



# AMS News

AMS website -- [www.mappers.org](http://www.mappers.org)

Association of Mapping Seniors Newsletter

## AMS Summer Gathering



What is summer without eating some good crabs and seafood right on the water!

Yep, that's right the AMS Summer Gathering is once again at the familiar **Fisherman's Crab Deck**, 3032 Kent Narrows Way S. Grasonville MD 21638 on **Wednesday, August 2, 2023 @ 11:00 AM**. Conveniently located for our eastern shore members as well as for our Delaware, Maryland, and Virginia members and anyone else in the area.

As in recent past summer gatherings, each person will order their own lunch selection directly from the standard menu and pay your own separate check. No prepayment. The extensive menu includes appetizers, salads, sandwiches, entrees, and yes, you can still order hot steamed and seasoned crabs by the dozen and half dozen! View the menu choices at <https://crabdeck.com/menu/>

Please RSVP by responding with an email stating you plan to attend and include the name of others attending with you using our email address at [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com) with the subject of **"AMS Summer Gathering"** by July 28, 2023.

Don't be crabby and come on over and enjoy the good food and fun time commiserating with friends!

## Picnic in the Vineyard

This year's picnic is at a different location from the Carderock Picnic Pavilion. AMS has been invited to the **Hiddencroft Vineyards at 12202 Axline Rd, Lovettsville VA 20180**



on **September 13 at 11:00 am**. The vineyard owners are AMS members Clyde and Terry Housel. The day may include their popular Local History Tour! If you aren't familiar, think of it as a log building crawl with wine and food along the way. They may discuss the history of the property and the vicinity of Loudoun County. The property has many seating areas to relax and enjoy the lovely scenery. The winery has additional information by viewing their website at [www.hiddencroftvineyards.com](http://www.hiddencroftvineyards.com)

The cost remains at \$15. per person serving hamburgers, hot dogs, pork barbeque, baked beans, potato salad, chips with refreshments of lemonade, iced tea, and water. You are asked to bring your favorite snacks and/or desserts to share. Winetasting compliments of the Hiddencroft Vineyards. Oh yes, and a lawn chair in case there may be a shortage of seating.



The event will be held rain or shine since there is a barn that everyone can gather into if the weather is inclement.

Reservation Form is on Page 7.

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## AMS PRESIDENT’S MESSAGE

Harry Sturman, AMS President



Summertime is here! Great weather and soon it will be the lazy days of summer and pleasant evenings will arrive to just set either on the front porch or in the back yard reminiscing of the current

day or maybe days gone by. With summer comes the arrival of hot humid days. Remember to stay hydrated wherever you may be inside or outside.

Summertime is also the season folks are on the move – visiting family and friends both close and maybe a distance away. Those vacation days of beach and mountainside are either in the planning or being completed. Wherever you go, there’s probably a former colleague close by. Contact them and stop by for that cold beverage or even a sub and fries too. Connecting with long time cube and table buddies and talking about those days gone by is a good time in the making.

Maybe your former cubicle buddy is coming to this area and invite them to attend any of the upcoming AMS events along with you. Make plans now to attend any or all these mid-week AMS events to gather with your friends and former colleagues.

As always continue with the AMS Motto – **“Keeping in Touch and Having Fun!”**

### New AMS Members

Welcome new members –

**Gregory and Nancy Springer**

Looking forward to meeting you at any of the upcoming events.



**Celebrate  
Father’s Day  
Sunday,  
June 18**

## AMS Keeping in Touch



Email is an important method for announcing events, registration forms, sharing obituaries, and other pertinent information. Send your AMS info and inquiries to [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com)

If you are not receiving emails from AMS, check your “Spam or Junk” folder or email us with the subject line **“Attention Membership”** at [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com)



The AMS website, [www.mappers.org](http://www.mappers.org), is another good source of information on current and past AMS events. Check out the many tabs filled with a wealth of information for and about our members and events! If you have

ideas or information for the website, please forward it to [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com) and include **“Attention Webmaster”** in the Subject line.



