

# HC THE 50+ Connection

NEWS and EVENTS from the Howard County  
Department of Community Resources and Services

A Publication from the Howard County Office on Aging and Independence

Volume 8, No. 1 • January 2018

## Find Your Way to Better Health and Fitness in 2018

By Jeannie DeCray, Fitness Specialist, Office on Aging and Independence

Has your fitness routine lapsed over the last few years (or even decades)? It's never too late to get back into fitness — in fact, you are taking a positive step towards your overall wellness simply by entertaining the idea of exercising again. To get started, consider what type of movement or exercise appeals to you. Finding something you enjoy doing will help you stick with it.

Ideally, choose activities that include all four elements of fitness: endurance, strength, balance and flexibility. Endurance (cardio) refers to activities that increase your heart rate and breathing, like walking, jogging, biking, dancing, or aerobics. At North Laurel and Glenwood, Zumba® is the most popular fitness class as it is both energetic and fun. Soul line dancing at the Bain 50+ Center is another high energy option to try. You don't have to spend a lot of money to get fit — AgeWell Aerobics is a low-cost and effective aerobic workout offered at the ElkrIDGE, North Laurel and Ellicott City 50+ Centers, and indoor walking tracks are available at both the North Laurel and Gary J. Arthur Community Centers.

Howard County's GO50+ membership offers affordable access (\$75 a year for County residents) to fully-equipped fitness facilities at the Roger Carter Recreation Center, the North Laurel Community Center, the Gary J. Arthur Community Center in Glenwood, as well as the Ellicott City 50+ Fitness Center. "Our equipment room participants range in age from 50 to 94 years young," says Michelle Rosenfeld, fitness coordinator at the Ellicott City 50+ Fitness Center, "Sometimes, getting to the gym is the most difficult part of the fitness journey... the rest is easy." Available options at the 50+ Fitness Center include treadmills and ellipticals, recumbent bikes and steppers, dumbbells, stability balls, jump ropes, and a BOSU® balance trainer. Free equipment orientation sessions are offered twice a week; call 410-313-0727 for an appointment.

To improve overall muscle strength, try resistance-training with weights or resistance bands. At the 50+ Fitness Center, strength classes draw men and women ranging in age from 50 to 82. Other popular group exercise classes include Zumba® and Zumba Gold®; Gentle Yoga; Cardio Kickboxing; Floor, Core & More; and Dance Fitness. Fees range from a drop-in rate of \$5 per class to a \$125 quarterly pass for unlimited classes for three months. Individual 50+ centers also offer a wide variety of group classes; many allow new members to try one class for free to be sure it's a good fit. Visit [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters) for a current schedule of classes, and click on the center's newsletter.

Flexibility training improves range of motion and ease of continuous movement. Stretching after exercise, or participating in yoga or group fitness classes helps keep you limber. The Glenwood 50+ Center offers a variety of yoga and Pilates classes, while Mindful Mondays at the North Laurel 50+ Center combines

light yoga with guided meditation. To stimulate the mind/body/spirit connection, Tai Chi and Qigong classes blend low-impact stretching with an atmosphere of calm relaxation. These lifetime disciplines are especially popular at the East Columbia 50+ Center.

Lastly, we recognize that those with chronic illnesses or mobility challenges may be hesitant to jump back into a regular fitness regimen. While it is certainly a good idea to check with your doctor before beginning any new program, there are options for every age and fitness level, including programs designed specifically for those with arthritis, Parkinson's disease, balance concerns and more.

This information provides a basic overview of options available at Howard County's 50+ Centers. The Office on Aging and Independence takes great pride in offering a broad spectrum of programs for everyone, and our knowledgeable staff can help you achieve your fitness goals. Enjoy the camaraderie of others, or work out independently; it's your choice. For more information, visit [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging) or call 410-313-6535.

### Tips to Prevent Winter Weight Gain



Wednesday, January 31 • 1:00 p.m.  
Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

**FREE / Sign Up TODAY at 410-313-1400**

Karen Basinger, MS, CFCS, LDN, from Family Consumer Sciences University of Maryland Extension Howard County will discuss the latest tips, trends and reports on healthy eating, where to shop, what to stay away from, what you didn't know and more!



Find us on Facebook at  
[www.facebook.com/HoCoCommunity](http://www.facebook.com/HoCoCommunity)  
Stay connected to the DCRS. Like us today!

# Dealing With Unwanted Telemarketing/Robocalls

By Rebecca Bowman, Administrator, Howard County Office of Consumer Protection

Hate telemarketing calls? There are things you can do to reduce their frequency, and your risk of being scammed.

