

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

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Make New Habits – Not Resolutions – for a Healthy Start to the New Year

Let's face it – all those ambitious diet and exercise goals made on New Year's are often abandoned shortly thereafter. While it's true that making healthy eating and exercise a regular part of your life is easier said than done, it is possible, and well worth the effort. Finding an activity that aligns with your needs and current fitness level will greatly increase your chances of successfully sticking with it and realizing the benefits of increased physical activity.

Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age – even if you have a health condition such as arthritis, diabetes, or heart disease. In fact, regular

physical activity may reduce your risk of developing other conditions. Be sure to talk with your doctor about the types and amounts of physical activity that are right for you.

Whether you want to lose weight, improve strength, gain better balance, or reduce stress, the Office on Aging and Independence (OAI) can help you achieve your goal. If you aren't sure where to start, OAI's new Exercise Specialist, Malarie Burgess can help. In her role, she coordinates OAI's fall prevention programs, Stepping Up Your Nutrition and Stepping On; coordinates Cycle2Health; and delivers presentations at 50+ centers to promote the benefits of exercise for Howard County's older adult population. "I encourage older adults who are considering a new exercise program to contact me so we can find the best options to fit their needs," says Burgess, who has six years of experience as a group fitness instructor, plus an additional three in physical rehabilitation. Her immediate goal is to share information about the wide variety of exercise options available at 50+ centers, and to dispel the notion that classes are just for "old people." Burgess would like to see more Howard County residents who are 50 and older discover the benefits of exercising at their local 50+ center. "There really is something for everyone, from low impact through high intensity," she says.

In fact, the fully-equipped fitness rooms at the Ellicott City 50+ Fitness Center, and the Elkridge, North Laurel and Glenwood 50+ Centers appeal to those who want to work out independently at a higher level of intensity. Many now offer extended hours (Elkridge's equipment room is now open Tuesdays and Thursdays until 8 pm and Saturday mornings from 8:30 am to noon); they are affordable too. The Go50+ program allows Howard County residents age 50 and older to use cardio and strength equipment at these centers as well as the Roger Carter Recreation Center for one low annual rate (\$75 for Howard County residents). First-timers are welcome but are encouraged to schedule a free fitness room orientation to get started.

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A Message from Howard County Executive **Calvin Ball**

Greetings and Happy New Year! I am excited for the beginning of my first full year as your Howard County Executive. I look forward to working with you in 2019 to create the best Howard County for us all.

In 2019, my administration will focus on issues that will help improve your quality of life. First and foremost, I will be reviewing our public transportation system and making sure it is serving the needs of our senior population. Every resident of Howard County deserves mobility and we must work to provide the resources needed so everyone can enjoy the amenities of our county.

Ensuring equity and accessibility for all of Howard County's children and families is another priority of my administration. I will be counting on our senior population to be mentors to our students and engaged in our classrooms. In return, I look forward to working with our schools and encouraging students in the county to visit and learn from the wisdoms of their elders.

Finally, as we head into the new year, a pressing issue will be the future of Ellicott City. We can no longer avoid the realities of an everchanging climate. Steps must be taken to ensure the safety and security of Ellicott City's citizens, homeowners, and business owners to make Ellicott City more sustainable for future generations.

I am committed to providing all residents of Howard County, and specifically, our senior residents, a government that will fight for you. I look forward to working with you in your community in 2019 and beyond! Thank you and, together, let's make a wonderful New Year.

New Year, New Habits

**Join Exercise Specialist Malarie Burgess for
a "fit" way to start off the New Year!**

Thursday, Jan. 17 • 10:15 to 11:15 am • Elkridge 50+ Center

Thursday, Jan. 24 • 11:00 am to noon • North Laurel 50+ Center

FREE. To register, call: 410-313-6073

Guard Against Tax and Employment ID Theft

From the Howard County Office of Consumer Protection

Tax season is coming and con artists are hoping to collect your tax refund before you do.

The IRS uses your Social Security Number (SSN) to make sure your filing is accurate and complete, and that you get any refund that's due. But, if someone uses your SSN to file for a tax refund before you do, the IRS may process that return and issue a refund. When you file your return later, you'll get a letter from the IRS saying more than one return was filed for you. You could also get an IRS letter stating you owe additional tax or that collection actions have been taken against you for a year you didn't file a return.

If someone uses your SSN to get a job, the employer may report that person's income to the IRS using your SSN. When you file your tax return, you won't include those earnings and the IRS will contact you about the wages you didn't report.

An unexpected letter from the IRS could be the first sign that someone else is using your SSN. But, be aware that the IRS doesn't start contact with a taxpayer by sending an email or text that asks for personal or financial information. If you get an email that claims to be from the IRS, do not reply or click on any links. Instead, forward it to phishing@irs.gov.

If You Learn You're a Victim of Tax-Related Identity Theft

If you think someone used your SSN to file a return or the IRS mails you a letter indicating a problem, contact the IRS immediately at 800-829-0433. Specialists will work with you to file your tax return, get you any refund you're due, and protect your IRS account from identity thieves in the future.