AMS is on Facebook, and you are invited to join other members there and include your contributions! You can share your vacation and retirement adventures, and other activities you enjoy. Or just read the posts from other members while also keeping current with AMS activities too. Members are permitted to post directly but must keep content appropriate for and consistent with the AMS purpose, membership, by-laws, procedures and guidelines.

If you are not already a Facebook friend, go to the search block on Facebook and enter Association of Mapping Seniors or simply AMS and from the drop-down list select **Association of Mapping Seniors**. **Once on the AMS page select “Join”** and answer the 3 pertinent questions for **“Keeping in Touch and Having Fun!”**

[Association of Mapping Seniors \(AMS\) | Facebook](#)

### 2023 AMS Executive Board

- President – Harry Sturman
- Vice President – Vacant
- Secretary – Amber Beall
- Treasurer – Merle Biggin

# Missing Members

We are still searching for these members below who have not forwarded their current contact information including their email and/or home addresses and current phone number to AMS. If you know any of our “missing persons”, please email their contact information to [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com) with the subject of “**Attention Membership**” and include the last name of the missing member. Or, if you prefer, you can contact the member and have the missing person forward their contact info directly to the AMS email address.

No Current Contact Info	
Gladys Dantzler	William C. Miller
Zona Davis	John I. Seitz
Gene King	Frank R Walden
Hunter Mauck	

AMS Directory updated as of May 2023.  
Review your contact info ensuring information is accurate!



### Postage & Printing Donors for AMS News

**Xavier Corbett; Chris Greenhill  
Clyde Housel; Thomas F. Norton**

“Keeping in Touch”

*Thank you for your generosity!*



## AMS Anniversary Celebration

The Anniversary Committee is considering ideas to hold events to celebrate our 50th Anniversary. Thank you to those who submitted various venue locations celebrating our 50<sup>th</sup> Anniversary events in 2024. Suggestions are still being accepted through September 15, 2023. If you have a suggestion, please submit your idea with all pertinent information – venue name, address, point of contact, phone, and any other information as well as your name and phone number to the AMS mailbox at [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com).

If you are interested in joining the committee, please forward your contact information to the AMS mailbox. Meetings are held via zoom so your physical location will not matter for these planning meetings.

## Upcoming 2023 AMS Events

### Summer Gathering

Date: August 2, 2023

Time: 11:00 AM

Place: **Fisherman's Crab Deck**,  
3032 Kent Narrows Way Grasonville MD 21638



### Picnic

Date: September 13, 2023

Time: 11:00 AM

Place: **Hiddencroft Vineyards**  
12202 Axline Rd, Lovettsville VA 20180



### Holiday Luncheon/Annual Meeting

Date: December 6, 2023

Time: 11:30 AM

Place: **Dutch's Daughter**  
581 Himes Avenue, Frederick, MD



The Board is seeking an AMS member in good standing to serve as our next volunteer Webmaster, to help guide us through this next phase of the AMS website. If you are interested in serving as the AMS webmaster, please email the Board at [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com) placing “**Webmaster**” in the subject line, indicating your interest and describing your experience/qualifications to take on this important volunteer assignment.

## Vice President - Vacant

Following the Holiday Lunch, a short business meeting was held for the purpose of electing the 2023 officers. Unfortunately, there were no nominations for vice president. The Board continues to seek a member in good standing for this position.

Board meetings are held quarterly via Zoom; therefore, your primary residence should not be a hindrance as traveling is not required to attend the Board meetings. The responsibilities of each office are described in the AMS By-laws available on the AMS website at [www.mappers.org](http://www.mappers.org).

Please submit nominations to the Board in writing via email at [mappingseniors@outlook.com](mailto:mappingseniors@outlook.com) include “**Board Officer Nominations**” in the subject line. Thank you.

