



As we celebrate America's 250th birthday, we hope that you and your family enjoy a safe and happy holiday!

If you were not at the Annual Business Meeting, we are enclosing some of the great information that was provided at the Consumer Education table. We hope you find it beneficial!

Thanks to the Consumer Education Committee and Marylou Eastin for putting this information together!

2025-2026 MRSPA CONSUMER EDUCATION COMMITTEE

Chairperson - Alana Turner, Talbot County, *Connection* Editor

Area I West - Vacant

Area II South – Brenda Barnes & Lorraine Johnson
Prince George's Co., Nancy Lewis, St. Mary's Co.

Area I East - Debra Berner, Montgomery Co.

Area III North - Betty Weller, Kent Co.

Area II North - Tillie Barckley, Anne Arundel Co.

Area III South— Vacant

mrspa

MARYLAND RETIRED
SCHOOL PERSONNEL ASSOCIATION

Senior Savings



RETAIL | GROCERY | RESTAURANTS | TRAVEL | HEALTH & BEAUTY | ENTERTAINMENT & MORE

Discounts may vary by location and are subject to change, so it's advisable to contact local businesses directly to confirm participation.

RETAIL STORES

Belk - 15% discount first Tuesday of month; 10% - 20% for veterans or active military ages 62+

Goodwill - 30% off on Wednesdays 55+

Kohl's - 15% off qualifying purchases every Wednesday for shoppers age 60+

Michaels - 10% off anytime for shoppers age 55+; must enroll in rewards program

Roses - 10% off on Wednesdays 55+

Ross - 10% discount shoppers on Tuesday; exclusions on certain brands 55+

TJ Maxx/Marshalls - 10% off for 55+ varies by store location

UPS Store - senior discount 5% off shipping, up to 15% off eligible products and services with AARP membership

Walgreens - first Tuesday is Senior Day. User must be enrolled in store's loyalty program. 55+

Walmart - seniors save \$20 on annual Walmart+ membership with AARP membership

GROCERY STORES

Harris Teeter - 5% on Thursday for 60+ shoppers enrolled in loyalty program.

CELLULAR CARRIERS

TMobile - discount rates for those 55+

ENTERTAINMENT

AMC Theatres - discounted prices vary by location and time of day. Fee based loyalty program.

Lucky Strike Bowling Alley - though no prominent senior discount, call location for specific specials

RC Theatres - senior discounted tickets for all shows; daily matinee prices; offers no cost digital only loyalty program.

RESTAURANTS

Arby's - 10% depends upon location 55+

Carrabba's Italian Grill - 10% off for AARP members

Chili's - 10% off 55+

IHOP - restaurant has a 55+ menu with discounted prices

McDonalds - when requested a senior coffee is a discounted price 55+ age can vary by location

Outback Steak House - 10% off for AARP members

Red Lobster - 10-15% off 55+

Silver Diner - 10% discount for patrons 65+. Senior Blue Plate Special for \$9.99 on weekdays (10% discount does not apply)

Texas Roadhouse - discounts for diners 55+ vary by location.

HEALTH & BEAUTY

Great Clips - \$2 off 65+

Hair Cutters - 10% off Monday through Wednesday 65+

YMCA - Senior Membership rates 65+

AUTO MAINTENANCE

Jiffy Lube - 10% off varies by location

Pep Boys - 10% off AARP member 55+

Valvoline Instant Oil Change - 15% off senior discount

TRAVEL

Castle Bed and Breakfast in Mount Savage - 10% off on weekend stays 65+

Maria's Love Point Bed and Breakfast in Stevensville, MD - 10% discount anytime 65+

Ocean City's Castle in the Sand Hotel - seasonal rates, March and April \$74 for oceanfront 65+

MRSA BENEFIT PROVIDERS

Academy Financial – Long Term Care Insurance • AMBA Insurance Plans and Discounts
BJ's Wholesale Club • Dell Computers • Fast Park & Relax at BWI
Fusco Financial Associates • Oasis Senior Advisors • State Employees Credit Union
Stress Free Solutions • TruHearing Hearing Aid Discount Program
United Legal Benefits • Valvoline Instant Oil Change

