

Garden Club sets biennial symposium for April 23

EASTON — The Talbot County Garden Club will feature two nationally renowned speakers, as well as local favorites, at its biennial spring symposium on April 23.

"We are looking forward to what promises to be one of our best symposiums yet," said Symposium Chairwoman Kim Eckart. "This is our major fundraiser for 2019 and will fund our community service projects throughout Talbot County."

Award-winning gardener and author Stephanie Cohen, also known as the "Perennial Diva," will present a talk on "New and Underused Perennials." She has taught courses at Temple University and is a contributing editor for *Fine Gardening*.

Award-winning gardener, floral designer and owner of Love 'n Fresh Flowers, Jennie Love will create designs from flowers picked from Love 'n Fresh gardens, a sustainably managed urban flower farm and design studio within the city limits of Philadelphia.

Love trained as both a horticulturist and floral designer at Longwood Gardens, and was named as one of the top 62 floral designers in the nation by Martha Stewart Weddings.

Four members of the Talbot County Garden Club will share their floral de-



STEPHANIE COHEN

signs that can be recreated at home. Any special materials used will be offered for sale at the event.

The event will be held at The Milestone in Easton. Tickets are \$90 each, and include the program, lunch and the opportunity to shop with merchants. To purchase tickets, mail a check to the Talbot County Garden Club at P.O. Box 1524, Easton, MD 21601.

Compass Regional Hospice announces spring grief support group offerings

CENTREVILLE — Compass Regional Hospice's Grief Support Services department has announced an eight-week spring grief support offerings, available to anyone in the community who is suffering the loss of a loved one.

The support group will begin Tuesday, April 16, and run weekly through June 4. The group will meet from 5:30 to 7:30 p.m. in the yellow house behind the Kent County Public Library in Chestertown.

The group will be led by Compass grief counselor Ann O'Connor and is open to anyone 18 and older who has experienced the death of a spouse or partner. To register, contact O'Connor at 443-262-4124 or aconnor@compassregionalhospice.org.

The program fee is \$25, but no one will be turned away based

on an inability to pay for services.

Compass Regional Hospice's Grief Support Services Department is a collection of programs and services available for the families of patients who have died under hospice care, as well as members of the community who are grieving the death of a loved one.

Services available in Queen Anne's, Kent and Caroline counties include individual and family grief counseling; grief support groups; school based grief counseling; a grief retreat summer camp called Camp New Dawn for children, teens and families; and remembrance events and specialized workshops.

Ongoing grief support group offerings at the 255 Comet Drive, Centreville, location include a Bereaved Parents group, which meets from 6 to 8 p.m. on the first Monday of each month and is open to anyone who has lost a child at any age, under any circumstances; a support group for those who have lost a loved

one to suicide, which meets from 6 to 8 p.m. on the second Wednesday of each month; and a support group for those who are suffering the death of a loved one to substance overdose, which meets from 6 to 8 p.m. on the third Thursday of each month. These groups meet in the Grief Support Services wing of the Hospice Center in Centreville, 255 Comet Drive.

An ongoing grief support group open to anyone who is experiencing any type of loss meets from noon to 1:15 p.m. on the fourth Tuesday of each month at the Caroline County Public Library's Federalburg branch, 123 Morris Ave. This is a lunch group and participants are encouraged to bring a bag lunch.

All ongoing grief support groups are offered free of charge to anyone in the community who is 18 and older and suffering the loss of a loved one. Learn more about Compass Regional Hospice's Grief Support programs at www.compassregionalhospice.org.



ANN OCONNOR

St. Michaels Farmers Market launches Big Veggie campaign

ST. MICHAELS — The St. Michaels Farmers Market's third annual "Buy a Big Veggie" campaign is underway to help fund and launch another season of providing fresh, farmer-grown fruits, vegetables, meats, eggs, flowers or locally produced items to the people of Bay Hundred and beyond.

With the opening of the farmers market on April 13, the market board invites the community to celebrate the approaching farm season by contributing to and personalizing their own "Big Veggie" sign for posting in St. Michaels during the month of April.

The campaign goal is to raise \$5,000 by selling 100 of the signs, made by Beckett Mesko for his Eagle Scout project in 2017. Each sign costs \$50.

"We love seeing the 4-foot veggies posted along Talbot Street," Board President Randy Royer said.

"After the gray winter, the colorful 4-foot radishes, peapods, corn ears and carrots are so fun, and I love the supportive, positive messages that people

write on them, too," Royer said. "They're so happy and just remind all of us that warm weather and local produce are coming."

