)



**Book your event at the  
Black Box now!**

More information can be found at:  
[indianheadblackbox.com/rental](http://indianheadblackbox.com/rental)  
301-743-3040

## 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.shaareshalomsond.org](http://www.shaareshalomsond.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

# 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

Planck 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 **\$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. (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)	\$495.00 per qtr
Category II	Maximum 2 cans (per unit)	\$95.00 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.**

**CODE ENFORCEMENT - HIGHLIGHTED CODES OF THE QUARTER**

**IPMC 308.3 Disposal of garbage.** Every occupant of a structure shall dispose of garbage in a clean and sanitary manner by placing such garbage in approved garbage containers


**IPMC 308.3.1 Garbage facilities.** The owner of every dwelling shall supply an approved leakproof, covered, outside garbage container.

**IPMC 308.3.2 Containers.** The operator of every establishment producing garbage shall provide, and at all times cause to be utilized, approved leakproof containers provided with close-fitting covers for the storage of such materials until removed from the premises for disposal.

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

**Business Highlights**

**CLARITY COFFEE HOUSE**  
M-F 6 AM Wkend 7AM



(240) 377-8190 4175 Indian Head Hwy  
Info@ClarityCoffeeShop.com Indian Head, Maryland 20640  
www.ClarityCoffeeShop.com

**State Farm®**  
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Home Office, Bloomington, Illinois 61710



**David Dixon, Agent**



3A North First Street  
Indian Head, MD 20640-1801  
Bus 301 743 7200 Fax 301 743 5790  
Cell 240 299 6490  
dave.dixon.gzme@statefarm.com

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President/Pharmacist

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www.indianheadcare.com 301-684-2693

4115 Indian Head Hwy.  
Indian Head, MD, 20640



**DALE'S SMOKEHOUSE**  
301-743-6777

Dale Hayes/Pam Hundley 4645 Indian Head Hwy  
dalessmokehouse@aol.com Indian Head, MD 20640

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## Spring Cleaning Also Means Home Fire Safety

Although it may not feel like Spring, it will soon be here and with it our thoughts turn to warmer temperatures and Spring Cleaning. This is a great time of year to do a thorough cleaning of our homes and yards. The Indian Head Vol. Fire Dept & Rescue Squad would like to remind everyone that your “Spring Cleaning” project should also be a time to remember fire safety and remind everyone of the following safety tips.

When cleaning the inside of your home think about the outside as well and do not forget to check these vital life safety devices and areas thoroughly.

**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.

- Be sure to test your smoke alarms. If they are not working properly, it is time to replace them.
- 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 existing or install new smoke alarms you must replace them with a new 10-year battery life battery alarm.
- Be sure to test your smoke alarms. If they are not working properly, it is time to replace them.
- At minimum, there should be at least one smoke alarm on every floor of your home.

Test your carbon monoxide alarms and replace any alarms that are 10 years old or older as well.

If you have a fire extinguisher in your home this is a good time to check it and replace it if necessary. If you have an ABC Dry Powder extinguisher it needs to be replaced every 12 years.

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 are 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.**

## Outside cleaning is just as important as inside.

- 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.

- **As a reminder, these items need to be properly disposed of by recycling or through the Town. Do not attempt to burn these items as there is no outdoor burning permitted within the Town limits.**

- 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.

- All fuels for lawn and garden equipment should be stored in an approved container and never stored in your home or attached garage.

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 and yard fertilizers. As a reminder these chemicals should be sorted 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.

## Grilling Safety

- Barbeque gas grills should be thoroughly inspected, including gas hoses, connections, burners, and propane tanks should be inspected prior to use.

- Any old charcoal should be disposed of properly. Once charcoal gets wet it can spontaneously self-combust once it dries.

- As a reminder, it is against the Maryland State Fire Laws to grill on a balcony and you could face possible fines if you are found grilling on a balcony.

By following these simple safety tips while performing your annual Spring Cleanup you can greatly improve your family's safety and reduce your chances of a fire in your home.

If you or neighbors need a new 10-year battery smoke alarm or if you have any questions or concerns about Fire Safety/Prevention, please contact 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.



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FRONT SIDE



REVERSE SIDE

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G D W H # R I # J D I I O H #

**MARCH 29th at 2:00 PM at  
the Indian Head Senior Center**

*DO NOT HAVE TO BE PRESENT TO WIN*

**1 raffle ticket \$1.00 or 6 raffle tickets \$5.00**

*See an Indian Head Senior Center Council member for raffle tickets*

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 in 2023/24

During the next two years the staff at Indian Head Senior Center will be focusing 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 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> 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 & Fridays 1 p.m.
- Arthritis Foundation Exercise Program (AFEP) – Tuesdays & Thursdays at 11:15 a.m.
- Strength Training w/Nate – Wednesdays at 10:15 a.m.
- Circuit Training w/Lamont – Thursdays at 1 p.m.
- Seated Yoga – Fridays at 9 a.m.

