



Mature Matters

A Publication for Maryland Heights Seniors

Published by the Department of Parks and Recreation-Senior Services

September-October 2020

Nancy's Notes



Kids are heading back to school in some form whether it be online, in the classroom or a combination of the two. Recent increases in the number of COVID-19 cases reported locally and across Missouri have decision makers scratching their heads.

How does anyone make a decision that does not come with both an upside and downside? We all have opinions that matter, but we should also respect the decisions of others. There is a silver lining as we face these daily challenges that COVID-19 has brought to our lives. Right now brilliant people all over the world are working 24 hours a day, 7 days a week on treatments and solutions to protect us all from the virus. The world's best pharmaceutical minds and companies are dedicated to eliminating the COVID pandemic. So for now, stay home as much as you can, wear your masks and wash your hands. Stay safe. Check on your neighbors if you can and share joy whenever and wherever you can! Until next time!

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Old Farmer's Advice

You cannot unsay a cruel word.
Don't judge folks by their relatives.
Every path has a few puddles.
Most of the stuff you worry about ain't gonna' happen anyway.



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The Powers of Walking

Studies have proven a connection to each of the following in association with walking: a lower risk of developing dementia; a lower risk of suffering a stroke; a higher likelihood of surviving breast cancer; significant improvements in fatigue, depression and mental capacity for people suffering from fibromyalgia; decreased use of medication; and significant risk reduction for developing type 2 diabetes. Be right back, I'm going for a walk!



Afternoon Flicks

Come watch great films with friends at the Community Center. Movies will start at 2 p.m. Popcorn and water will be provided. There is no cost to attend, but please RSVP with Nancy by calling (314) 738-2552 by the day prior.

Going in Style

Monday, October 5

It follows a trio of retirees who plan to rob a bank after their pensions are canceled.

Knives Out

Monday, October 12

This American mystery follows a master detective investigating the patriarch's death after a family gathering gone awry.

The Upside

Monday, October 19

The film follows a paralyzed billionaire who strikes up an unlikely friendship with a recently paroled convict whom he hires to take care of him.

Calendar Girls

Monday, October 26

The true story of a group of dynamic women who bare all, (or nearly all), for charity and become international celebrities as a result. The Women's Institute in Great Britain encourages the ancient skills of jam-making, flower pressing, knitting and baking. So when a group of extraordinary women start looking for a new way to raise money, they decide to take the annual W.I. calendar, which normally features landscapes or flowers, and instead create something traditional--with a non-conventional twist.

Be Alert of IRS Scammers

Recently, IRS scammers have been making their rounds. Residents have received phone calls from individuals pretending to be Maryland Heights Police Officers, asking for payment for an IRS debt. The scammers state that if they do not receive payment you will be arrested. Scammers are also able to make it appear that the phone call is coming from Police Chief Carson's office. This is a **SCAM!**

Residents should be aware that the Maryland Heights Police Department **DOES NOT** call to collect fines or penalties. Do not give out any personal information over the telephone.

If you receive a call from the Maryland Heights Police Department and are unsure whether it is legit or a scam, please call our communications department at (314) 298-8700 and ask for the officer that contacted you.

Today's Trivia

All answers begin with letters "AD." See page 4 for answers.

1. Take as one's own.
2. To adjust or make suitable.
3. To modify your situation.
4. Lying near or close at hand.
5. Latin phrase meaning for this purpose only.
6. Opponent.
7. Latin term that means to improvise.
8. Allowing to enter.
9. To move or bring forward.
10. To turn attention toward.
11. To counsel or to inform.
12. Something added to usually a printed piece.

Maryland Heights Night Out

On **Saturday, September 26**, celebrate our community and promote a safe and connected city during Maryland Heights



Night Out. This year will look different from years past with a decorate your yard contest, food trucks and, if there is enough participation, a neighborhood parade. Sign up to participate in any way you feel comfortable. For more information on MHNO or to register, please visit www.marylandheights.com/MHNO or call (314) 738-2497.

Silver Sneakers Returns to The Community Center

We are excited to announce that Silver Sneakers classes have returned to the Community Center. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and balls are offered for resistance. A chair is used for seated exercises and standing support. Suitable for beginning to limited skill levels. Register by visiting www.marylandheights.com/mindbody or give us a call at (314) 738-2599.

Paper Shredding, Electronic Recycling Events Added for October

Due to the unprecedented participation levels experienced at our summer electronics recycling and paper shredding events, the City has scheduled events for this fall. These events are for **Maryland Heights residents only**, no businesses please. In an effort to avoid turning cars away when line wait times exceed the capacity of the service-providing vendors, **pre-registration is required**.

The set up for both events has not changed, but check-in will be required to ensure that only registered residents can participate. On the event date, enter the parking lot from the Dorsett entrance and follow the directional signs. At the sign marked "stop here" on the main drive near the side lot, a city employee will be stationed to confirm registration. You will then be directed to the trucks when the events begin at 9:00 a.m. on their respective dates. These changes are intended to make the events run smoother and hopefully, faster so that wait times are reduced and everyone is ensured service provision.

Paper Shredding

Saturday, October 10 • 9:00 a.m.-12:00 p.m.
Government Center, 11911 Dorsett Rd.

Deadline to register is Wednesday, October 7. Pre-registration is required by phone at (314) 738-2204 or online at www.marylandheights.com/PaperShred. A full list of rules and regulations can be found online. Participation is limited to the first 200 residents who register.

Electronic Recycling

Saturday, October 24 • 9:00 a.m.-1:00 p.m.
Government Center, 11911 Dorsett Rd.

Deadline to register is Wednesday, October 21. Pre-registration is required by phone at (314) 738-2204 or online at www.marylandheights.com/RecyclingEvents. Participation is limited to the first 300 residents who register.

The City thanks you for your cooperation and patience. For more info, contact Gabby Macaluso at (314) 738-2204 or gmac@marylandheights.com.



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Reminder: Utility Tax Rebates Begin in November

Maryland Heights refunds municipal utility taxes to our senior residents and residents with a disability. To qualify, seniors must be at least 62 years old on or before November 1, 2020 and be retired. For residents with a disability, your annual income must be less than \$10,000 excluding Social Security, disability income or other payments received because of the disability. Eligible senior residents should bring proof of age. Eligible disabled residents should bring their Social Security award letter.

Qualifying residents should bring all their utility bills (water, gas, electric and phone) dated November 1, 2019 through October 31, 2020.

Due to COVID-19, rebate processing will be different from years past. You will need to preregister for you appointment by visiting <https://signup.com/go/qhvBToT> or by calling (314) 738-2599. **We will not accept walk-ins.** Dates for the rebates are November 3, 5, 9, 10, 13, 17, 19, 20, 23 and 30.

Maryland Heights Counts

The 2020 Census is your once-in-a-decade chance to shape the future of your community. It is imperative that you complete the census at www.my2020census.gov or by calling (844) 330-2020. Respond today!

1. Adopt, 2. Adapt, 3. Adept, 4. Adjacent,
 5. Ad hoc, 6. Adversary, 7. Ad lib, 8. Admit,
 9. Advance, 10. Advert, 11. Advice or Advise,
 12. Addendum

Today's Trivia Answers