The St. Michaels Farmers Market's success over the years is largely due to its producer-only focus, meaning everything sold at the market is grown or produced by the person selling it; high-quality products; volunteer commitment and its history as a place for people to come together.

Financial support also is critical, especially now since the market's former parent organization is no longer involved.

"All really good farmers markets require people, financial resources and effort to look effortless and run smoothly," Board Treasurer Tellie Dixon said. "Community support is especially important for us this season since we are, in essence, starting from ground zero this year as our own entity, with new volunteer leadership and without the support of our former parent organization."

"If we can reach our goal in



PHOTO BY ELIZABETH BEGGINS

"Big Veggie" signs are loaded up and ready to display along Talbot Street in St. Michaels. The \$50 signs are available for purchase to help underwrite the St. Michaels Farmers Market.

sign sales and other donations, we'll be able to purchase some sorely needed new set up items and also cover behind-the-scenes costs that keep everything working," Dixon said.

The market is open from 8:30 to 11:30 a.m. Saturdays from April 13 to Nov. 23.

To support the market and get your Big Veggie sign, email stmichaelsmarket@gmail.com.

Annual spring gala benefits Benedictine programs May 4

RIDGELY — Benedictine's annual spring benefit fundraising event is set for Saturday, May 4, at the Tidewater Inn in Easton.

Guests are invited to experience "A Night at the Races" at this year's Kentucky Derby-themed affair, complete with a live viewing of the races, a sophisticated Southern menu and live bidding on custom auction items.

For over 45 years, Benedictine has hosted this annual night of hospitality and philanthropy to raise funds for children and adults with developmental disabilities and autism.

The spring benefit has raised nearly \$10 million to support programs at Benedictine, including tuition assistance, construction and furnishing of group homes on the Eastern Shore, adaptive technology and significant classroom and campus improvements.

Sponsorship opportunities are available, and individual tickets to Saturday night's event are \$150. Registration is available on the event page at www.benschool.org or by calling 410-634-2292.

This year's benefit co-chairs are Mia Marinucci of Chester, settlement agent at Liberty Title, and Matt Hoffman of Washington, D.C., vice president of innovation at Enterprise Community Partners Inc.

SUPPORT GROUPS

INFORMATION WELCOME

Below is a listing of various support groups from around the Mid-Shore. To submit information, please email community@star-dem.com. Listings for area support groups that are open to the public will be accepted. The deadline for items to appear is the 15th of each month. Please include a contact phone number or email address. Groups are published as space allows.

HEALTH

ALZHEIMER'S ASSOCIATION CAREGIVER SUPPORT GROUP, St. Mark's United Methodist Church, 100 Peachblossom Road, Easton. 4:30 to 6 p.m. Second Mondays. For family, friends and caregivers of individuals with Alzheimer's or related dementia. Info: 410-822-6754 or 410-820-4400.

ALZHEIMER'S SUPPORT GROUP, Easton. 10 a.m. Last Saturday of each month. For individuals with early-stage memory loss. Requires pre-screening. Location given out following pre-screening. Info: ywright@alz.org or 1-800-272-3900.

ALZHEIMER'S SUPPORT GROUP, Genesis HealthCare The Pines, Easton. 6:30 to 7:30 p.m. Fourth Mondays. For family, friends and caregivers of individuals with Alzheimer's or related dementia. Info: ywright@alz.org or 1-800-272-3900.

BEHAVIORAL HEALTH BRIDGE CLINIC, UM Shore Medical Center at Dorchester, 300 Byrn St., Cambridge. 6 to 7:30 p.m. Every Tuesday. Led by Sean Alvarado. Free, confidential support group meeting for individuals who have been hospitalized for behavioral health reasons and could benefit from assistance with issues after discharge. Varied topics based on participants' needs. Each participant may bring one family member. Info: 410-228-5511, ext. 2146.

BREAST CANCER SUPPORT GROUP, Cancer Center, 509 Idlewild Ave., Easton. 6 to 7:30 p.m. Fourth Tuesdays. Led by Patti Plaskon. Info: 410-822-1000, ext. 5387.

CANCER SUPPORT GROUP-CHESTERTOWN, Education Center, UM Shore Medical Center, 100 Brown St., Chestertown. 6 p.m. Fourth Mondays. Led by Chrissy Nelson. Information and support for patients at any stage — diagnosis, treatment, recovery and survivorship. Info: 410-778-7668, ext. 2175.

CANCER SUPPORT GROUP-EASTON, Cancer Center, UM Shore Regional Health, 509 Idlewild Ave., Easton. 5 to 7 p.m. First and third Thursdays. Led by Sharon Loving. Information and

support for patients at any stage — diagnosis, treatment, recovery and survivorship. Info: 443-254-5940.