**Sign Up with the Federal Trade Commission's (FTC) Do Not Call Registry (DNCR) at [www.ftc.gov](http://www.ftc.gov) or call 888-382-1222**

- Registering won't stop all unwanted calls, but most reputable businesses honor the DNCR. Don't do business with one that does not.
- Charities, political campaigns and companies you've previously dealt with are not subject to the DNCR law, but when asked, many will take you off their call lists.
- Once enrolled, report violations to the FTC. The FTC looks at complaints in deciding which DNCR violators to pursue.

## Be Cautious About Sharing Your Phone Number

- Don't sign up for raffles or contests; your phone number will be used for solicitations and may be sold to other telemarketers.
- Only provide your phone number to trusted online businesses.
- Don't have your phone number printed on your checks.
- Request an unlisted phone number.

## Hang Up On Suspicious Callers

- Engaging in conversation encourages con artists to call back. Screen your calls using voicemail or your answering machine if you find it hard to hang up on unwanted calls.
- Don't give your credit card number, bank account information or other personal information to anyone you do not know.
- Never agree to wire money or pay with a prepaid debit card or gift card.

Robocalls deliver a recorded message. Do not respond. Robocalls are illegal unless authorized by you (e.g., calls from your drugstore that a prescription is ready).

Again, robocalls from charities, political campaigns and companies you've dealt with are not considered illegal, but can be blocked by request.

- Screen out robocalls using your voicemail or answering machine.
- If you answer a robocall, hang up immediately. Don't press buttons or speak — even if the recording offers to remove your number from their call list.
- Engaging with a robocall lets the program know it's reached a live phone number and will send even more calls your way.
- Look into robocall blocking technology. The phone technology you use (e.g. VOIP, copper, i-Phone, android) will dictate which blocking application will work and whether or not there is a fee. Many apps are free; visit [www.ctia.org/consumer-tips/robocall](http://www.ctia.org/consumer-tips/robocall) for more information.
- Report unauthorized calls to the FTC at [www.ftc.gov](http://www.ftc.gov) or 888-382-1222.



**Howard County's 2018  
Children on Board  
Child Care and Preschool Information Fair**

The annual **Child Care and Preschool Information Fair** provides parents, grandparents, guardians, and child care personnel with one-stop shopping for child care, pre-school and summer programs, as well as the opportunity for personal contact with teachers and program directors. Representatives from community organizations that offer programs and services to Howard County's children will also be on site to speak with parents. Attendees are asked to bring a nonperishable food item or unopened diapers for the Howard County Food/Diaper Bank.

Free informational sessions on "**How to Choose an Early Childhood Program**" will be offered throughout the afternoon at 12:30, 1:30 and 2:30. **Be sure to pick up your FREE copy of the new 2018 Parent's Guide to Howard County.** For more information, contact the Howard County Office of Children and Families at 410-313-1940 (voice/relay) or [children@howardcountymd.gov](mailto:children@howardcountymd.gov).

**FREE ADMISSION!**

**Saturday, January 20  
1:00 - 4:00 pm**

 Howard County Office of  
**Children and Families**  
Department of Community Resources and Services

**Ten Oaks Ballroom** 5000 Signal Bell Lane, Clarksville, MD 21029

**Don't miss this annual event and the latest program info on:**

FAMILY CHILD CARE • CHILD CARE CENTERS • INFANT PROGRAMS • PLAY GROUPS • SUMMER CAMPS  
SCHOOL-AGE PROGRAMS • CO-OP NURSERY SCHOOLS • PRESCHOOLS and Much More!

## COLLEGE COSTS LOOMING?



**KNOW BEFORE  
YOU OWE!**

Student Loan Forum and Resource Fair

A panel of experts will answer questions about how to pay for college and shop for student loans. You'll discover:

- ▶ The Best Ways to Pay for Higher Education
- ▶ How to Evaluate Loans and Repayment Obligations
- ▶ Ways to Identify and Avoid Scams Targeting Students

**Wednesday, January 17 • 6:30 PM**

**Howard Community College**  
The Horowitz Center Smith Theatre  
10901 Little Patuxent Parkway  
Columbia, MD 21044

Space is limited; register NOW to secure your seat!  
[www.studentloanforum.eventbrite.com](http://www.studentloanforum.eventbrite.com)

For Agenda, Presenters And Additional Details  
[www.howardcountymd.gov/knowbeforeyouowe](http://www.howardcountymd.gov/knowbeforeyouowe)

 Howard County Office of  
**Consumer Protection**  
Department of Community Resources and Services  
[www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer)

A PARTNERSHIP PRESENTATION COURTESY OF



If you need this information in an alternate format, or need accommodations to attend, call 410-313-6420 (voice/relay) or email [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov) by January 4.