### Spring Luncheon



A beautiful warm day was perfect to get out of the house, take a nice drive to Frederick, MD to Dutch’s Daughter and meet our friends and former colleagues at the AMS

Spring Luncheon. Being retired gives opportunities for us to take advantage of mid-week gatherings instead of waiting until the weekends.

That’s exactly what these first timers who were warmly welcomed to the Spring Luncheon on May 3. They are Xavier Corbet, NWFCU, Clyde and Terry Housel, and JoAnn Keller, Betty Barnes guest. Wonderful having first time AMS members and their guest attend our event. Other attendees are -

Merle and Nancy Biggin, Judy Bowles, Gaylene Cattone, Daniel and Kathleen Gleason, Chris Greenhill, Lon and Anna Hamann, John Koslin, Sandy Lawson, Will and Valerie Liston, Mike and Judy Rose, Harry and Caroline Strats, Dave Weed, Doug and Carol Wenk.

Door prize winners Chris Greenhill and Clyde Housel as well as 50/50 winner Xavier Corbett donated their winnings back to AMS. Thank you!



**50/50 Winners** – Anna Hamann, Xavier Corbett, Judy Bowles



Sandy Lawson



**Door Prize Winners** – Clyde Housel; Chris Greenhill



John Koslin



Doug and Carol Wenk



Kathleen Gleason



Betty Barnes; JoAnn Keller



Valerie and Will Liston



Merle and Nancy Biggin



Caroline and Harry Strats



Anna and Lon Hamann



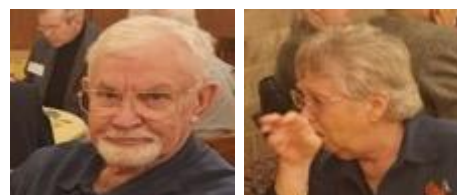
Daniel Gleason



Terry and Clyde Housel



Gaylene Cattone



Mike and Judy Rose



Doug Weed

# 6 IDEAS TO GET SENIORS TO DRINK MORE WATER



<https://dailycaring.com/6-ideas-to-get-seniors-to-drink-more-water/>

Dehydration is a common and serious health problem for seniors. Preventing dehydration is important because it can [cause serious health issues](#) and is a common cause of hospitalization in people over age 65. Being properly hydrated is also needed for certain medications to work. Ideally, we'd be able to prevent seniors from getting dehydrated, but it's tough to increase someone's fluid intake when they won't cooperate. To make it easier to keep older adults hydrated, we share 6 creative tips for getting seniors to drink more water.

## Use these ideas as a starting point –

Each person has different habits, preferences, and health conditions, so what's most important is to be creative and try different ideas until you find ones that work for your older adult.

It's also essential to check with their doctor if you have questions about how a creative technique could affect their health.

For example, you wouldn't want to give high sodium drinks to someone with [high blood pressure](#), milkshakes to someone with high cholesterol, or sugary drinks to a [diabetic](#).



## 6 ways to get seniors to drink more water

### 1. Remember that there are many sources of fluids

People don't have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If dehydration is a serious issue for your older adult, but they really resist drinking healthy fluids, it may be necessary to make trade-offs like allowing them to drink less healthy options like sugary drinks or diet soda. To be sure that the pros outweigh the cons and their overall health will benefit, first speak with their doctor. Or, try serving more [foods with high water content](#) to increase hydration without drinking fluids.

### 2. Keep water close by at all times

Sometimes, making it easy for seniors to serve themselves could encourage them to drink more water. Try keeping a lightweight pitcher of water and a cup near their favorite seat to make it quick and convenient to take a drink.

### 3. Experiment with beverages at different temperatures

Your senior may prefer hot drinks to cold, or the other way around. Experiment to find out which type they like better. Try different things like warming up juices, making decaf iced coffee with cream, or adding plain soda water to make tea or juice bubbly.

### 4. Try something savory

Those who like savory foods may enjoy drinking hot soup broth instead of a sweet or neutral tasting beverage. For convenience, the broth could come from a can, box, or powder. It's especially comforting in cold weather. And if your older adult is watching their sodium intake, make sure to get a low sodium broth or consider making homemade broth.

