

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 7, No. 5 • May 2017

MAP Supports Older Adults as They “Age Out Loud”

Celebrated each year in May, Older Americans Month (OAM) highlights important issues and trends affecting older adults. The 2017 theme, Age Out Loud, is intended to give aging a new voice—one that reflects what today’s older adults have to say about aging. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. Most older adults expect to continue to live their lives to the fullest for as long as possible, but they need access to information and resources to make that possible.



Older Americans Month is the perfect time to highlight what the Howard County Office on Aging and Independence can do to support older adults who want to continue to live and work independently in our community, as well as those who need support services. Maryland Access Point (MAP) is the name of the unit within the Office on Aging and Independence that provides a “No Wrong Door” approach for individuals seeking information and assistance services. No Wrong Door is a virtual single point of entry to access public and private health and human supports for older adults and adults with disabilities in Howard County.

No one wants to spend endless hours looking for information and services only to find you’ve contacted the wrong agency. The vision of No Wrong Door in Howard County is to provide comprehensive information and streamlined access to available short and long term supports through collaborative partnerships. MAP’s No Wrong Door community partners contribute their unique expertise and collaboration to streamline access and maximize efficiencies, saving you time and minimizing frustration.

Designated as an Aging and Disabilities Resource Center, Maryland Access Point addresses issues and coordinates services not only for Howard County’s older adults, but also for younger persons with disabilities who are age 18 and older. MAP’s main objective is to help people navigate and understand complicated public and private resource systems. Information specialists evaluate your needs, provide resource information, and help you get connected to available services. MAP’s highly trained staff has over 30 years of combined experience in the fields of aging, social work, and health care. Two are bilingual in Korean; interpretation services are available for other languages. Services are available by telephone, e-mail, home visits, at 50+ centers, through education and outreach sessions or a combination of the above.

MAP is also the “gateway” to learn about the programs the Office on Aging and Independence has to offer. Older adults have come to rely on us as a trusted resource to learn about and get connected

to important programs such as National Family Caregiver Support, the State Health Insurance Assistance (SHIP) Program for Medicare counseling, in-home assistance options, health and wellness offerings, 50+ centers and social day program options, transportation options, long-term futures planning, and much more. During Older Americans Month, reach out and let us know what we can do to help you successfully “Age Out Loud.”

Contact Maryland Access Point at 410-313-1234 (voice/relay) or map@howardcountymd.gov. Information specialists are available Monday through Friday 8:00 a.m. to 5:00 p.m. on non-holidays. Visit us online at www.howardcountymd.gov/MAP.

A Message from the

Howard County Commission on Aging



Our democracy was built on representative government. Of course to have this system really work, the people must communicate or reach out to their representatives from time to time about the issues that they care about. Today, more than any other time in our history, we can connect easily by phone, e-mail, town halls, or through government sub-agencies and Commissions like the Howard County Commission on Aging, directly with our state, county, and Federal government representatives.

Legislators at federal, state, and county levels have a real and genuine interest in hearing from people they represent – especially senior citizens. Why? Seniors do actually get out and vote! What seniors care about is important to our representatives.

Maryland is a state with a rapidly growing and aging population. Howard County has one of the fastest growing aging populations in our state. A recent report by Howard County government showed that the number of people age 50+ will increase by 38 percent over the next 25 years. The rate goes up even more for other senior segments: age 65+ (114 percent); age 85+ (272 percent).

Some of the legislative areas that were addressed in the last session resulted from direct feedback from seniors to their representatives and included: the high cost of prescription drugs and drug policy, property tax credits for seniors who meet defined criteria, elder abuse (increasing awareness and appropriate actions), and education and support for caregivers to seniors. Those interested in reaching out directly about issues they care about can contact:

Howard County Maryland Delegation
hoc1@mlis.state.md.us

Howard County Commission on Aging
aging@howardcountymd.gov

Howard County Council
councilmail@howardcountymd.gov

Howard County Office on Aging and Independence
aging@howardcountymd.gov • 410-313-6546

Spring Into Home Improvement

As the weather gets warmer, many homeowners' thoughts turn to home improvement projects. If you are thinking about remodeling or making repairs to your home, the Howard County Office of Consumer Protection urges you to consider these tips:

- Do not use an unlicensed contractor. Make sure that the contractor is currently licensed with Maryland Home Improvement Commission (MHIC) by calling 410-230-6309. The MHIC's Guarantee Fund provides recourse to consumers for substandard or incomplete work but only if the work was performed by a licensed contractor.



