

THE 50+ Connection

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

A Publication from the Howard County Office on Aging and Independence

Volume 9, No. 4 • April 2019

Volunteering: Helping Others Can Help You, Too

National Volunteer Appreciation Week is April 7 through 13

By Darlene Vaselaros, Volunteer Coordinator, Howard County Office on Aging and Independence (OAI)

The Office on Aging and Independence (OAI) utilizes the services of more than 500 volunteers; without their help, many of our programs would not be able to stay viable. OAI volunteers give their time and expertise to support the State Health Insurance Assistance Program (SHIP), Ombudsman, Paws4Comfort, SeniorsTogether, Living Well, Cycle2Health, as well as the 50+ Centers and events like the 50+EXPO.

By assisting older adults and people with disabilities with their needs, OAI volunteers become a valued part of a community safety net. Phyllis Meyerson began as a volunteer ombudsman in 2006, advocating for quality of care for individuals in nursing homes and assisted living facilities. "As a licensed social worker, Phyllis can effectively communicate with residents and address their concerns," said Chris Hobbs, OAI Long Term Care Ombudsman. "Phyllis exemplifies the spirit of community service."

Meyerson was a recipient of the coveted GERI award, given by the Maryland Senior Citizens Hall of Fame for extraordinary humanitarian community service.

Another longtime volunteer, Evelyn Fuller, has volunteered for the Pets on Wheels and Paws4Comfort (P4C) programs since 1987. Evelyn began visiting older adult residents of Lorien in

Columbia with her dog Shadow; today she partners with Castor, a French bulldog which belongs to P4C coordinator Ingrid Gleysteen. "Evelyn's soft touch with pets is a great asset during pet evaluations," said



For more than 32 years, Evelyn Fuller and her four-legged friends like Castor have visited older adults in nursing homes to spread joy through the Pets on Wheels and Paws4Comfort programs.

Ingrid. "And her ability to make prospective volunteers excited to participate is invaluable." When asked why she volunteers, Evelyn replied, "It's fun! I enjoy visiting with residents at Lorien. They are my family, and I feel like the dogs are my dogs too."

Not only does volunteering help others, it's good for you, too! When you give your time to others, you experience a sense of accomplishment. Volunteering not only boosts your mood, it may also affect your physical well-being. Volunteers tend to enjoy greater longevity, experience a lower risk of heart disease, and a slower progression of Alzheimer's and other types of memory loss.

Volunteering also helps build a strong community network; no matter your struggles, you can give your life new meaning by helping others. As a lifelong volunteer and a lay leader with OAI's Living Well program, Harriette Page leads workshops in chronic disease self-management to help others better manage conditions like diabetes and high blood pressure. "It's rewarding to be part of someone's ah-ha moment," says Harriette. "I have learned more from others about aging and caregiving than I have taught."

Volunteers not only acquire new skills, they also find new ways to share their unique talents with others. Laura Grant, a Glenwood 50+ Center volunteer since 2013, helps with marketing, outreach, systems processes, long-term planning and special projects. "I volunteer at Glenwood because it allows me to continue to use my professional skills to address new challenges and have a positive effect on my community," says Laura. "Volunteering increases my social interactions; however, the real value is feeling appreciated by the staff and members."

"To the world you may be one person, but to one person you may be the world."

— Dr. Seuss

A retired managing editor of the Baltimore Sun, Lowell Sunderland now uses his skills to lead the SeniorsTogether Current Events group at the Bain 50+ Center. In this capacity, Lowell keeps a pulse on the news, creating a weekly summary of recent news items to discuss, and is adept at supporting individual contributions to the group. "Lowell creates a unique, stimulating atmosphere," says SeniorsTogether coordinator Karen Hull. "The group has grown significantly while he's been a facilitator, largely through word of mouth. Our SeniorsTogether groups thrive thanks to the contributions of skilled volunteer facilitators like Lowell."

No matter what your background, skills or talents may be, chances are there are volunteer opportunities at the Howard County Office on Aging and Independence to fit your schedule and interests. To learn more, visit www.HoCoVolunteer.org or call 410-313-5951.

2019 Women's Hall of Fame Inductees



Buffy Beaudoin-Schwartz



Georgia L. Eacker



Cathy Malkmus Hudson

Howard County Executive Calvin Ball and the Commission for Women inducted three outstanding women into the County's Women's Hall of Fame at ceremonies held March 28 at the George Howard Building in Ellicott City. Pictured, from left, are Buffy Beaudoin-Schwartz, Georgia Eacker and Cathy Hudson.