### Ongoing Programs:

- Bingo the first, third and fifth Mondays and some Wednesdays 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 fourth Tuesdays at 9:30 a.m. or make an appointment.
- Pop-up Yard Sales -updates on posted on FB
- Book Club – books provided – fourth Wednesdays at 1 p.m.
- Check the SCOOP for the following Programs
  - Senior Tech
  - Crafts
  - Tea Club
  - Crocheting Club



### Upcoming Events:

- Overcoming Barriers to Healthy Eating Tuesday, March 7<sup>th</sup> at 10:15 a.m.
- Art Class with Artist Lamont Maith, \$5 all supplies included, Thursday, March 16 at 10 a.m.
- Sign Language 6 classes \$25 starting March 21<sup>st</sup> at 12:30 p.m.
- Maryland Food Bank, Wednesday, March 29<sup>th</sup> 11 a.m.- Check Indian Head Community FB page for updates
- Estate Planning, Wednesday, April 12<sup>th</sup> 10 a.m.
- Conversation with Dr. Cook, Friday, April 14<sup>th</sup> 10:30 a.m.
- SCAM Jam at the Waldorf Senior Center \$5, includes catered lunch, Wednesday, April 19, 9 a.m.
- Medication Safety Thursday, April 20<sup>th</sup> at 10:30 a.m.
- Caregivers Conference at the Clark Center in LaPlata, Friday, April 28 at 8 a.m. must register cost is \$35

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".

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

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 or interested in Spring Fling should contact Ms. Amanda Pheulpin at [apheulpin@ccboe.com](mailto:apheulpin@ccboe.com)



**2022-2023**

**Sessions**

**TAP (tots and parents) Cafe**  
For ages 6 mo-2 years

**Wednesday** 9:30-10:30am

# Judy Center PLAYGROUPS

@ Indian Head Elementary in Trailer 3A  
4200 Indian Head Hwy

Join us for

- ✓ Music and Movement
- ✓ Free Play
- ✓ Early Language Development
- ✓ Social/Emotional Learning
- ✓ School Readiness Skills

Choose 1  
session only  
based on your  
child's age

**Toddler Time**  
For ages 2-3 years

**Monday** 10:30-11:30am

**Pre K Prep**  
For ages 3-4 years

**Monday**  
1:30-2:30pm



 (301) 934-7493

# Spring Fling

Outdoor games | Petting zoo | Egg Hunt

MONDAY | MARCH 27

10:00AM-11:30AM

INDIAN HEAD VILLAGE GREEN GAZEBO



This event is for the Judy Center families with children ages 1 to 4 years old.



# The Judy Center Presents

## A Power Tots Playgroup

Power Tots supports children's physical and emotional growth and well-being—all at a critical developmental stage. From birth to age six, 90% of brain development has occurred. Power Tots is based on science showing that physical activity enhances learning. Serving children with a rich foundation during these early years sets them up for future success.

**Wednesdays from 11:00-12:00pm**  
**Indian Head Pavilion**  
**100 Walter Thomas Road**

**Children MUST live in the Indian Head school zone and be between the ages of 1-5 years old**





### **Schedule your appointment for a free health screening today.**

UM Charles Regional Medical Center is thrilled to be bringing **Dare to C.A.R.E.**, a national vascular screening and disease management program, to Charles County on **April 7, 2023**.

This is the perfect opportunity to properly address your health. Free screenings for cardiovascular disease will be conducted from 8 a.m. to 4 p.m. at 8 Kent Avenue in La Plata, just behind the Port Tobacco Players theater. **Appointments are limited and are available on a first-come, first-served basis.**

#### **Patients eligible for screenings include:**

- 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 with diabetes should also be screened.

Screenings are offered to local communities, like Charles County, through the non-profit Heart Health Foundation and is sponsored by UM Charles Regional Medical Center.

Call to secure your spot at **410-573-9483**



# 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

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](mailto:DiabetesCenter@umm.edu) | 301-609-5444

JOIN US!

2023

## 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 29	11:00am- 12:00pm	Nagula 2
Wednesday, April 26	11:00am- 12:00pm	Nagula 2
Wednesday, May 24	11:00am- 12:00pm	Nagula 2
Wednesday, June 28	11:00am- 12:00pm	Nagula 2
Wednesday, July 26	11:00am- 12:00pm	Nagula 2
Wednesday, September 27	11:00am- 12:00pm	Nagula 2
Wednesday, October 25	11:00am- 12:00pm	Nagula 2
Wednesday, November 29	11:00am- 12:00pm	Nagula 2



All support groups are subject to COVID restrictions. If in-person groups become unavailable, virtual details will be offered.

An RSVP is not required, but is preferred. Please contact us with any questions or if you would like to RSVP call 301-609-5444 or email [DiabetesCenter@umm.edu](mailto:DiabetesCenter@umm.edu)

## 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](mailto: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](http://www.charlesregional.org)

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/>)*