- Beware of contractors who come to your home unsolicited. Most "traveling" home improvement contractors do not have valid home improvement licenses. Beware of any offer that sounds too good to be true and assume that any offer that is made on a "now or never" basis is fraudulent.
- Get more than one estimate before contracting for repairs or service. Ask for explanations for price differences between bids, and don't automatically choose the lowest bidder. If the contractor tells you that an expensive or major appliance should be replaced, ask for the contractor's price in writing. Consider purchasing replacement appliances yourself and shop around for the best price.
- Check the complaint history of the contractor with MHIC, or contact the Howard County Office of Consumer Protection at 410-313-6420. Also, ask for references of recently completed jobs and check them.

For more information, contact the Howard County Office of Consumer Protection at consumer@howardcountymd.gov, 410-313-6420 or www.howardcountymd.gov/consumer.

Howard County Office on Aging and Independence

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  www.Facebook.com/HoCoCommunity

Kim Higdon Henry, Editor
kahenry@howardcountymd.gov

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SCAMS • SECURITY DEPOSITS • PRODUCTS • SERVICES

We've got **YOU** covered.

Take advantage of US
before someone takes
advantage of YOU!



 Howard County Office of
Consumer Protection

6751 Columbia Gateway Drive, Columbia, MD 21046

PHONE 410-313-6420 (VOICE/RELAY)

EMAIL consumer@howardcountymd.gov

www.howardcountymd.gov/consumer

Howard County Office of Veterans and Military Families

The VMF recognizes and addresses the growing needs of the **20,000+ VETERANS** who call Howard County home.

We are dedicated to providing guidance, information and resources for local veterans, military families, their dependents and survivors.



TELE 410-313-6400 (VOICE/RELAY)

EMAIL veterans@howardcountymd.gov

6751 Columbia Gateway Drive, Suite 300, Columbia, MD 21046

www.howardcountymd.gov/veterans • www.facebook.com/HoCoMilitary

P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen, PROGRAM COORDINATOR
410-313-7461 • igleysteen@howardcountymd.gov



May 4 • 7 TO 9 PM



Bain 50+ Center
5470 Ruth Keeton Way
Columbia 21044

Are You Prepared for an Emergency?

Ellicott City residents know all too well how one storm can change your life and community. That's why Howard County recently launched Ready HoCo – a new campaign and website from the Office of Emergency Management to help keep your family and business prepared in case of an emergency! Hurricane Preparedness Week is May 7 through 13, so it's a great time to visit www.readyhoco.com to access available resources and review the steps you and your family can take to be prepared:



- 1. STAY INFORMED** – understand the common hazards in Howard County and follow the Howard County Office of Emergency Management on Facebook and Twitter.
- 2. MAKE A PLAN** – design a personal plan for yourself, your family, and pets to follow in case of an emergency. Visit www.readyhoco.com to find out how.
- 3. BUILD A KIT** – assemble a disaster supply kit with basic items your household may need in the event of an emergency. For suggestions, go to www.ready.gov/build-a-kit.
- 4. GET INVOLVED** – attend Howard County's quarterly Local Emergency Planning Committee (LEPC) meetings; call or email OEM for details. To sign up for Hands-Only CPR and Stop the Bleed Training, email outreach@hcdfrs.org or call 410-313-2016.

For more information on Ready HoCo, email emergencymanagement@howardcountymd.gov or call 410-313-6030 and request a free readiness packet. For more tips on how to prepare for a hurricane, visit www.ready.gov/hurricanes.

BUILD CONFIDENCE. REDUCE FALLS.