"I appreciate the contributions of these women to Howard County," said Dr. Ball. "Their stewardship of our community has contributed to a better quality of life for county residents. Their achievements in philanthropy, environmental education and historic preservation are truly an inspiration for future generations."

Read more about the 2019 inductees at www.howardcountymd.gov/CFW.

In-person Tax Credit Assistance Available

Howard County Executive Calvin Ball, the Howard County Department of Finance and Maryland Access Point (MAP) of Howard County have announced that in-person assistance will be available throughout the spring and summer to help applicants file for a variety of tax credits. A MAP counselor will help residents and business owners identify tax credits that might be available and offer guidance to complete required applications.

Tax payers should refer to taxcredits.howardcountymd.gov for a full list of credits, applications and requirements.

MAP counselors will be available at the Cashier's Office at the George Howard Building, 3430 Courthouse Drive in Ellicott City, on:

- Wednesday, April 10 from 8 a.m. to 5 p.m.
- Wednesday, May 15 from 9 a.m. to 1 p.m. (Korean language assistance available)
- Monday, July 15 from 9 a.m. to 1 p.m.
- Wednesday, August 7 from 8 a.m. to 5 p.m.

In addition, MAP counselors are available at the Bain 50+ Center at 5470 Ruth Keeton Way in Columbia on Tuesdays, Wednesdays and Thursdays between 8 a.m. and 5 p.m. Or, call 410-313-1234 (voice/relay) during regular business hours to schedule an office, community or in-home appointment. Depending on the tax credit, applicants may need to have and/or submit tax filing(s), identification, and proof of residence documents.

Connections' Cardboard Art Celebrates Earth Day



Earth Day is April 22; however, participants at the **Connections Social Day Program at Ellicott City** began to prepare as early as February collecting cereal and tissue boxes, paper towel rolls, and some mismatched puzzle pieces to reuse and make into art! These creative 3D Cardboard Sculptures will be on display from April 22 through May 3, 9:00 am to 3:00 pm at the Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042. Stop by and see for yourself, and get some ideas on how to turn your "trash" into art.

The three locations of the **Howard County Connections Social Day Program** provide specialized activities, exercise, music, games, and more for adults who need support or assistance. For information about the Connections Social Day Program, call Maryland Access Point (MAP) of Howard County at 410-313-1234 (voice/relay) or visit us at www.howardcountymd.gov/kindredspirits.



Celebrating Occupational Therapy in the Field of Aging

By Carly Shilling, MS, OTR/L, OAI Community Living Program

The American Occupational Therapy Association defines an occupational therapist as someone who "helps people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations)." Occupational therapy practitioners help people of all ages to live life to its fullest by helping them promote health, and prevent — or live better with — injury, illness, or disability.

"I'm a 75-year-old woman with two chronic and progressive illnesses living solely on a tiny fixed income. Without help from OT practitioners Vanessa Hughes, Carly Shilling and Mary Becker, I'd be living in a nursing home. I am fortunate to be a senior living in Howard County where the Office on Aging and Independence provides these wonderful services."

- OAI Senior Care client, Elaine Pollack

For example, I recently met Sheila Davis who was referred to the Community Living Program for a home safety assessment. Sheila has MS and uses a wheelchair to get around her home. She was unable to access her bathroom using her wheelchair because the doorway was too narrow. This barrier made it unsafe and difficult for her to complete bathing and toileting routines without assistance. With the help of Rebuilding Together, Sheila's

doorway was widened, giving her a sense of freedom and an improved quality of life. "Nobody ever noticed or made that recommendation before," said Sheila. "Being able to take my wheelchair into the bathroom has changed my life! I'm so grateful for the insight and services provided by my OT."

There are currently 10 occupational therapy-trained professionals working in various capacities in the Howard County Office on Aging and Independence (OAI). In fact, OT has made an impact in OAI programs for over 20 years! The OT perspective has impacted programs such as the Connections Social Day Program, 50+ Centers, The Loan Closet, Senior Care Program and the newly-established Community Living Program. The role of occupational therapy within an Area Agency on Aging is both unique and an emerging practice area.



