

HC THE 50+ Connection

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

Department of Community Resources and Services

Volume 7, No. 2 • February 2017

Are YOU at Risk for Heart Disease?



February is American Heart Month

Heart disease is the leading cause of death for both men and women. In 2010, Maryland had the 17th highest death rate from cardiovascular disease in the country, accounting for 25 percent of all deaths. By increasing awareness of heart disease and its effects, the Office on Aging and Independence strives to help Howard County residents lessen their risk of heart disease.

According to the National Institutes of Health, the first step is to become aware of your own personal risk factors for heart disease. Some risks, such as smoking cigarettes or being overweight, are obvious; all of us know whether we smoke or need to lose a few pounds. But other risk factors, such as high blood pressure, high blood cholesterol, or diabetes, have few visible signs or symptoms.

To determine your risk for heart disease, first make an appointment with your primary care physician for a thorough checkup. Your doctor can help you set and reach goals for heart health, but don't wait for him or her to ask questions about your current risk levels. For a list of questions to ask, visit www.nih.gov and view "Your Guide to a Healthy Heart."

Once you've determined your risk for heart disease, take action. Making healthy lifestyle changes can go a long way toward reducing your risk of developing heart disease. Controlling and preventing known risk factors is also beneficial for people who already have heart disease.

To help you quit smoking, the Howard County Health Department offers free Tobacco Cessation Classes to anyone who lives, works or studies in Howard County. Group classes are held once a week for one hour and 15 minutes. Visit www.hchealth.org or call 410-313-4255 for more information.

If you need to increase your activity level or lose weight, the good news is it doesn't take a lot of exercise to improve your heart health. The American Heart Association recommends 150 minutes of moderate physical activity for most adults each week, or at least 75 minutes of vigorous activity each week, or a mix of both.

The Office on Aging and Independence's 50+ Centers offer a multitude of health and wellness programs which can help you lower your risks while increasing your activity levels, including:

- Free monthly blood pressure checks in 50+ centers.
- Convenient, individualized or small group nutrition counseling.
- Access to free or low-cost exercise facilities, including indoor cushioned walking tracks and fully equipped fitness rooms at the Glenwood and North Laurel 50+ Centers; and a state-of-the-art facility just for older adults at the Ellicott City 50+ Fitness Center.
- Classes for every fitness level, from gentle, seated yoga to high energy Zumba.

- Living Well and Living Well with Diabetes, six-week programs to help you take charge of your health and better manage your chronic conditions.
- Stepping On – a seven week program to help increase confidence, strength and balance to reduce falls.

To begin your journey to a healthier heart, call Maryland Access Point at 410-313-1234 to find a 50+ Center near you, or visit www.howardcountymd.gov/aging for more information.

A Message from Office on Aging and Independence Administrator

Starr P. Sowers



Heart disease is the No. 1 killer of women, causing one in three deaths each year, or approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't always the same that men experience. Recognizing that these misconceptions about heart disease could put women at risk, the American Heart Association launched the "Go Red For Women" movement to advocate for more research and heighten awareness of women's heart health.

Each year, GoRedForWomen.org highlights real women who represent the different faces of heart disease and stroke nationwide. By sharing their stories, they hope to inspire other women to make healthy lifestyle changes to lessen their risk.

Ruby Hope, 57, spent years volunteering through her church and sorority to raise awareness about heart disease, but it wasn't until she was diagnosed with coronary artery disease and had a heart attack that she took her own heart health seriously. Like many women, Ruby had put her health concerns aside and focused on caring for others, both professionally in her role as a nurse and personally with her family. Quadruple bypass surgery changed all that; it was the wake-up call she needed. Through cardiac rehab, she learned to listen to her body and put her health first. She transformed her diet, doubled her cardiovascular activity and incorporated resistance training to build strength.

Ruby's story underscores the importance for all women to understand their risk factors for heart disease and stroke, and take action if needed. Go Red For Women encourages all women to schedule a visit with their doctor to learn their personal health numbers including blood pressure, cholesterol, blood sugar and body mass index (BMI) and assess their risk for heart disease and stroke. Don't put it off any longer – your heart depends on it.