ATTRACTIONS

Baltimore Aquarium - \$5 off admission 70+

Fort McHenry National Monument accepts the America the Beautiful Senior Pass (a lifetime pass for \$80 or an annual pass for \$20)

Historic London Town (839 Londontown Road, Edgewater, MD) - \$10 off admission price 62+

Maryland State Parks - Golden Age Pass - one-time processing fee of \$10 gives a lifetime pass for free entry to all state parks charging fees, half-price camping Sunday through Thursday, waived boat launching fees 62+

Maryland Zoo - \$15 off any membership level 65+

PUBLIC LIBRARIES

Maryland's public libraries provide numerous programs and services to support seniors. Library cards are free for anyone living, working, or studying in Maryland. The libraries offer various activities, such as book clubs, computer assistance, tax preparation, music performances, financial workshops, travel and cultural lectures, and health and wellness programs. These offerings differ by county and are designed to enrich seniors' lives, offering valuable resources for lifelong learning and community involvement. For specific details, visit your local government website.

RECREATION & FITNESS

Seniors throughout Maryland have access to various discounts and programs designed to improve their recreational and fitness experiences. In Montgomery County, adults aged 55 and older can obtain free or low-cost senior recreation passes, allowing them to access community center exercise rooms, open gyms, senior classes and programs, and occasionally transportation to senior centers. In Prince George's County, seniors aged 60 and above can benefit from a free M-NCPPC Senior ID and participate in Club 300, a senior walking program. To see what programs are available in your area, visit your local government website.

SENIOR CENTERS

Maryland has 117 senior centers spread across the state, with at least one center in each county. These centers provide various programs such as meal services, health screenings, educational classes, arts and crafts, and wellness seminars. For a complete list of these centers, visit the Maryland Department of Aging at Maryland.gov.

TRANSPORTATION

Seniors in Maryland can enjoy a variety of discounts that are designed to make transportation more affordable and accessible for seniors, allowing them to travel for daily errands, medical appointments, and other essential activities. Seniors should check with their local transit authorities or the Maryland Department of Aging for more information on eligibility and application processes. transportation discounts to help reduce their travel costs. Here are some of the key discounts available:

Maryland Transit Administration (MTA): Offers a Reduced Fare CharmCard® for adults aged 65 and older, providing 50% off regular fares on MTA Local Bus, Light Rail, and Metro Subway services. Seniors must visit the MTA Reduced Fare Certification Office to obtain the card.

MARC Train: Provides a 50% discount off all full-fare tickets for qualifying seniors, except for the Washington Metrorail portion of the TLC. Seniors must show a valid government-issued photo ID with date of birth or a valid Medicare Card with any government-issued photo ID.

TaxiCard: A program funded by the Maryland Department of Transportation and the Baltimore City Health Department Division of Aging & CARE Services, providing free transportation for Baltimore City residents aged 60 or older.

Medical Assistance Transportation Grant Program: Provides transportation to medical appointments for persons receiving Medical Assistance who are unable to use Mobility or the bus.

Your Local Public Library Is An Extraordinary Value

Explore the Options!



For Your To Do List

Send letters of library support
during county budget setting season

National Parks Senior Lifetime Pass

U.S. Citizens or Permanent Residents 62+

📌 **Friendly Reminder:** Park rules, fees, and access details can vary by location.

Please check the specific park or recreation site you plan to visit for the most up-to-date information before your trip.

☀️ **What You Get**

Free entrance to 2,000+ federal recreation sites

Covers passholder + passengers in one vehicle

Valid at National Parks, Forests, Wildlife Refuges & more

Passholders must show valid photo identification (ID) with each pass.