CANCER CAREGIVERS' COFFEE, Cancer Center, UM Shore Regional Health, 509 Idlewild Ave., Easton. 9 to 10:30 a.m. Second Saturdays. Open to family members, friends and others providing care and support for a patient dealing with a cancer diagnosis, treatment and recovery. Topics of discussion include financial concerns, community resources, stress management, self-care and more. Led by Sharon Loving and Lisa May. Info: 443-254-5940 or 410-754-9141.

CANCER — TIPS QUALITY OF LIFE, Cancer Center, UM Shore Regional Health, 509 Idlewild Ave., Easton. Individual and family support sessions offered by appointment. Provides help with decisions and consultation on financial planning, employment, disability, personal goals and long range plans. Led by Patty Plaskon, Ph.D., OSW. Info: 410-820-6800.

CHILD MENTAL HEALTH CONCERNS SUPPORT GROUP, Peace of Mind Mental Health Services, 8614 Ocean Gateway, Easton. 5:30 to 6:30 p.m. Every Tuesday. For parents and caregivers of children with mental health concerns. Come to listen or share. Free. Info: 443-385-0709.

DEPRESSION AND ANXIETY RECOVERY GROUP, Chesapeake Voyagers Inc., 342 N. Aurora St., Easton. 4:30 p.m. Every Wednesday. Info: 410-822-1601.

DIABETES SUPPORT GROUP-EASTON, Talbot County Senior Center, 400 Brookletts Ave., Easton. 5:30 p.m. Second Mondays. Led by Karen Hollis. For family members, caregivers and patients. Informative presentations, fellowship and support for those affected by diabetes. Free. Info: 410-822-1000, ext. 5757.

DIABETES SUPPORT GROUP-CHESTERTOWN, UM Shore Medical Center, 100 Brown St., Chestertown. 6:30 p.m. Fourth Tuesdays. Led by Chrissy Nelson. For family members, caregivers and patients. Informative presentations, fellowship and support for those affected by diabetes. Free. Info: 410-778-3300, ext. 2175.

DIABETES SUPPORT GROUP-DENTON, St. Luke's United Methodist Church, 100 S. 5th Ave., Denton. 5:30 p.m. First Thursdays. Led by Chrissy Nelson. For family members, caregivers and patients. Informative presentations, fellowship and support for those affected by diabetes. Free. Info: 410-822-1000, ext. 5757.

DIABETES SUPPORT GROUP-CAMBRIDGE, UM Shore Medical Center, Board Room, 300 Byrn St., Cambridge. 5:30 p.m. Fourth Wednesdays. Led by Wyn-

ne Aroom. For family members, caregivers and patients. Informative presentations, fellowship and support for those affected by diabetes. Free. Info: 410-822-1000, ext. 5757.

EASTERN SHORE AMPUTEE SUPPORT GROUP, Family YMCA, 202 Peachblossom Road, Easton. 6 p.m. First Tuesdays. Info: 410-822-0566, ext. 3337, or Eastern ShoreAmputeeGroup@gmail.com.

FAMILY FOCUS FRIDAY, Family YMCA, 202 Peachblossom Road, Easton. 10 to 11 a.m. Second Fridays. Join other parents and caregivers of children with mental and behavioral health challenges. Breakfast, peer support and information for Mid-Shore families. This month's discussion is "Two Minute Mindfulness: Taking Time to be Present." Free. Sponsored by Maryland Coalition of Families 410-730-8267 or www.mdcoalition.org. Info: Rachel Stoyanov 443-766-0420 or Stoyanov@mdcoalition.org.

MID-SHORE PARKINSON'S DISEASE SUPPORT GROUP, Immanuel Lutheran Church, 7215 Ocean Gateway, Easton. 1:30 to 3 p.m. Second Tuesdays. Info: 410-955-6692 or ggray8@jhmi.edu.

ROCK STEADY BOXING, Island Athletic Club, Grasonville. 1 p.m. Every Monday and Wednesday. For those with Parkinson's disease in Caroline, Queen Anne's and Talbot counties. Includes regular exercises, such as stretching, bicycling, running, jumping rope, pushups, balancing and noncontact boxing. Registration required. Info: 360strongtraining@gmail.com or midshore.rs-baffiliate.com.

STROKE SUPPORT GROUP-MID-SHORE, UM Shore Medical Pavilion, 500 Cadmus Lane, Easton. Noon to 2 p.m. First Thursdays. Led by Nicole Leonard. For stroke survivors, caregivers and family members. Free. Info: 410-822-1000, ext. 5068, or neleonard@umm.edu.