AARP TAX-AIDE

FREE 2016 INCOME TAX PREPARATION

Evening and weekend appointments available; no age limits.

AARP and the IRS will offer personal income tax preparation for Howard County residents from February 1 through April 15 at Howard County 50+ Centers. This service is available to ALL middle and low income taxpayers, with emphasis on those age 60 and older. Bring your photo ID, Social Security card, 2015 Federal and Maryland tax returns, and all 2016 tax documents. Self-employment returns with more than \$10,000 in expenses and complex returns are not eligible for this service.

Tax Assistance Sites Howard County 50+ Centers

Appointments Required at All Locations

Bain 50+ Center • 443-741-1220

5470 Ruth Keeton Way, Columbia, MD 21044

Monday and Tuesday afternoons; Thursday afternoons and evenings; Wednesday, Friday and Saturday mornings

East Columbia 50+ Center • 410-313-7680

6600 Cradlerock Way, Columbia, MD 21045

Wednesday mornings

Elkridge 50+ Center • 410-313-5192

5660 Furnace Ave., Elkridge, MD 21075

Friday mornings

Ellicott City 50+ Fitness Center

443-741-1220

9411 Frederick Road, Ellicott City, MD 21042

Mondays and Fridays; Tuesday evenings

Glenwood 50+ Center • 410-313-5440

2400 Route 97, Cooksville, MD 21723

Thursday mornings

North Laurel 50+ Center • 410-313-0380

9411 Whiskey Bottom Road, Laurel, MD 20723

Wednesday and Thursday afternoons

Make YOUR Tax Time Less Taxing

Helpful advice for smoother sailing during tax preparation, courtesy of the Howard County Office of Consumer Protection

FILE EARLY. Identity thieves try to steal money from the IRS by filing returns using stolen social security numbers. This also results in a lot of hassle and delayed refunds for tax payers. By filing early, you can reduce the odds of becoming a victim.

CHECK OUT YOUR PREPARER. All tax preparers, whether working individually or as part of a national tax preparation chain, must be licensed by the Maryland Department of Labor, Licensing, and Regulation. Make sure your preparer is properly licensed by going to DLLR's web site: <http://www.dllr.state.md.us/pq/>. In addition, ask about fees. Some tax preparers do not fully disclose all their fees up front. So to avoid surprises, ask for a list of all charges and potential fees before your taxes are prepared.

AVOID REFUND ANTICIPATION LOANS. Many tax preparers offer to provide your refund immediately in the form of a refund anticipation "loan" (aka Refund Anticipation Check). If you take this option, however, fees and interest on that loan will be deducted from your refund. Instead, choose to get your refund directly deposited into your bank account. The deposit is usually made in just a few days, and you will get the full amount of your refund.

STAY ALERT FOR IRS IMPOSTERS. The IRS does not call taxpayers who owe back taxes. Hang up on callers who claim that you will be jailed or deported if you don't immediately pay money using credit cards, prepaid debit cards, gift cards, bank account debits or wire transfers.

GET HELP. If you made less than \$54,000 in 2016 and need assistance with tax preparation and filing, you can obtain free tax preparation services through:

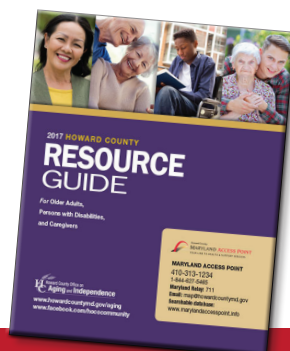
- **Making Change**, a Howard County non-profit organization which offers free tax prep and filing through its Volunteer Income Tax Assistance (VITA) Program. Call 410-880-5917 or visit www.makingchangecenter.org for details.
- **AARP Tax-Aide Program** offers its services at various locations around the County. See schedule at left for contact information to make an appointment at a Howard County 50+ Center.

For more information on this and other consumer topics, visit the Howard County Office of Consumer Protection at www.howardcountymd.gov/consumer; email consumer@howardcountymd.gov or call 410-313-6420.

