

FDA Improves Nutrition Label to Benefit Consumers

More than 20 years ago, the Nutrition Labeling and Education Act was signed into law and required all packaged foods regulated by the U.S. Food and Drug Administration (FDA) to bear nutrition labeling. This act initiated the beginning of the food ingredient panel, serving sizes, and terms such as “low fat” and “light” being standardized.

Today, many people read nutrition facts labels each time they go grocery shopping. People across the country are much more conscious of what foods they buy, what’s included in the ingredients, and how it could potentially affect their diet and overall health.

On May 20, 2016, the FDA announced a new look to the existing Nutrition Facts label for packaged goods. The new design includes scientific information, including the link between diet and chronic diseases and makes it easier for consumers to make better informed food choices. The type size for calories, servings per container and the serving size declaration are larger to bring attention to this

information. In addition, the calories and serving size information are now bolded.

Serving sizes are required to be based on amounts of foods and beverages that people are actually eating and not what they should be eating — a big difference from the previous requirements established in 1993. For package sizes that are typically between one and two servings, nutrition information will be considered as one serving since people typically consume those packages in one sitting.

Manufacturers are required to implement the new label by July 26, 2018. These revisions reflect the FDA’s commitment to ensure the safety, efficacy and security of the nation’s food supply and address public health concerns. For more information on additional changes, visit www.fda.gov/food or call FDA’s Center for Food Safety and Applied Nutrition (CFSAN) Information Center at 1-888-723-3366.

A Message from

Starr P. Sowers

Administrator, Office on Aging and Independence



The Office on Aging and Independence promotes the full inclusion of persons with disabilities, addresses the needs of an increasingly diverse cultural community, and supports the desires of our citizens to remain independent as they grow older. As we implement the priorities set forth in Howard County’s 20 year Creating an Age-Friendly Community plan, we look forward to working with the community to make Howard County truly age-friendly.

We encourage all residents who want to stay in the community to contact us as you “age in place.” As part of the Department of Community Resources and Services, our office maintains a No Wrong Door approach to make it easier for older adults, caregivers, adults with disabilities and their families to find the services they need. Contacting Maryland Access Point is a great place to start and our new number — 410-313-1234 — is easier than ever to remember.

This summer, I hope you will spend time with family and friends doing things that bring joy to your lives, embracing time-honored traditions like family vacations, barbecues, and visiting the Howard County Fair. Now in its 71st year, the down home fun of the Fair returns August 6-13 to the Fairgrounds in West Friendship. Join the Office on Aging and Independence for “Senior Day at the Fair” on Tuesday, August 9; 10 a.m. to 3 p.m. in the 4-H Activities Building. Fairgoers 62 and older will enjoy free admission, and are invited to take part in a day of fun-filled activities including bingo with prizes. We hope to see you there! For details, visit www.howardcountyfair.org or call 410-313-6410.

Original Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A 10%			
Vitamin C 8%			
Calcium 20%			
Iron 45%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars 20%	
Protein 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 235mg 6%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition counseling services are offered by a licensed dietitian at Howard County 50+ Centers to support older adults in their efforts to improve their health and make informed decisions about their diet.

This service is available at no charge to persons 60 years and older and their spouses, regardless of their age. Contributions are encouraged and help support the viability of the program. Those under 60 may receive nutrition counseling on a space available basis at the full cost of the service: \$65/hour or \$33/half hour. To schedule an individual counseling session, contact the Howard County 50+Center nearest you.

SENIOR DAY AT THE FAIR

Howard County Fair 2016

FREE ADMISSION for ADULTS 62+
Tuesday, August 9 • 10 am - 3 pm

Visit the 4-H Activities Building for:

- **INFORMATION**
- **EXHIBITS**
- **ENTERTAINMENT**
- **RAFFLES AND DOOR PRIZES**

Don't Miss These Program Highlights!

10:00 AM-Doors/Exhibits Open

11:00 AM-1:00 PM – **Doug Phebus with Oldies, Country Music and Karaoke**

12:45-1:00 PM – **Exercise Break**

1:15-3:00 PM – **Bingo**

MUST BE PRESENT TO WIN RAFFLES AND PRIZES



Howard County Office on
Aging and Independence

www.howardcountymd.gov/aging

Protecting Yourself from Vehicle “Yo-Yo” Sales

Most people think that once they’ve negotiated a price on a new or used vehicle, agreed on finance terms and signed the sales contract, their car buying experience is over.

Unfortunately, some dealerships have been known to ask consumers to return to the dealership weeks after the sale, claiming that there was an “error in the paperwork.” Once there, consumers are told that the lender refused to accept the contract’s finance terms and are then pressured into agreeing to larger down-payments or higher interest rates.

Consumers with less-than-excellent credit scores have been especially vulnerable to this practice, which is often referred to as a “yo-yo sale” or a “spot delivery.” A new Maryland law, however, can help you avoid being trapped into credit terms you don’t like or can’t afford.