Howard County Office on Aging and Independence

SteppingON

Exercise and Strategies for Fall Prevention

SteppingON is a seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City, MD 21042

FRIDAYS • 1:30 to 3:30 p.m.
May 19, 26 • June 2, 9, 16, 23, 30

\$28 includes 15 hours of workshop and all materials

To achieve the most benefits from this program, we encourage a commitment to attend all seven sessions.

WEEKLY TOPICS INCLUDE:

- ▶ Falls/Risks
- ▶ Safe Footwear
- ▶ Review of Medications
- ▶ Home Hazards/Vision
- ▶ Public/Community Safety
- ▶ Strength/Balance Exercises

To register or for more information, contact:

JEANNIE DECRAV

410-313-6535 (VOICE/RELAY)

jdecray@howardcountymd.gov



www.howardcountymd.gov/aging

Call the State Health Insurance Assistance Program (SHIP) to assist you with Medicare questions and concerns!

410-313-7392

Wine in the Woods
 25th Anniversary

OVER 30 WINERIES
MAY 20
 11AM-6PM
MAY 21
 11AM-5PM
2017

SYMPHONY WOODS
 COLUMBIA, MD

THIS EVENT IS FOR 21 AND OVER. PHOTO ID REQUIRED. DESIGNATED DRIVER TICKET PROGRAM IS OFFERED.

Howard County RECREATION & PARKS
 DESIGN PRINT PROMO
 \$1065 BALTIMORE'S BEST MIX

LIVE BANDS • GOURMET FOOD • JURIED ARTISANS
 TICKETS: 410-313-7275 OR WINEINTHEWOODS.COM

Howard County 50+ Centers CALENDAR HIGHLIGHTS

MAY

sun	mon	tue	wed	thu	fri	sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

Bain 50+ Center

Tuesday, May 2 • 10:30 to 11:30 a.m. –

The Way We Sing on Old Camp Ground

Bain's Gospel Choir takes us on a journey to the "Old Camp Ground" where the use of drama to present spiritual material will be one that should not be missed. FREE. RSVP: 410-313-7213.

Thursday, May 4 • 6:30 to 8:30 p.m. –

LGBT/Bain Film Event: Letter to Anita

Don't miss the film showing and discussion; Social work CEU's available. Refreshments served; doors open at 6:00 p.m. FREE; registration is required. Register at 410-313-7213.

Tuesday-Thursday, May 9 to 11 • 8:30 a.m. to 2:00 p.m. –

Spring Plant and Bake Sale

Sponsored by the Bain 50+ Center Council, our plant sale offers a variety of herbs, hanging baskets and assorted plants for sale. Don't miss our bake sale featuring home-baked items on May 9.

Friday, May 12 • 11:30 a.m. to 2:00 p.m. –

7th Annual Mother's Day Brunch

Honoring all mothers and women who care for others. Featuring live entertainment by The Winstons. All are welcome; limited seating. \$5/person, purchase at the front desk. Info at 410-313-7213.

Friday, May 19 • 1:00 to 2:30 p.m. –

BETA Presents: When Green Spills Into Me

The Bain 50+ Center's "Enjoying the Arts Program" will present a poetic performance piece featuring the work of Vanita Leatherwood. FREE. RSVP by May 12 to 410-313-7213.

East Columbia 50+ Center

Tuesday, May 16 • 1:00 p.m. – **Clutter Busters**

Attend our monthly meetings to support your quest for organization, minimalism and more time to do the things that give you meaning and purpose. FREE; register at 410-313-7680.

Thursday, May 18 • 9:00 to 11:30 a.m. – **Seated Massage**

Short on time? Try our new 20 minute massage. You deserve it! Cost: \$23; appointments required. Call: 410-313-7680.

Thursdays • 2:00 p.m. – **Strength, Stretch and Core**

Susan Bisson leads this moderate exercise class, using weights, stretch bands and some floor exercise to stretch and strengthen core muscles. \$23/month. Register: 410-313-7680.

Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Monday, May 8 • 10:00 a.m. to noon – **Memory Screenings**

Is it just forgetfulness or something more? Take a simple test today to find out! FREE; register at 410-313-5192.