STROKE SUPPORT GROUP-QUEENSTOWN, UM Shore Medical Pavilion, Suite 320, 125 Shoreway Drive, Queenstown. Noon to 2 p.m. Fourth Tuesdays. For stroke survivors, caregivers and family members. Led by Nicole Leonard. Info: 410-822-1000, ext. 5068 or neleonard@umm.edu.

STROKE SURVIVORS SUPPORT GROUP, Pleasant Day Medical Adult Day Care, 2474 Cambridge Beltway, Cambridge. 1 to 2 p.m. Third Thursdays. Stroke survivors share their experiences and discuss ways to manage their deficits. Info: 410-228-0190 or 410-476-3100.

SURVIVORS OFFERING SUPPORT (SOS), Free program

pairing women who have breast cancer with mentors who are breast cancer survivors. If you need support or would like to become a mentor, call 410-822-1000, ext. 5361.

WELLNESS RECOVERY ACTION PLAN SUPPORT GROUP, Chesapeake Voyagers Inc., 342 N. Aurora St. #C, Easton. 1 p.m. Every Tuesday. Info: 410-822-1601.

WOMEN SUPPORTING WOMEN SUPPORT GROUP — CANCER, Christ Episcopal Church, 601 Church St., Cambridge. 6:30 p.m. Fourth Tuesdays. Facilitated by Sue Todd. Free. Info: 410-463-0946.

ADDICTION

AA MEETING, Retreat House at Hillsboro, St. Paul's Church, Hillsboro. 7 p.m. every Thursday; 7:30 p.m. every Friday; 7 p.m. every Saturday (women's); and 5:30 p.m. every Sunday. Info: francie@retreathousehillsboro.org or 410-364-7042.

AL-ANON MEETINGS, Al-Anon and Ala-teen: For a complete list of times and locations in the Mid-Shore Area, visit easternshoremad-alanon.org/meetings.

NARCOTICS ANONYMOUS, Bethel AME Church, 237 N. College Ave., Chestertown. 8 p.m. Every Wednesday. Free and clean recovery group.

NARCOTICS ANONYMOUS AND ALCOHOLICS ANONYMOUS OPEN MEETING, Tilghman United Methodist Church annex, 5731 Tilghman Island Road. 7:30 p.m. Every Friday.

GRIEF

ALL LOSSES GRIEF SUPPORT GROUP, Caroline County Public Library, 123 Morris Ave., Federalburg. Noon to 1:15 p.m. Fourth Tuesdays. A drop-in group for individuals 18 and older who have experienced any type of loss. Please bring a lunch. Info: Wayne Larrimore at 443-262-4108 or wllarrimore@compassregionalhospice.org.

BEREAVED PARENT SUPPORT GROUP, Compass Regional Hospice, 255 Comet Drive, Centreville. 6:30 to 8:30 p.m. First Mondays. A drop-in group for individuals, 18 and older, dealing with the loss of a child. Info: Rhonda Knotts at 443-262-4109 or rknotts@compassregionalhospice.org.

CHILD LOSS SUPPORT GROUP, Talbot Hospice, 586 Cynwood Drive, Easton. 6:30 to 8:30 p.m. Third Wednesdays. For anyone grieving the death of a child of any age. Free. Info: Becky DeMattia 410-822-6681 or bdematia@talbothospice.org.

RECOVERING AFTER SUBSTANCE PASSING SUPPORT GROUP, Compass Regional Hospice, 255 Comet Drive, Centreville. 6:30 to

8:30 p.m. Third Thursdays. A drop-in group for individuals, 18 and older, dealing with the loss of a loved one from drug overdose. Dinner, fellowship, guided conversation or activities and an occasional guest speaker. Info: Rhonda Knotts 443-262-4109 or rknotts@compassregionalhospice.org.

GRIEF SUPPORT GROUP, Talbot Hospice, 586 Cynwood Drive, Easton. 5 to 6:30 p.m. Fourth Tuesdays. Ongoing monthly support group for any adult in the community who has experienced the death of a loved one. Info: Becky DeMattia at 410-822-6681 or bdematia@talbothospice.org.

HALOS SUPPORT GROUP, Compass Regional Hospice, 255 Comet Drive, Centreville. 6:30 to 8:30 p.m. Second Wednesdays. HALOS (Healing After a Loved One's Suicide), a drop-in group for individuals, 18 and older, dealing with the loss of a loved one from suicide. Info: Rhonda Knotts at rknotts@compassregionalhospice.org, 443-262-4109, or Wayne Larrimore at wllarrimore@compassregionalhospice.org or 443-262-4108.