HAPPY OCCUPATIONAL THERAPY MONTH to ALL therapists whose achievements and contributions have made a difference in the lives of the people we serve!



ONE-ON-ONE EXERCISE CONSULTATIONS

CONSULT. PLAN. TRANSFORM.

A custom-tailored program created to address **YOUR** specific needs, interests and concerns!

\$15 per 30-minute consultation

Call the Center to Schedule an Appointment

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel, 20723
410-313-0380

Begins Tuesday, March 19

Third Thursday of month • 9 a.m. to 1:00 p.m.

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075
410-313-5192

Begins Monday, April 8

Second Monday of month • 1:00 to 4:00 p.m.



Howard County Office on Aging and Independence

Department of Community Resources and Services

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

9830 Patuxent Woods Drive, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  www.Facebook.com/HoCoCommunity

Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

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Here when you need us.

CONSUMER PROTECTION

We've got you covered.



Howard County Office of
Consumer Protection
Department of Community Resources and Services

PHONE 410-313-6420 (VOICE/RELAY)
EMAIL consumer@howardcountymd.gov

www.howardcountymd.gov/consumer



50+ Center Featured Events

Bringing Generations Together

Community Egg Hunt

Wednesday, April 17 • 10:00 a.m. to noon

Elkridge 50+ Center

In partnership with the Elkridge Library, enjoy egg hunting fun, prizes and snacks plus a special appearance from the Easter Bunny. Free; bring your grandchildren!

Where Were You When?

Friday, April 26 and Friday, May 3 • 9:00 a.m. to noon

Glenelg Country School

12793 Folly Quarter Road, Ellicott City

For this intergenerational program, share your "living history" as 8th grade U.S. History students from Glenelg Country School interview you about your life experiences, then, a week later, hear the students tell those stories. This free event includes breakfast and a catered lunch. To register or for more information, contact Trisha Olsen at 410-313-0389 or tolsen@howardcountymd.gov by April 18.

Exploring Your Creativity

DIY Planter Boxes

Friday, April 5 • 2:00 p.m.

Glenwood 50+ Center

Create your own wooden planter box to use on your porch or deck. Class size is limited. \$20/person; register at 410-313-5440.

Something's Fishy

Friday, April 12 • 1:00 to 4:00 p.m.

East Columbia 50+ Center

Join artist, Roz Zinner, for a workshop to create life-like and fanciful fabric fish for the Coral Reef Encounter to be installed in the MacGill's Common pool this summer. \$5 per person; register at 410-313-7680.

Baking with Pastry Chef Fran Martiny Tarts, Sugar Cookies and Shortbreads

Tuesday, April 16 • 1:30 to 3:30 p.m.

Bain 50+ Center

Learn how to make 1-2-3 dough for tarts, cutout cookies and shortbreads. You'll be able to taste the desserts and take home the recipes to recreate these items in your own kitchen. \$15 per person; RSVP to 410-313-7213.

Boosting Your Health IQ

The Shoulder: What's a Rotator Cuff?

Tuesday, April 9 • 11:00 a.m.

Ellicott City 50+ Center

Kerry Hite DPT, OCS, CMTPT, Performance Physical Therapy, will discuss common shoulder concerns. Learn about the mechanics of the shoulder joint, what is normal, and what you can safely do on your own to maintain shoulder health.

Ask the Podiatrist

Do you ever wonder why your feet hurt, what to do about an ingrown toenail or how to ease arthritic foot pain? Ask Dr. Harry Cotler, DPM, all your pressing questions, and get professional answers. FREE. Offered at three center locations for your convenience!

Wednesday, April 3 • 10:00 a.m.

East Columbia 50+

Wednesday, April 17 • 11:00 a.m.

Ellicott City 50+ Center

Wednesday, April 24 • 11:00 a.m. to noon

Elkridge 50+ Center

Doctor Talk from Mercy Hospital

Thursday, April 11 • 11:00 a.m. to noon

Elkridge 50+ Center

Primary care physician Dr. Cheema will provide updates on vaccinations and preventative screenings. A Q&A period will follow the presentation. FREE.

The Impact of Exercise on Depression

Tuesday, April 23 • 11:00 a.m. to noon

North Laurel 50+ Center

Exercise can be a powerful tool to combat depression when used with prescription meds and other methods. Discuss research findings, the benefits and proper use of exercise for depression, and additional resources. Register at 410-313-0380.