Friday, May 12 • 10:30 a.m. to noon – **Mother's Day Party**

Listen to the sounds of the Lyric Opera House then enjoy lunch with delicious crab cakes and side dishes. Afterwards, it's time for the Fabulous 50+ Players and some trivia fun. \$20/person; register at 410-313-5192.

Wednesday, May 17 • 9:00 to 10:30 a.m. – **Pancake Breakfast**

Enjoy a delicious homemade pancake breakfast featuring eggs, sausage, Danish and fruit. Donations accepted. Register: 410-313-5192.

Friday, May 19 • 11:00 a.m. to noon – **Let's Dish**

Join Marcus, our nutrition specialist, as he cooks up something delicious. Large portion samples will be served! FREE; donations accepted. Register: 410-313-5192.

Wednesday, May 24 • 10:00 a.m. to noon –

Knitting with the Expert

Sam Barsky will show us some of his beautiful knitting creations and share his story. You will be amazed by his wonderful, beautiful work. FREE. Register: 410-313-5192.



Take Charge of Emotional Wellness, Too!

Enjoy three thought-provoking sketches on aging well over the lifespan, performed by the Mental Health Players and directed by Diane Megargel. Audience interaction encouraged! FREE. Light refreshments served.

Call Karen Hull at 410-313-7466 for more details or to register.

Tuesday, May 9 • 10:30 to 11:30 a.m.

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Moment to Honor

Honor the significant people in your life who are no longer with us. Quiet reflection, live music, and a group commemorative activity.

Free and open to all; light refreshments served.

RSVP to Elaine Widom, 410-313-7353 by May 26.

Wednesday, May 31 • 10:30 to 11:30 a.m.

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

www.howardcountymd.gov/aging

Find us on Facebook at www.facebook.com/HoCoCommunity



Stay connected to the Howard County Department of Community Resources and Services. Like us today!

Ellicott City 50+ Center

Wednesday, May 10 • 12:30 p.m. – Big Band Bash

The Bykota Senior Center Players present senior musical theater at its finest. Enjoy a performance packed with old favorites from Glenn Miller, drive-ins, malt shops and more! FREE; register at 410-442-4419.

Friday, May 12 • 9:00 a.m. to 2:00 p.m. – Wellness Matters U

The 50+ Fitness Center will host Wellness Matters U, a health fair with screenings, fitness demonstrations and wellness seminars. Hepatitis C testing will be offered (limited to first 50 registrants). FREE; register at 410-313-1400.

Saturday, May 13 – Caregiver Support Program Tea

Caregivers, join us a day of tea, pampering and comradery, with free respite available for your loved one. FREE; limited to 50 attendees. RSVP by May 5 to Kathy Wehr, 410-313-5955 or kwehr@howardcountymd.gov

Tuesday, May 16 • 12:30 p.m. – Footsteps

“Footsteps” presents Civil War facts with perspective, passion and humor. Re-enactor, Eddie Roberts portrays his great-grandfathers in a captivating Civil War conversation. FREE; register at 410-313-1400.

Saturday, May 20 • 2:00 p.m. – Show Time Singers Concert

Featuring Broadway tunes, as well as popular standards. Program supported by grants from the Howard County Arts Council and Howard County Government. FREE; tickets available at front desk.

Tuesday, May 23 • 1:00 p.m. – White House

If you want to learn the inside scoop about the real Eugene Allen, on whom the movie “The Butler” is based, don’t miss former White House butler Alan DeValerio sharing his experiences. Register at 410-313-1400.

Wednesday, May 24 • 1:00 p.m. – Eating Mindfully

Karen Basinger from Howard County Consumer Sciences will discuss the latest tips, trends and reports on healthy eating – where to buy, what to stay away from, what you didn’t know and more! FREE.

Glenwood 50+ Center

Friday, May 5 • 10:30 a.m. – Book Talk: Sacred and Stolen: Confessions of a Museum Director

Join author Gary Vikan, the story of a Minnesota kid who started out at his father’s small-town newspaper and ended up as director of the Walters Art Museum in Baltimore. FREE.; register at 410-313-5440.