Howard County Office on Aging and Independence 2017 Resource Guide

The latest edition is now available at:

- Office on Aging and Independence
6751 Columbia Gateway Drive, Columbia 21046
- Howard County 50+ Centers
- Howard County Libraries
- By Mail – Contact MAP at 410-313-1234



To view the guide online, visit www.custommediaoptions.com/digital/hocoresourceguide2017

Howard County Office on Aging and Independence

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

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START LIVING WELL TODAY!

DIABETES and other **CHRONIC CONDITIONS** can be managed with our evidence-based, self-management **LIVING WELL PROGRAM**. Participants can experience positive health outcomes, as well as reduce health complications and the need for emergency care.

LIVING WELL: Take Charge of Your Health



UPCOMING CLASSES

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

\$28 fee includes 15 hours of workshop and materials

**Medical Pavilion at Howard County
Wellness Center, Columbia Conference Room**
10710 Charter Dr., Suite 100, Columbia, MD 21044

■ **February 24 • March 3, 10, 17, 24, 31**
10:00 am – 12:30 pm

Columbia Community Church
8516 Thomas Williams Way, Columbia, MD 21044

■ **February 16, 23 • March 2, 9, 16, 23**
12:00 noon – 2:30 pm
OR 6:00 - 8:30 pm

CONTACT: **Nicole Jones • 410-313-3506 (VOICE/RELAY)**
OR **njones@howardcountymd.gov**

www.howardcountymd.gov/aging

AN EVIDENCE-BASED PROGRAM FOR CAREGIVERS

Powerful Tools FOR Caregivers

This six-week series of 90-minute classes will offer caregivers opportunities to explore a variety of self-care tools in a supportive environment.

These self-care tools will help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough, caregiving decisions

March 2 through April 6

5:00 to 6:30 p.m. (six consecutive Thursdays)

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

Fee of \$30 covers all materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr, Caregiver Program Support Manager
410-313-5955 (voice/relay)

On-site respite is available; arrangements can be made when registering.
If you need accommodations to attend, call at least one week before the first session.

Nominations must be submitted by March 3!

**Celebrating
Successes**
Excellence in Bloom
HONORING THOSE WHO GUIDE OUR CHILDREN... AND OUR FUTURE

Please take the time to recognize and nominate someone you know and admire — a teacher, childcare provider, coach, volunteer, or a selfless high school student — who has made a difference in the lives of Howard County children and youth... they deserve to be celebrated!

For details and to nominate your candidate(s):
www.howardcountymd.gov/celebratingsuccesses

 Howard County Office of
Children and Families

410.313.1940
(VOICE/RELAY)



JOIN US FOR
THE 2017

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 29 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

Now in its 9th year, WomenFest delivers a wide range of health screenings, engaging seminars, workshops, and demos to inspire women to improve their health and wellness. Don't miss this opportunity to join other exceptional women as you explore ways to lead a more balanced, healthy, and full life.

410-313-5440 (VOICE/RELAY)
www.howardcountymd.gov/womenfest

INCLEMENT WEATHER INFORMATION

For 50+ Center closings and program cancellations:
call **410-313-7777 (VOICE/RELAY)**; or online at
www.howardcountymd.gov/aging, or
www.Facebook.com/HoCoCommunity

Howard County 50+ Centers CALENDAR HIGHLIGHTS

FEBRUARY

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				

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

Bain 50+ Center

Friday, February 3 • 10 to 11:30 a.m. —

Know Your Numbers? They Could Just Save Your Life!

Learn your personal health numbers including blood pressure, blood sugar, cholesterol, and body mass index (BMI) to assess your risk for heart disease and stroke. Sign up in the lobby.

Tuesday, February 14 • 10 to 11:30 a.m.

The Glory of Love Featuring: Frank & Trish Currei

Celebrate Valentine's Day with Frank and Trish Currei as they present the Glory of Love through the decades from the 1940's through the 80's. FREE; light refreshments served. RSVP to 410-313-7213.

Tuesday, February 28 • 11 a.m. to noon — **Black History Month Program: Renowned Sculptor, James Earl Reid**

Learn about renowned sculptor James Earl Reid, who created a sculpture of jazz legend Billie Holiday, unveiled in Baltimore in 1985. FREE; RSVP to 410-313-7213.