### 5. Make popsicles

Homemade popsicles made from fruit juice or a mix of juice and water are a great treat and a great way to get more fluids into your older adult.

### 6. Offer smoothies, milkshakes, Ensure, sports drinks

Some stubborn older adults may really resist drinking fluids. If so, you could try enticing them with smoothies, milkshakes, Ensure, or sports drinks even if they're not the healthiest choices. If they like the flavor or texture of these options, they may be more willing to drink them regularly.



# Protecting Your Accounts

*Northwest is committed to keeping your accounts safe and secure.*

Account takeover is on the rise across the financial services industry. In addition to our strong security measures, we're committed to empowering you with the tools and knowledge you need to protect yourself from fraud. Arm yourself with the knowledge of how fraudsters are using social engineering and other tactics to gain access to accounts.

Fraud prevent information on NWFCU website include - What is social engineering; Social engineering tactics; How to report fraud; Account security features; Fraud prevention resources

Click on this link to learn about these fraud prevention tactics --

[FIND OUT HOW](#)




Two Factor Authentication (2FA) is your best defense against fraud!

**Important:** Northwest will never ask you for your 2FA code. For your security, do not share your code with anyone.

Visit NWFCU website to view additional financial information for various products offered to the members!

[www.nwfcu.org](http://www.nwfcu.org)

Contact our Member Service Center  
 844-709-8900  
 M-F: 7AM - 7PM ET Sat: 8AM - 1PM ET

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# AMS Picnic



- When:** September 13, at 11:00 AM
- Where:** Hiddencroft Vineyards, 12202 Axline Rd, Lovettsville VA 20180
- Website:** [www.hiddencroftvineyards.com](http://www.hiddencroftvineyards.com)
- Bring:** Your favorite snacks and/or desserts
- Cost:** \$15 per person
- Menu:** Hamburgers, Hot Dogs, Pork Barbeque, Baked Beans, Potato Salad, Chips, Lemonade, Iced Tea, and Water.



## Wine Tasting available compliments of Hiddencroft

Completed reservation form and payment due **September 5**

Lunch from 11:45AM - 1PM with dessert to follow!!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of people attending \_\_\_\_\_ Total amount \$ \_\_\_\_\_

**Please mark payment type** by check (enclosed) \_\_\_\_\_ or PayPal (on-line) \_\_\_\_\_

Place your name where you can volunteer to assist at the picnic. Thank you for assisting!

**Hand out Name Tags** \_\_\_\_\_ **Sell 50/50 Raffle Tickets** \_\_\_\_\_

### Payment Methods –

- 1. Paper/mail** – Send completed reservation form and your check payable to the *Association of Mapping Seniors* to: **Merle Biggin 4808 Walbridge Street, Rockville, MD 20853**
- 2. Electronically** –
  - a. When using **PayPal** add **\$1.00 for each person to cover associated fees.**
  - b. Access PayPal from the AMS website front page at <http://www.mappers.org/> and click on the “Donate” button. At the PayPal page, complete the information as requested.
  - c. On page 2, click on the “Add special instructions to the seller” and enter – Picnic and the names of each person included with the payment. Example: Picnic John Smith; Mary Smith.
  - d. Forward an e-mail to Merle at [merlebiggin@uwalumni.com](mailto:merlebiggin@uwalumni.com) that includes the names, contact phone number. State you are using PayPal to complete this transaction.

**Invite Your DMA, NIMA, NGA Colleagues to The AMS Events!!**

FROM: ASSOCIATION OF MAPPING SENIORS – June 2023

Merle Biggin  
4808 Walbridge St  
Rockville MD 20853

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### Early Pay is Here!



You now have access to your direct deposit—including paychecks, tax refunds, retirement, and social security—**up to two business days sooner.**

Early Pay is a free service available on eligible Northwest accounts. Early access to direct deposit will not occur on weekends or holidays and is based on when the originator provides payment details.