Friday, May 12 • 8:15 to 10:15 a.m. – Nature Walk with Kurt Schwarz, Howard County Bird Club

Walk the paths of Western Regional Park, and seek out migrating song-birds, such as warbler, orioles, and sparrow. Wear sturdy footwear; bring binoculars and water. Please arrive no later than 8:15 at the Community Center entrance. Register at 410-313-5440.

Monday, May 15 • 11:00 a.m. – The Keys to Senior Housing

Join author Roberta Benor on how to stay in your current home or move to alternate housing. The program guides older adults and their adult children through the process to find the best options. FREE.

Tuesday, May 23 • 1:00 p.m. – The WWI Navy: Second to None

Captain James C. Rentfrow, a military professor of History at the U.S. Naval Academy, will discuss how the U.S. Navy dealt with the clash of powerful forces that engulfed Europe during WWI. FREE; register at 410-313-5440.

Wednesday, May 24 • 10:00 a.m. –

The New Face of the Washington Area

The Washington area is a global community of a million people, one-third of them born outside the United States. Steve Roberts of Bethesda Magazine will discuss the modern history of immigration and its impact on Montgomery County communities. FREE; register at 410-313-5440.

North Laurel 50+ Center

Wednesday, May 3 • 1:30 p.m. – Spring Origami Workshop

Learn how to make a jewelry box using the ancient craft of origami. FREE; no experience necessary, all materials provided. Register at 410-313-0380.

Tuesday, May 23 • 10:30 a.m. –

Travel Talk: Let’s Go on Safari

Africa is home to unforgettable wild animals and extraordinary scenic beauty. Join travel enthusiast, Rick, to learn more about South Africa, Namibia and Botswana. FREE; register at 410-313-0380.

Thursday, May 11 • 11:00 a.m. –

Mother’s Day Appreciation Dance

An inter-generational program to honor the women in our lives, this showcase features students from Reservoir High School, performing ballet, modern and jazz dance. FREE; make your reservation at 410-313-0380.

Tuesdays, May 16 and June 20 • 1:00 to 4:00 p.m. –

Handbuilt Ceramics: Exploring Texture

Explore techniques in handbuilding to create a functional piece of artwork embellished with texture and enriched with glaze. \$48/includes materials and instruction. Register no later than May 12 at 410-313-0380.

Wednesday, May 24 • 11:00 a.m. – “Age Out Loud” Older Americans Month Celebration

Celebrate Older Americans Month with our 50+ Center members as they share their talents. Followed by a special lunch and live music by the “Just Us Band.” Cost: Lunch contribution for those 60+.

Howard County 50+ Centers

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia
410-313-7213 • bain50@howardcountymd.gov

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia
410-313-7680 • eastcolumbia50@howardcountymd.gov

ELKRIDGE 50+ CENTER

TEMPORARY LOCATION: 5660 Furnace Ave., Elkridge
410-313-5192 • elkridge50@howardcountymd.gov

ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City
410-313-1400 • ellicottcity50@howardcountymd.gov

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville
410-313-5440 • glenwood50@howardcountymd.gov

LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia
410-313-7217

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel
410-313-0380 • northlaurel50@howardcountymd.gov

www.howardcountymd.gov/50pluscenters



A Howard County Office on Aging and Independence program, providing socialization, companionship, support, education, and a sense of purpose in a safe and nurturing environment.

www.howardcountymd.gov/aging

Kindred Spirits at Glenwood

Monday/Wednesday/Friday • 9 a.m. to 1 p.m.

Glenwood 50+ Center

2400 Rt. 97, Cooksville 21723

Judy Miller, Facilitator

410-313-5441 (VOICE/RELAY)

jumiller@howardcountymd.gov

Kindred Spirits at North Laurel

Tuesday and Thursday • 9:30 a.m. to 1:30 p.m.

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

Nancy Riley, Facilitator

410-313-7691 (VOICE/RELAY)

nriley@howardcountymd.gov

START LIVING WELL TODAY!

Living Well: Take Charge of Your Health

Designed for those living with one or more chronic conditions, this six-week, evidence-based, self-management program can help participants experience positive health outcomes, as well as reduce health complications and the need for emergency care.