HEALING AFTER A TRAUMATIC LOSS, Talbot Hospice, 586 Cynwood Drive, Easton. 6:30 to 8:30 p.m. Second Tuesdays. For anyone impacted by the traumatic death of a loved one, including accident, overdose, suicide or homicide. Info: 410-822-6681 or bdematia@talbothospice.org.

HEALING THROUGH YOGA, Talbot Hospice, 586 Cynwood Drive, Easton. 9 to 10 a.m. every Tuesday. A weekly yoga class to help find strength in the grieving process. No prior yoga experience necessary. Yoga mats provided. Walk-ins welcome. Led by Leslie Orndoff, RYT. Free. Info: Becky DeMattia 410-822-6681 or bdematia@talbothospice.org.

PET LOSS SUPPORT GROUP, Talbot Hospice, 586 Cynwood Drive, Easton. 6 to 7 p.m. First Thursdays. For grieving pet owners. Offered with Talbot Humane. Free. Please register in advance: Linda Elzey at lweizey@gmail.com or Talbot Humane 410-822-0107.

OTHER

ADVANCE HEALTHCARE PLANNING, Talbot Hospice, 586 Cynwood Drive, Easton. 11 a.m. Second Tuesdays. Talbot Hospice staff and trained volunteers will help you understand your options for advance healthcare planning and complete your advance directive paperwork, including the Five Wishes. Info: 410-822-6681.

BREASTFEEDING SUPPORT GROUP, Birthing Center Conference Room, UM Shore Medical Center at Easton, 219 S. Washington St., Easton. 10 to 11:30 a.m. First and third Tuesdays. For new and expectant mothers.

Free. Led by Carol Leonard. Info: 410-822-1000, ext. 5700.

CAREGIVER SUPPORT GROUP, Talbot County Senior Center, 400 Brookletts Ave., Easton. 1 to 2 p.m. Monday, Feb. 25. Facilitated by Beth Parker O'Brien, LCSWC, MPH. Free. Info: 443-746-3698 or snhealth.net.

CAREGIVERS SUPPORT GROUP, Talbot Hospice, 586 Cynwood Drive, Easton. 1 to 2:15 p.m. Every Thursday. Share ideas and find solutions to the challenging issue of caring for a loved one. Free. Info: Becky DeMattia 410-822-6681 or bdematia@talbothospice.org.

CRIME VICTIM CLINIC, Talbot County Senior Center, 400 Brookletts Ave., Easton. 10 a.m. to 2 p.m. First and third Thursdays. Maryland Crime Victims Resource Center, for Mid-Shore residents of all ages who have been a victim of crime. Call 301-952-0063 to set up an appointment or just walk in.

EMOTIONS ANONYMOUS, Chesapeake Voyagers Inc., 342 N. Aurora St. #C, Easton. 2 p.m. Every Tuesday. Info: 410-822-1601.

HEALTHY TILGHMAN PEER SUPPORT GROUP, Tilghman United Methodist Church annex, 5731 Tilghman Island Road. 6 to 7:30 p.m. Fourth Wednesdays. Info: carol.zappe@gmail.com.

LABOR AND DELIVERY CLASS AND SUPPORT, Nick Rajacic Health Education Center, UM Shore Medical Center at Easton, 219 S. Washington St., Easton. 9 a.m. to 3 p.m. First Saturdays. Info: 410-822-1000 ext. 5200.

OVEREATERS ANONYMOUS MEETING, UM Shore Medical Center at Easton, Health Education Center room A or B, 219 S. Washington St., Easton. 5:15 to 6:15 p.m. Every Monday. Info: www.oa.org.

SINGLE MOMS SUPPORT GROUP, Hope Fellowship Church, 892 Washington Ave., Chestertown. 5:30 to 7 p.m. First and third Fridays. Info: singlemoms@ctownhope.com.

SOCIAL AND LIFE SKILLS, Chesapeake Voyagers Inc., 342 N. Aurora St. #C, Easton. 1 p.m. Every Friday. Info: 410-822-1601.

VETS HELPING VETS SUPPORT GROUP, American Legion Post 243, 57 Legion Drive, Hurllock. 9:30 a.m. Every Friday. A group to help veterans with benefit options.

VETERANS PEER SUPPORT GROUP, Queen Anne's County Library, 200 Library Circle, Stevensville. 1 p.m. U.S. Veterans Peer Support Group meeting monthly on March 22 and April 12. Share life experiences, find mutual encouragement and gain skills to promote recovery and wellness. Members of all military branches welcome. Free.