Learning from the Experts

Retirement Planning for Single Women

Wednesday, April 10 • 11:00 a.m.

East Columbia 50+

It can be challenging to fund a strong retirement plan on one income. Michelle Kotler will offer her expertise and direction from years of experience. Join us for coffee and sweets as we navigate the future. FREE.

Patapsco Valley State Park Ranger Visit

Thursday, April 11 • 11:00 a.m.

Ellicott City 50+ Center

Ranger Jamie Petrucci will promote new programs for retired adults at Patapsco Valley State park, including the Senior Rangers Activity and Grandparent and Me programs. FREE.



Low Vision Group Trip to the Maryland Technology Assistance Program

Tuesday, April 2, 9:00 a.m. to 3:00 p.m.

Learn about low-vision aides and assistive devices for independent living and other programs offered by MTAP. FREE; space is limited. Register by March 26. For more information contact Elaine Widom at 410-313-7353 or ewidom@howardcountymd.gov

The Empty Chair at the Holidays

Thursday, April 10 • 1:00 to 2:00 p.m.

Bain 50+ Center

An interactive discussion dealing with grief and loss during the holidays. Learn coping strategies and ways to celebrate the memory a loved one. FREE. To register, call Elaine Widom at 410-313-7353, or sign-up in the Bain lobby.

For more information on the programs and activities at all 50+ Centers, go to www.howardcountymd.gov/50pluscenters... there's something for everyone!

Maryland's Colonial Boundary Dispute

Thursdays, April 18, 25, May 2 • 9:30 a.m.

Glenwood 50+ Center

Roger Swartz presents a three-part series about disputes with Virginia, William Penn vs. Lord Baltimore and the Pennsylvania/Maryland border war. \$20 per person; register at 410-313-5440.

A Retail Revolution in 1956: Laurel Shopping Center

Thursday, April 25 • 10:30 to 11:30 a.m.

North Laurel 50+ Center

The Laurel Leader's "History Matters" newspaper columnist will discuss the men behind the development of the Laurel Shopping Center, visionaries who changed the face of retail in the Baltimore/Washington area. Register at 410-313-0380.

Celebrating Performing Arts

Candlelight Concert Society Duo Performance

Bain 50+ Center

Tuesday, April 9 • 10:30 to 11:30 a.m.

An informal concert featuring Stephanie Ray on flute and Jeremy Lyons on guitar. FREE; all ages welcome. RSVP to 410-313-7213.

Second Tuesday Dance Party

Tuesday, April 9 • 7:00 p.m.

East Columbia 50+ Center

Couples or singles, all are welcome to join us for a 30-minute dance lesson with Rod Summerford. Then, dance the night away with newly discovered talents and friends. \$5 per person; register at 410-313-7680.

Spring Fling

Wednesday, April 10 • 11:00 a.m. to 1:00 p.m.

North Laurel 50+ Center

A spring soiree for members to engage in conversation, music, food and dancing, with live music by the band, "Just Us." \$3 per person plus lunch contribution. Call 410-313-0380 by April 3 to reserve lunch and your space.

Social Security Administration Chorus

Monday, April 15 • 12:30 p.m.

Ellicott City 50+ Center

Enjoy up-beat and trendy music performed by the Social Security Administration chorus. FREE.

The Lyric Opera Presents: Marian Anderson

Tuesday, April 16 • 11:00 a.m.

Bain 50+ Center

Celebrate the works of Marian Anderson, the first African-American singer to perform at the Metropolitan Opera in New York City. Join us to explore the wide variety of styles in her repertoire, including spirituals, art songs, and operas. FREE.

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

6540 Washington Blvd., 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

EXPANDED hours to Serve You BETTER!

Elkridge 50+ Center

Monday | Wednesday | Friday 8:30 a.m. to 4:30 p.m.
Tuesday | Thursday..... 8:30 a.m. to 8:00 p.m.
Saturday 8:30 a.m. to 12 noon

Ellicott City 50+ Fitness Center

Monday through Thursday 8:30 a.m. to 8:00 p.m.
Friday 8:30 a.m. to 4:00 p.m.
Saturday 8:30 a.m. to 12 noon



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

Find us on Facebook at

www.facebook.com/HoCoCommunity

www.howardcountymd.gov/50pluscenters

Your Decisions Matter!