East Columbia 50+ Center

Tuesday, February 7 • 6:30 p.m. —

Chinese New Year Celebration

Celebrate the Year of the Rooster, complete with Lion Head Dance and holiday Hors d'oeuvres. Donations accepted. Call 410-313-7680 to register.

Wednesday, February 8 • Noon —

Laughter and Lunch with the Stress Doctor

Take the stress out of your day and let someone else do the cooking! Lunch donation; register at 410-313-7680.

Wednesday, February 22 • Noon —

Marian Anderson – A Legacy of Hope

Enjoy a luncheon celebration and tribute to the first African-American singer to perform at the Metropolitan Opera in New York City. Cost: lunch donation; register at 410-313-7680.

Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Fridays in February • 10 a.m. to 2 p.m. — **Tax-Aide**

FREE AARP Tax Preparation assistance will be offered; appointments necessary. Call 410-313-4930 or 410-313-5192 to make an appointment.

Tuesday, February 14 • 10:30 a.m. to 1 p.m. —

Valentine's Day Party

Celebrate Valentine's Day with us! Enjoy a homemade lunch, games, music and sweet goodies for everyone. \$5/person. Call 410-313-4930 or 410-313-5192 to register.

Wednesday, February 21 • 9 to 10:30 a.m. —

Heart Pancakes and Health Talk

Enjoy homemade pancakes, sausage, eggs and more. Following breakfast, get healthy tips for the New Year. Donations accepted. To register, call 410-313-4930 or 410-313-5192.

Ellicott City 50+ Center

Tuesdays, February 14 to March 7 • 11 a.m. —

Living Meditation Class

Learn how to calm your mind and meditate in a class led by Betty Caldwell, author and private healer. Discover pathways to inner peace and a stronger personal foundation. \$28 for 4 classes; register at 410-313-1400.

Tuesday, February 14 • Noon — **Valentine's Day Brunch**

Enjoy chef-created omelettes, sausage, fruit, pastries, juice and coffee. Suggested donation: \$5.39, due at sign-up. Call 410-313-1400 to register.

Thursday, February 23 • 12:30 p.m. —

Marian Anderson – A Legacy of Hope

Celebrate Marian Anderson, the first African American singer to perform at the New York's Metropolitan Opera and explore her repertoire of spirituals, art songs and operatic excerpts. FREE; register at 410-313-1400.

Glenwood 50+ Center

Wednesday, February 1 • 10 a.m. — **The Story of Rosa Parks**

Join Janice Green, accomplished storyteller and American Griot for her portrayal of Rosa Parks. FREE; for details, call 410-313-5440.

Wednesdays, February 15 and March 1 • 1 p.m. —

Working with Textures in Clay

Join Charlene Randolph to explore hand-building with clay and techniques to design and glaze your own vase. \$20/person. Class size is limited; call 410-313-5440 to register.

Wednesday, February 8 • 11 a.m. — **The Colony of Maryland**

Ryan Cox from the Maryland State Archives will discuss the settlement of the colony, tobacco agriculture and the formation of slavery in Maryland. FREE; register at 410-313-5440.

North Laurel 50+ Center

Friday, February 3 • 11 a.m. to 1 p.m. — **Super Bowl Tailgate**

Join in the football season ending festivities with trivia and enjoy a chili meal with your favorite game day foods. \$3/person; call 410-313-0380 to reserve a seat by January 25.

Thursday, February 16 • 11 a.m. to 1 p.m. —

Marian Anderson – A Legacy of Hope

Celebrate Marian Anderson, the first African American singer to perform at the New York's Metropolitan Opera and explore her repertoire of spirituals, art songs and operatic excerpts. Cost: lunch donation. Call 410-313-0380 to reserve a seat.

Wednesday, February 22 • 11 a.m. to noon —

Sleep and Aging Well

Dr. Eliasson will share how sleep affects overall health as we age and what we can do to get a better night's rest. Learn about sleep disorders such as insomnia, snoring, excessive daytime sleepiness, and sleep deprivation. FREE; call 410-313-0380 to reserve a seat.