To download the fact sheet “Protect Yourself from Motor Vehicle Yo-Yo Sales,” visit www.howardcountymd.gov/consumer. This document summarizes the law, provides tips to minimize your risk and lets you know what to do if you need help.

For more information or assistance with this or other consumer problems, or to request this fact sheet in an alternate format, contact the Howard County Office of Consumer Protection at 410-313-6420 or email consumer@howardcountymd.gov.



Caregiver Support Group

Find support and share the adult caregiver experience. Group discussion addresses solutions and resources; emotional support; social networking; and ways to find time away from caregiving.

Meets 3rd Wednesday of the Month

August 15 | September 19 | October 17 | November 21 | December 19

7:00 - 8:30 p.m.

East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

— Call if a Holiday Conflicts with Meeting Dates —

Contact Karen Hull

410-313-7466 (VOICE/RELAY) • khull@howardcountymd.gov

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities

Maryland Access Point

**SAME GREAT SERVICES
NEW LOCAL PHONE NUMBER**

410-313-1234

VOICE/RELAY



TOLL FREE
844.627.5465 (844-MAP-LINK)

Contact Us TODAY!

EMAIL
map@howardcountymd.gov

WEBSITES
www.howardcountymd.gov/aging
www.marylandaccesspoint.info

- Caregiver Support
- Long Term Supports Planning
- Medicare Counseling
- Guardianship/Ombudsman
- Home Modification/Repair
- 50+ Centers
- Social Day Programs
- Wellness Programs and more!



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
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50 EXPO PLUS

Howard County Office on Aging and Independence



**MONDAY
OCTOBER 31
9:00 AM - 4:00 PM**

Wilde Lake High School, 5460 Trumpeter Road, Columbia 21044

EVENT HIGHLIGHTS

- 10:00 a.m. feature presentation:
AARP's Tracking Wellness with Technology
featuring Digital Strategy Advisor, Michael Lee
- 170 Exhibitors
- **NEW!** Job Fair
- Flu Vaccines
- **NEW!** Tech-Savvy Seminars
- Health Screenings

\$1 ADMISSION
\$5 CAPITOL STEPS*
2 SHOWS: NOON AND 2:00

All Admission and Show Proceeds Benefit the Vivian Reid Community Fund for Older Adults
* suggested donation

COURTESY SHUTTLE from The Mall in Columbia
Only accessible parking on-site at Wilde Lake HS

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Medicare Public Education Sessions

FREE Information Presented by SHIP

Medicare 101 – What You Can Expect
Tuesday, August 9 • 1:00 – 2:30 p.m.

Join us to learn how Medicare Parts A (hospital), B (medical) and D (prescription drug) work, what the benefits are, and when you should make decisions related to your coverage.

Medicare 102 – Why Medicare Isn't Enough
Tuesday, August 16 • 1:00 – 2:30 p.m.

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans); how to cover the gaps (out of pocket expenses); how plans are priced; the best time to enroll; and how to protect yourself from Medicare fraud.

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

Register at **410-313-7389 (VOICE/RELAY)**



**KNOW YOUR OPTIONS.
Contact us for help.**

www.howardcountymd.gov/SHIP

If you need accommodations to attend, call 410-313-1234 one week in advance.

CAMP ISN'T JUST FOR KIDS ANYMORE!

IO Workshop – Mélong Ling

IN PARTNERSHIP WITH

Howard County Office on Aging and Independence

PRESENT

Camp East Columbia 50+

Wednesdays, September 14 – 28
Noon – 2:00 pm

East Columbia 50+ Center
6600 Cradlerock Way, Columbia, MD 21045

3 Weeks of Creative Adventure \$48/person

- Week #1: Crazy Kitchen Concoctions**
- Week #2: The Science of Art**
- Week #3: The Science of Magic**

REGISTER BY PHONE OR EMAIL
410-313-7680 (VOICE/RELAY)
eastcolumbia50@howardcountymd.gov



Howard County 50+ Centers CALENDAR HIGHLIGHTS

AUGUST

SU	MO	TU	WE	TH	FR	SA
	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

**Tuesdays, August 2-30 • 10 a.m. to noon —
WRITE YOUR MEMOIR: WRITE TO BE HEARD**

Many of us have stories stacked up in the libraries of our minds just waiting to be spoken aloud and transcribed to paper. Join others who love to write in this free workshop. Register: 410-313-7213.

**Tuesdays, August 9-30 • 10:30 to 11:30 a.m. —
AUGUST MONTH OF MUSIC SERIES**

August 9 – *A Country Music Celebration* with Chuck Fischer;
August 16 – *A Celebration of Gospel* with The Bain 50+ Gospel Choir;
August 23 – *Ms. Lee and Her Men* featuring Frank & Trish Curreri; and
August 30 – *Motown: A Journey Through Hittsville* with The Winstons
FREE; sign-up in the lobby; a special lunch will be provided; sign up in the lunch room.