Medical Pavilion at Howard County

Wellness Center, Columbia Conference Room

10710 Charter Dr., Suite 100, Columbia, MD 21044

TUESDAYS • 6:00 – 8:30 PM

May 16, 23, 30 • June 6, 13, 20

\$28 includes 15 hours of workshops and all materials

To achieve the most benefits from this program, we encourage a commitment to attend all six sessions.

Weekly Topics Covered include:

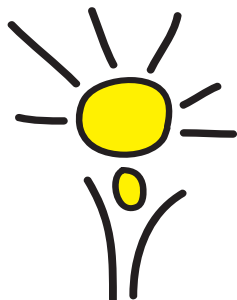
- Nutrition & Healthy Eating
- Appropriate Exercise
- Techniques to Handle Pain, Fatigue, Frustration and Isolation
- Communication Skills
- Stress Management
- Goal Setting

To register or for more information:

JEN LEE

jlee@howardcountymd.gov

410-313-5940 (VOICE/RELAY)



howardcountymd.gov/livingwell

2017

MARYLAND LAW DAY

Monday, May 1 • 9:00 AM – 2:00 PM

HOWARD COUNTY LAW DAY:

FREE Medical Decision Document Preparation

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at these 50+ Centers.

Call the 50+ Center nearest you for an appointment:

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044
410-313-7213

East Columbia 50+ Center, 6600 Cradlerock Way, Columbia 21045
410-313-7680

Elkridge 50+ Center, 5660 Furnace Avenue, Elkridge 21075
410-313-5192

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042
410-313-1400

Glenwood 50+ Center, 2400 Route 97, Cooksville 21723
410-313-5440

North Laurel 50+ Center, 9411 Whiskey Bottom Rd., Laurel 20723
410-313-0380



Howard County Office on

Aging and Independence

www.howardcountymd.gov/aging

Get Tested for Hepatitis C at Wellness Matters U

Did you know that people born from 1945–1965, sometimes referred to as baby boomers, have the highest rates of Hepatitis C, yet most don't know they are infected? Undetected, Hepatitis C can lead to liver damage, cirrhosis, and even liver cancer, yet many people can live with the disease for decades without noticeable symptoms. That's why the Centers for Disease Control (CDC) recommends that all baby boomers get a blood test for Hepatitis C.

The Howard County Office on Aging and Independence will offer free Hep C testing at Wellness Matters U on Friday, May 12, 9 a.m. to 2 p.m. at the Ellicott City 50+ Fitness Center, 9411 Frederick Road, Ellicott City. Free Hep C testing is limited to the first 50 attendees. For more information or to order a box lunch, call 410-313-1400; lunch must be ordered no later than May 9.

Treatments are available that can cure this disease. Get tested for Hepatitis C and talk to your doctor. Early detection can save lives.



This specialized program is for adults 18 and over and specifically designed to maintain independence, enhance memory and improve the overall health of participants.

Enroll at Your Nearest Location:

Connections Social Day Program at Ellicott City

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, MD 21042

Felicia Stein, Director • 410-313-1425 (VOICE/RELAY)

EMAIL fstein@howardcountymd.gov

Monday thru Thursday: 10 AM to 2 PM • Fridays: 10 AM to 1 PM

Connections Social Day Program at Glenwood

Glenwood 50+ Center
2400 Route 97, Cooksville, MD 21723

Judy Miller, Director • 410-313-5442 (VOICE/RELAY)

EMAIL jumiller@howardcountymd.gov

Tuesdays and Thursdays: 9 AM to 1 PM

Connections Social Day Program at North Laurel

North Laurel 50+ Center
9411 Whiskey Bottom Road, Laurel, MD 20723

Nancy Riley, Director • 410-313-7218 (VOICE/RELAY)

EMAIL nriley@howardcountymd.gov

Monday thru Friday: 9:30 AM to 1:30 PM

A daily fee covers all program costs, trips, snacks and lunch; a sliding fee scale is available to Howard County residents.

Transportation is the responsibility of family/caregiver; staff can provide information on public and private transportation options.

This program is certified as a Senior Center Plus program by the Maryland Department of Aging.