💰 **Cost**

\$80 Senior Lifetime Pass

\$20 Senior Annual Pass (upgradeable later)

📄 **How to Get Your Pass**

Visit the National Park Service website:

ENTER IN SEARCH BAR: National Park Service Senior Pass

www.nps.gov/planyourvisit/passes.htm#senior-passes

ONLINE: complete application and the physical pass will be mailed to you in about 3 weeks

IMPORTANT: If you order your pass from the United States Government Store (USGS) on the National Parks Service website, a physical pass will be shipped to you.

Receipts, photos, or copies of your pass are NOT valid for use.

Need your pass now? A digital version of the pass, that can be used immediately upon purchase, is available only on Recreation.gov


APPLY IN PERSON: at federal recreation sites



www.nps.gov/planyourvisit/passes.htm#senior-passes

Maryland Park Service Golden Age Pass

A Special Benefit for Maryland Residents 62+

 **Friendly Reminder:** Park rules, fees, and access details can vary by location.
Please check the specific park or recreation site you plan to visit for the most up-to-date information before your trip.

Enjoy Maryland's Parks for Less

With the Golden Age Pass, older adults can explore Maryland's beautiful state parks with lifetime perks designed just for you.

What You Get

Free day-use entry to all Maryland State Parks that charge service fees
Half-price camping Sunday–Thursday
(Campsites & mini-cabins; excludes full-service cabins and houses)
Free boat launching at Maryland State Parks
Lifetime pass — yours to keep forever
Bring your physical pass with you when visiting a park

Cost

One-time \$10 processing fee

How to Get Your Pass

Visit the Maryland Park Service website:

ENTER IN SEARCH BAR: Maryland Park Service Golden Age Pass
www.shopdnr.com/goldenagepass.aspx

ONLINE: complete application and upload your proof of age.

MAIL: print your application and mail along with \$10 fee to:
Maryland Park Service Attn: Golden Age Pass 580 Taylor Avenue, E-3 Annapolis, MD 21401
Your pass will arrive by mail in 7–10 days.

APPLY IN PERSON: at select state parks
Call Park Service Headquarters at 410-260-8186
for help finding a convenient location to purchase your pass

Automatic Gate Access

Golden Age Pass holders can request a free swipe card from the park office after receiving their pass.

Participating parks include:

Bohemia River • Point Lookout • Rosaryville • Sandy Point • St. Mary's River



www.shopdnr.com/goldenagepass.aspx



5 Food Safety Necessities for Every Summer Picnic

The ultimate list of items you don't want to forget!

1. SOAP OR HAND SANITIZER—Don't get caught gummy handed! Wash with soap and water before handling food and after handling raw meats. If soap and water are unavailable, use an alcohol-based hand sanitizer.

2. MULTIPLE DISHES & UTENSILS—The more, the merrier! After putting raw meats on the grill, switch to clean plates & utensils. (Bonus: use extra plates as coverings to protect food from flies!)

3. INSULATED COOLER WITH ICE—Ice, ice baby! Cold foods should be held at 41° or colder. Separate coolers should be used to store ready-to-eat foods (like fruit) away from raw meats.

4. FOOD THERMOMETER—Getting warmer! Use a food thermometer to check the internal temperature of food. Some important temperatures to remember: Cook steak 145°; hamburger to 155°; and chicken to 165°.

5. GARBAGE BAGS—When in doubt, throw it out! After 4 hours, all uneaten, perishable food must be discarded.



StateFoodSafety



Lightning strikes the United States about 25 million times a year. Although most lightning occurs in the summer, people can be struck at any time of year. Lightning kills about 20 people in the United States each year, and hundreds more are severely injured.

Lightning

Do's and Don'ts

Do		Don't
Go Inside When You Hear Thunder or See Lightning!		Retreat to Dugouts, Sheds, Pavilions, Picnic Shelters or Other Small Structures
Find a Sturdy House, Building, Car With A Roof		Use or Touch Electronics, Outlets, Corded Phones or Windows
Stay Indoors For at Least 30 Minutes After You Last Hear Thunder		Go Under or Near Tall Trees, Swim or Be Near Water, Stand Near Metal Objects

weather.gov/lightning

**Please stay safe
and have a wonderful
Summer !**