Thursday, August 25 • 11 a.m. to noon — FACEBOOK 101

Learn how to set up a free social media page to connect with old friends, classmates, co-workers and family members. Space is limited. FREE. Register: 410-313-7213.

East Columbia 50+ Center

Tuesday, August 2 • 6 to 7 p.m. — CONFLICTS 101

Build skills that can turn conflicts into opportunities in this informational workshop. Mocktails and hors d'oeuvres will be served. FREE. For more information: 410-313-7680.

Wednesdays, August 3-24 • 1 p.m.— MUSIC AND MOVEMENT

Join us to sing, play instruments, and enjoy simple choreography to familiar classical music. \$23 for 4 weeks. Register: 410-313-7680.

Friday, August 19 • 11 a.m. — CHIROPRACTIC FOR YOUR PETS

Learn about the possibilities and ask a few questions for yourself! Meet Amber Langmeier, D.C., and explore your options. FREE. Register: 410-313-7680.

Ellicott City 50+ Center

**Wednesdays, August 3-24 • 1 p.m. —
HISTORY WITH GARY KAVANAGH**

This four-week lecture series by guest lecturer Gary Kavanagh, a retired Federal employee, focuses on the issues and events from the presidential election of Kennedy/Nixon in 1960 through the Clinton administration that shaped today's political environment. Details: 410-313-1400.

Thursday, August 4 • Noon to 3 p.m. — LEADERSHIP "U"

Leadership "U" of Howard County is a community service program that gives teens with leadership potential the opportunity to develop future goals. Sign up one week in advance to have lunch with the students. Register: 410-313-1400.

Tuesday, August 16 • 1 p.m. —

BALTIMORE MUSEUM OF INDUSTRY: WAR ON THE HOME FRONT

When World War II began, Baltimore's citizens and the industries that employed them were transformed. Find out which industries led this growth, where the employees came from, and the impact these efforts had on our region. Held in the 50+ Fitness Center. Register: 410-313-1400.

Elkridge 50+ Center

Friday, August 12 & 26 • 10 a.m. to 1 p.m. — LEGAL AIDE

Attorney Barb Coleman will be available to answer basic legal questions. This is a great opportunity to get FREE legal assistance. Register: 410-313-5192.

Friday, August 19 • 11 a.m. to noon —

LET'S DISH: CHICKEN ALFREDO

Enjoy this fun cooking class and learn how to make this delicious, easy dish. Come hungry, lunch will be the finished product. Donations accepted; register: 410-313-5192.

Friday, August 25 • 10:30 a.m. to noon — POLICE SAFETY TIPS

Howard County Police Officer André Lingham will provide an update on local crime matters and offer tips on how to stay safe. 410-313-5192.

Glenwood 50+ Center

Friday, August 5 • Noon — ALL AMERICAN LUNCHEON

Wear your red, white and blue to celebrate the start of the 2016 Olympics and enjoy lunch, a performance by vocalist Sterling Dorn, and a corn hole tournament with prizes. \$8; register at 410-313-5440.

Friday, August 12 • 1 p.m. — NEW RELEASE MOVIES

Come enjoy the movie "Eddie the Eagle" complete with popcorn and lemonade. \$1 donation; register: 410-313-5440.

Friday, August 19 • Noon — AVIATION DAY

Aviation Day at Glenwood features a guest speaker from the Aviation Museum in College Park and a catered lunch by Mission BBQ Restaurant. \$10. Register: 410-313-5440.

North Laurel 50+ Center

**Monday, August 15 • 1 to 2 p.m. — TALKIN' BROADWAY:
MORE MUSICAL MILESTONES**

Follow the evolution of Broadway's rich history through discussion and live song presentations. Call 410-313-0380 to reserve a seat.

Friday, August 19 • 10 a.m. to noon — LEMONADE SOCIAL

Take a break from the heat to enjoy this summertime favorite and share inspirational stories with fellow members. FREE; donations welcome.

Wednesday, August 24 • 11 a.m. to 1 p.m. — BURGERS & BINGO

Enjoy a great game of Bingo, ice cold refreshments and build-your-own burger complete with all the fixings. Cost: lunch donation plus a nominal fee for Bingo. Call 410-313-0380 by August 17 to reserve lunch.



Share the  of Your 4-legged Friend

2016 PET EVALUATIONS AT 7:00 PM ON:
Aug 4 • Sept 1 • Oct 6 • Nov 10 • Dec 1

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

Ingrid Gleysteen PROGRAM COORDINATOR
PHONE 410-313-7461 (voice/relay)
EMAIL igleysteen@howardcountymd.gov

Touching Hearts... One Visit at a Time

To request accommodations to participate, contact the 50+ Center hosting the event one week in advance.