# G050+ FITNESS PROGRAM

G050+ membership packages are designed to enhance the quality of life for the 50+ population that lives, works and plays in Howard County.

A JOINT PROGRAM OF

 **Howard County**  
RECREATION & PARKS

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

## 50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- Game Room Areas
- Gymnasiums
- Walking Tracks
- Wellness Programs

### FREE

## G050+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Center Benefits
- Dance/Aerobics Studio\*
- Fitness Rooms

Resident: \$75 per year  
Nonresident: \$100 per year

## G050+ POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Fitness Benefits
- Pool Access During Open Swim Hours

Resident: \$175 per year  
Nonresident: \$225 per year

## Sign up now for LIVING WELL WITH HYPERTENSION

Tuesday, February 13 • 1:00 to 3:30 PM

### Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Do you want to learn more about managing hypertension or high blood pressure? Join us for **an interactive 2.5 hour workshop** that has been designed to help you better manage your condition. Topics covered include high blood pressure risk factors; learning to read food labels; reviewing sodium content in common foods; and medication management tips.

\$5 registration fee • To register, call:

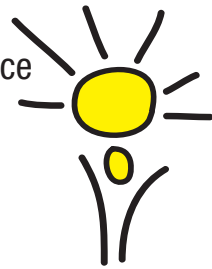
### Carla Johnston

Howard County Office on Aging and Independence  
Health and Wellness Coordinator

cjohnston@howardcountymd.gov

410-313-3506 (VOICE/RELAY)

www.howardcountymd.gov/livingwell



## P4C Pet Evaluations

**Paws4Comfort** fosters special bonds between pets, their owners and the County residents they visit.

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

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



### 2018 PET EVALUATIONS

JAN 4 • FEB 1 • MAR 1 • APR 5 • MAY 3 • JUN 7  
JUL 5 • AUG 2 • SEPT 6 • OCT 4 • NOV 1 • DEC 6



Evaluations are held at the  
**Bain 50+ Center**  
5470 Ruth Keeton Way  
Columbia 21044

Touching Hearts... One Visit at a Time

 Howard County Office on  
**Aging and Independence**

Department of Community Resources and Services

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Find us on  www.Facebook.com/HoCoCommunity

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

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## INCLEMENT WEATHER NOTICE

For information on closings and cancellations, call the **Inclement Weather/Program Status** at **410-313-7777** (VOICE/RELAY); or visit us online at **www.howardcountymd.gov/aging**, or **www.Facebook.com/HoCoCommunity**.

# SPOTLIGHT ON THE BAIN 50+ CENTER



[www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters) for all 50+ Center events

## Celebrate Diversity at the Bain 50+ Center

By Linda Ethridge, Director, Bain 50+ Center

Originally known as the Florence Bain Center, the Bain 50+ Center embodies the essence of James Rouse's original vision for Columbia as a community that celebrates diversity and is welcoming to all. The center was named for Florence L. Bain, a member of the County's Commission on Aging and its first chairwoman, in honor of her determination to better the lives of older adults in Howard County through the development of senior citizen programs and a dedicated senior center. Florence Bain retired in 1983 at the age of 86; the center was named after her upon its completion in 1986.

Today, as you walk down the halls of Bain, that spirit of diversity and community is alive and well. View the pictures of our members on the walls or peek into one of our classrooms and you might spot one of your neighbors, or experience a sense of ethnic or cultural familiarity. Recently, we welcomed new members — a couple from Iran — and they recognized another member from their community back home. I wish everyone could have witnessed that special encounter!