Wellness Matters

MAKING the GRADE with HEALTHY AGING

Friday, May 12 ■ 9 am to 2 pm

Ellicott City 50+ Fitness Center

9411 Frederick Road, Ellicott City, MD 21042

WELLNESS EVENT HIGHLIGHTS

- Health Education Experts
- Important Health Screenings
- Fitness Equipment Demonstrations
- Future Planning 101 Seminar
- Lunch and Learn: Nutrition 101
- FREE Admission
- Limited Seating

BOX LUNCHES
Available for
Purchase

ORDER BY MAY 9
410-313-1400

www.howardcountymd.gov/aging

Don't Miss the 2017 Howard County CYCLING SEASON KICK-OFF!

Cycle2Health

HOWARD COUNTY



A non-competitive, peer-led, bicycling club for adults of all ages and abilities!

Tuesday, May 2 • 9:00 a.m.
Ellicott City 50+ Center

MEET AT THE SIDE PARKING LOT AT
9401 Frederick Road, Ellicott City 21042

LEARN MORE ABOUT C2H AND TAKE ADVANTAGE OF FREE BIKE SAFETY CHECKS

On-Site Vendors: Howard County Office of Transportation
Mt. Airy Bicycles | Princeton Sports

Register now and join us for the first ride of the season!

A \$15 annual fee is required and will be collected at registration and applied to the spring through fall riding season. Rides vary in length and difficulty.



TO REGISTER OR FOR MORE INFORMATION, CONTACT

Jeannie DeCray, Program Coordinator
410-313-6535 (VOICE/RELAY)
jdecray@howardcountymd.gov

www.howardcountymd.gov/C2H

May is National Arthritis Awareness Month!



LOW-IMPACT EXERCISE PROGRAM

Tuesdays • 9:30 a.m.
Thursdays • 10:45 a.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

- Low-impact physical activity program proven to reduce pain and decrease stiffness
- Includes gentle range-of-motion exercises that are suitable for every fitness level and ability
- Led by a trained program leader

Contact Jeannie DeCray

410-313-6535 (VOICE/RELAY)

decray@howardcountymd.gov



www.howardcountymd.gov/aging

— THIS PROGRAM IS PARTIALLY FUNDED BY TITLE IIID FUNDS —

IN RECOGNITION OF

World Elder Abuse Awareness Day

Join Maryland Insurance Commissioner Al Redmer and Other State and Local Agencies to Learn About the Latest

FRAUDS AND SCAMS TARGETING OLDER ADULTS

Thursday, June 15 • 10 a.m. to 1 p.m.
Howard County Library, Miller Branch

9421 Frederick Road, Ellicott City 21042

REGISTER AT <http://tinyurl.com/mhzlnrf>

FOR MORE INFORMATION, CONTACT

James Mobley

TELE 410-468-2024 • EMAIL james.mobley@maryland.gov



EXHIBITORS AND VENDORS INCLUDE

Howard County Office of Consumer Protection
Howard County Police Department • Howard County Sheriff's Office
Howard County State's Attorney's Office
Maryland Department of Human Resources
Maryland Department of Labor, Licensing and Regulation
and the Maryland Insurance Commission

FREE EVENT • SEATING is LIMITED

Howard County Department of Community Resources and Services

*Providing vital human services
through its offices of:*

- ADA Coordination
- Aging and Independence
- Children and Families
- Consumer Protection
- Community Partnerships
- Local Children's Board
- Veterans and Military Families

Sharing the same core values:

- to serve multiple generations
- tailor services to diverse cultural values
- promote full inclusion for individuals with disabilities

Our Boards & Commissions also uphold our core values:

- Board to Promote Self Sufficiency
- Commission for Women
- Commission on Aging
- Commission on Disability Issues
- Commission on Veterans and Military Families
- Consumer Protection Advisory Board
- Local Children's Board



410-313-6400 (VOICE/RELAY)

www.facebook.com/HoCoCommunity

www.howardcountymd.gov/communityresources

THERE IS NO WRONG DOOR... LET US KNOW HOW WE CAN HELP YOU.