April 16 is National Healthcare Decisions Day

By Deb Magin, Public Guardianship Program Manager

National Healthcare Decisions Day (NHCDD) is a collaborative effort of national, state and community organizations to ensure that all adults with a decision-making capacity can communicate and document their healthcare preferences. Despite substantial investments of time and money to educate Americans about advance healthcare planning, only a small percentage have executed an advance directive. NHCDD exists to inspire, educate and empower people about the importance of advance care planning and to provide tools for making these decisions.

Advance care planning is more than just a document; it's both a process and a conversation. An advance directive allows you to decide who you want to make health care decisions if you're unable to do so, as well as what kinds of treatments you want or don't want.

Your loved ones cannot act on your wishes unless they know what they are. Talk to them about your values and experiences, and let them know what is important to you. It can be a bit scary at first, but it's a great gift for the people who care about you.

Without the conversation and a document outlining your wishes, there can be confusion, conflict, and guilt in a situation that's already stressful. With a written plan in place, you and your loved ones can focus on the things that matter.

Advance directives can be as comprehensive as you would like. You can make changes at any time; the most recent version will be the one considered valid. There are many ways to complete an advance directive in Maryland; to explore your options, contact Maryland Access Point at 410-313-1234 (voice/relay).

FREE ADMISSION



LIMITED SEATING
REGISTER TODAY!

STAYING STRONG AFTER REHAB

— A HOWARD COUNTY HEALTH AND WELLNESS PROGRAM —

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

IMPORTANT SKILLS TO ASSIST CAREGIVERS

Thursday, March 28 • 6:00 to 7:30 p.m.

- The Caregiver Role
- Physical Benefits to Staying Strong
- Environment for Safety
- Motivation for All

Presented by Malarie Burgess, OAI Exercise Specialist

— A LIGHT MEAL WILL BE PROVIDED —

Registration is required. Contact Kathy Wehr at 410-313-5955 (VOICE/RELAY) or kwehr@howardcountymd.gov



Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging



P4C Pet Evaluations

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

Ingrid Gleysteen

PROGRAM COORDINATOR

igleysteen@howardcountymd.gov

410-313-7461 (voice/relay)

April 4 • May 2 • June 6

7:00 TO 9:00 PM

Bain 50+ Center

5470 Ruth Keeton Way

Columbia 21044



Howard County
**Paws 4
Comfort**

Touching Hearts... One Visit at a Time

2019

MARYLAND LAW DAY

Wednesday, May 1 • 9:00 AM TO 1:00 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 the Howard County 50+ Centers.

Call the center nearest you for an appointment.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

410-313-7213 (VOICE/RELAY)

East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

410-313-7680 (VOICE/RELAY)

Elkridge 50+ Center

6540 Washington Blvd., Elkridge 21075

410-313-5192 (VOICE/RELAY)

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

410-313-1400 (VOICE/RELAY)

Glenwood 50+ Center

2400 Route 97, Cooksville 21723

410-313-5440 (VOICE/RELAY)

North Laurel 50+ Center

9411 Whiskey Bottom Rd., Laurel 20723

410-313-0380 (VOICE/RELAY)

www.howardcountymd.gov/aging

2019 YEAR of the VETERAN Celebration AND Resource Fair

2019 has been officially named "Year of the Veteran" by Governor Larry Hogan

Monday, April 8 • 4 TO 8 PM
Howard Community College

RCF Student Services Building, 4th floor
10901 Little Patuxent Parkway, Columbia 21044

Help our transitioning service members, veterans and their spouses enter the workforce!

Donations of new and clean, gently-used suits and professional attire accepted through April 3 at:

Department of Community Resources and Services
9830 Patuxent Woods Drive, Columbia 21046

AND/OR

Office of the Howard County Executive
3430 Courthouse Drive, 3rd floor, Ellicott City 21043

PRESENTED BY



For more information, contact Lisa B. Terry at
410-313-0821 (VOICE/RELAY) or lbterry@howardcountymd.gov

An annual event to provide local veterans and their families the opportunity to **meet with government agencies and nonprofit organizations** dedicated to providing **services, support and jobs to veterans**. All **active, guard and reserve veterans** are invited to attend.