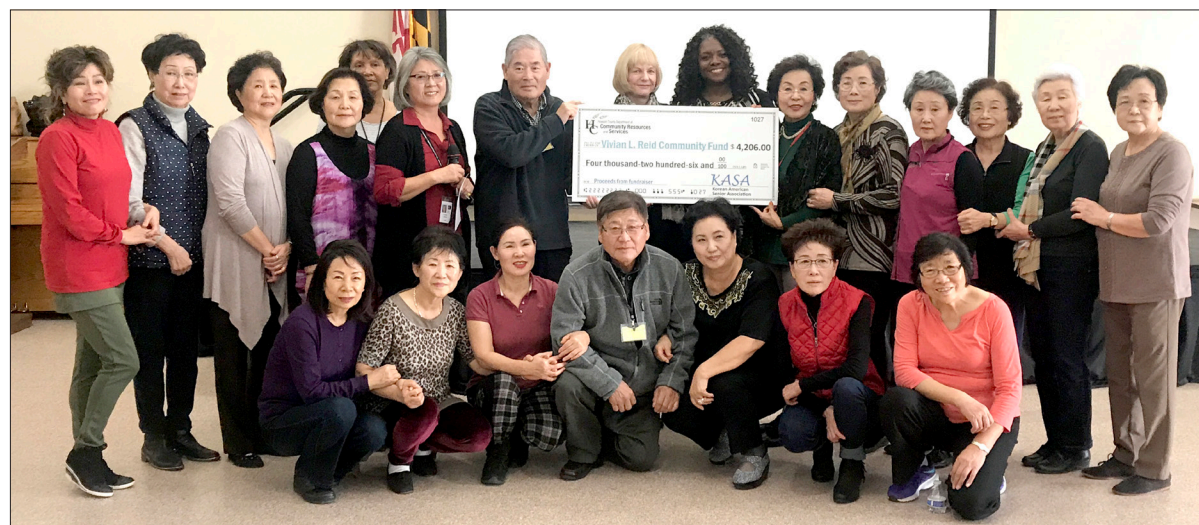
Bain's staff and volunteers take pride in providing a welcoming environment for all. We thank everyone coming in the door for sharing part of their day with us. We like to remind folks that they are welcome to take a class, visit with their neighbor, have a meal or simply sit in our beautiful and comfortable lobby and watch the fire glow. Offering everyone a sense of ease and the chance to relax without pressure is just as important as providing educational, recreational and physical activities to enhance and improve their quality of life.

Of course, our wide array of affordable programs and activities is what attracts many older adults to join us in the first place. Popular fitness programs like yoga, HCC's Better Health and Wellness program and Zumba® incorporate meditation, strengthening and/or aerobic exercises to boost energy, decrease stress and depression, and improve muscle strength. We also offer a chair yoga class for those with mobility concerns.

Creative arts and music appreciation programs, like our new Watercolor Art Class and ongoing opera series create opportunities for members to explore new interests. The monthly Brain Fitness program helps members maintain mental sharpness, and a daily lunch program helps them stay connected to the community and avoid social isolation. We also host a variety of support groups onsite, including the LGBT 50+ Support and Social Group, the first of its kind in Howard County, on the first Thursday of the month.

The Bain 50+ Center also gives members a chance to give back to the community through engaging volunteer activities; events sponsored by the Korean Americans Senior Association and the Bain 50+ Center Council raise money for the Vivian L. Reid Community Fund and center programs. Our volunteers make new friends while having fun and helping others. Come join us to find out more about how the Bain 50+ Center can enhance your life!

For more information on Bain 50+ Center programs and services, visit us at 5470 Ruth Keeton Way in Columbia, call 410-313-7213 or visit [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters).



**IN APPRECIATION OF KASA** The Korean American Senior Association (KASA), pictured above, recently presented a check to the Vivian Reid Community Fund for Older Adults in the amount of \$4,206. Each year, KASA donates the proceeds from fundraisers held at the Bain 50+ Center. Accepting on behalf of the Howard County Department of Community Resources and Services were Director, Jackie Scott, and Peggy Hoffman, Division Manager, Office on Aging and Independence.

## 23<sup>rd</sup> Annual Penguin Pace 5K: Enriching the Lives of Our Seniors

Join the Bain 50+ Center Council and the Howard County Striders  
February 4, 2018 • 7:45 am

Not only can you join the fun and burn off some calories before your Super Bowl party, you'll also benefit a dynamic cause. Event proceeds will enable the 50+ Center Council to subsidize many Bain 50+ Center activities, which provide health, education, art and social activities to older adults throughout Howard County, truly "enriching the lives of our seniors."

Race participants will receive a Penguin Pace 5K t-shirt, post-race brunch and award ceremony at the Bain 50+ Center in Columbia. To register please visit <https://register.chronotrack.com/r/34431>. Registration is \$35 (plus processing fee) and limited to 500 runners. There is no walk-in registration on race day. For more information, go to [www.striders.net/penguin-pace](http://www.striders.net/penguin-pace).

If you are unable to participate in the race itself, but would like to help, The Bain Center Council welcomes both sponsors and donors to support the event. For more information, email Peter Eisenhut, Bain 50+ Center Council at [Bain.Council.comm@gmail.com](mailto:Bain.Council.comm@gmail.com) or call 443-535-2250.