REGISTRATION IS ENCOURAGED, BUT NOT REQUIRED.

hcveteransfair.eventbrite.com

EVENT HIGHLIGHTS

FREE Medical Screenings

Blood pressure, biometrics, glucose, dental, medical and physical therapy consultations; courtesy of Premier Health Express Urgent Care, an authorized Warrior Centric Health Clinic

FREE Professional Clothing

New and gently used men's and women's professional attire will be available and free to all interested attendees, courtesy of Success In Style.

40 Service Vendors

Representatives include government agencies, non-profits, and veteran service organizations, specifically focused on veterans' needs.

LIVE Music with Voices of Vets

A non-profit performing group that travels the country providing live music to veterans homes, Voices of Vets makes a connection with each veteran at every venue they perform.

MEDICARE EDUCATION

PRE-REGISTRATION IS REQUIRED
410-313-7389

Medicare 101 and 102

A two-part introduction for those new to Medicare. Learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

Tuesday, April 9 AND 16 • 7:00 TO 8:30 PM

BOTH Educational Sessions will be held at
Howard County Department of
Community Resources and Services
9830 Patuxent Woods Drive, Columbia 21046

Using Medicare's Plan Finder

Learn how to use the Plan Finder tool on Medicare.gov to compare and review Medicare prescription drug coverages.

Tuesday, May 7 • 7:00 TO 8:30 PM

For additional assistance with Medicare questions and concerns, call SHIP at 410-313-7392 (voice/relay).

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP

Teachable Moments Build School Readiness



Howard County Government is providing free access to ReadyRosie for all Howard County families. ReadyRosie is an innovative educational service that provides instructional videos which are delivered by email or text. ReadyRosie demonstrates how parents, grandparents and caregivers can turn everyday activities into teachable moments that build school readiness skills. Activities shown in the videos are simple, take only a few minutes to complete and are available in English and Spanish.

All you need to access ReadyRosie is a Howard County zip code. Go directly to www.howardcountymd.gov/readyroisie where you will be asked for some basic information, including name, language preference and delivery preference (text or email). Once an account is created, the parent or grandparent will immediately receive a welcome video in their selected language, have access to the entire video library and start getting the weekly playlists sent out by the ReadyRosie team.

ReadyRosie was created with the belief that parents and grandparents are a child's first and best teacher.

It offers ideas on how to better engage young learners at home, in the library, in the car, at the grocery store, or wherever they are spending time. There is always an opportunity for learning and talking with young children; it doesn't take hours of practice. This is an easy way for parents and grandparents to support the crucial early learning years!

For more information about the ReadyRosie program, or other parent and grandparent programs, visit the Office of Children and Families' website at www.howardcountymd.gov/children.

CHANGES in Communication AS WE AGE

CAREGIVER CONFERENCE

Saturday, April 27 • 8:30 AM to 2:30 PM

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

**FREE On-Site Respite
provided with registration**

You must call 410-313-7691 to request respite services.

**FREE admission with registration;
includes continental breakfast and lunch**

**REGISTER ONLINE AT
caregiverjourney2019.eventbrite.com**

SESSION TOPICS ESPECIALLY GEARED TOWARD FAMILY CAREGIVERS
Vision/Hearing Changes • Behavioral Changes • Mindfulness
Technology Assistance • Mediation and Conflict Resolution

**REGISTRATION DEADLINE for
Conference/Respite: FRIDAY, APRIL 19**

CONTACT **Kathy Wehr**

kwehr@howardcountymd.gov • 410-313-5955 (VOICE/RELAY)

www.howardcountymd.gov/aging

THE MOSAIC PROJECT

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

April 11, 18 and 25

THURSDAYS • 9 AM TO NOON

FOR MORE INFORMATION OR TO REGISTER, CONTACT THE

Front Desk at North Laurel 50+ Center

410-313-0380 (VOICE/RELAY) OR
tolsen@howardcountymd.gov

STUDIO WORKSHOP

2019 Collaborative Art Project

Participants will learn and hone the basic techniques of mosaic-making, including glass-cutting and grouting, and will complete an initial take-home piece, **plus an individual element to be combined into a large-scale installation**, which will be available for public viewing. Must be a Howard County 50+ Center member to participate. No previous experience necessary.

SPACE IS LIMITED • \$30 PER PERSON

**Attendance at all sessions is expected as
techniques are progressively taught.**

A partnership between Howard County Office on Aging and Independence, American Visionary Arts Museum, Howard County Arts Council and Howard County Department of Recreation and Parks