In addition, report the theft of your SSN to the police and obtain a police report. This will be helpful if you find out your SSN was used in other fraudulent ways. The Federal Trade Commission offers additional support at www.identitytheft.gov.

Check your credit reports and notify credit reporting agencies of any accounts you didn't authorize. Either freeze or place a fraud alert on your credit reports to reduce the risk unauthorized accounts in the future. Contact:

- Equifax — www.equifax.com • 800-525-6285
- Experian — www.experian.com • 888-397-3742
- Trans Union — www.transunion.com • 888-680-7289

Reduce Your Risk

- File early so that the IRS gets your return before a scammer can file one.
- Keep financial and tax records secure and shred documents you no longer need.
- Recognize and avoid phishing texts and email. Don't click on links or download attachments.

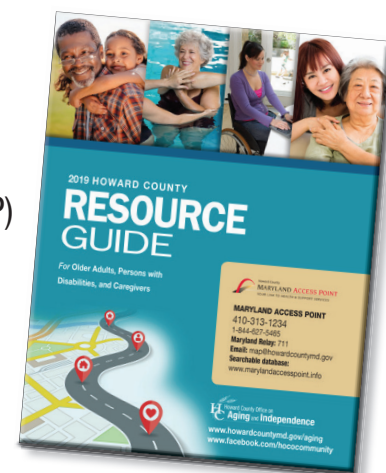
For more information on this or other consumer topics, or to obtain this information in an alternative format, contact the Howard County Office of Consumer Protection at 410-313-6420 (voice/relay) or consumer@howardcountymd.gov.

2019 Resource Guide Now Available!

Copies are available from the Office on Aging and Independence (OAI); at any of the OAI 50+ Centers; and at all Howard County Library locations.

Or, contact Maryland Access Point (MAP) at 410-313-1234 (voice/relay) or map@howardcountymd.gov to have one sent to you.

howardcountymd.gov/aging



Are You the Parent of a Child with Disabilities?



Powerful Tools
FOR Caregivers

The Caregiver Support Program of the Howard County Office on Aging and Independence is excited to offer Powerful Tools for Caregivers (PTC), an evidence-based program designed with the parent's well-being in mind.

This six-week series of two-hour classes offers parents opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

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

January 15 thru February 19, 2019

6:00 to 8:00 PM

— SIX CONSECUTIVE TUESDAYS —

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

\$30 fee covers all materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY)

kwehr@howardcountymd.gov

If you are the parent of a child with disabilities, we encourage you to register today! Our goal is to improve the lives of parents (and ultimately their children) through outreach, conversation, training and resources.

Make New Habits, Not Resolutions *(continued from page 17)*

The Elkridge 50+ Center has also added new group fitness options during its extended evening hours, including a high energy Zumba Gold® class on Tuesdays at 7pm; Yoga for Anxiety and Depression or Gentle Yoga at 6 pm on Tuesdays; and a Beginner Mat Pilates class on Thursdays at 7 pm. Fees vary; contact the center at 410-313-5192 for details. "These classes are especially popular for our members who are still working," says Jeanne DeCray, the center's director, who also has a background in fitness.

The Ellicott City 50+ Fitness Center has also seen an increased demand for its programs and will expand its quarterly exercise class pass program in January. A three-month unlimited class pass is \$125 which allows you to participate in any or all of the fitness center's 25 weekly classes, from Active Yoga to Zumba® Toning. A \$5 per class drop-in fee is a great option for those who want to try a class first to see if it meets their needs. "Most instructors demonstrate high and low options but teach to mid-level intensity," says Cindy Saathoff, director of the Ellicott City 50+ Center. "To derive maximum benefit from these classes, participants should be able to get up and down off the floor and walk without assistance."

Whether you choose to work out on your own or join a class at a fitness center or one of our 50+ centers, resolve to make it a regular part of your weekly routine. In fact, your most important resolution this new year should be to find an activity that you can make a habit! For more information, or to find a 50+ center near you, visit www.howardcountymd.gov/50pluscenters.

Are You & Your Pet Ready to Share Your Hearts?

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

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

PET EVALUATIONS are held
the 1st Thursday of each month

Jan 3 • Feb 7 • March 7 • April 4
May 2 • June 6 • July 11 • Aug 1
Sept 5 • Oct 3 • Nov 7 • Dec 5

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

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



Touching Hearts... One Visit at a Time

www.howardcountymd.gov/aging

Howard County's 2019 Children on Board CHILD CARE & PRESCHOOL INFORMATION FAIR

Sunday, January 27
1:00 to 4:00 PM

FREE ADMISSION!

We ask that you bring a non-perishable food item(s) or an unopened donation of diapers for the Howard County Food Bank

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

BACK BY POPULAR DEMAND!
Each hour, Parents as Teachers will present a brief, informational session on *How to Choose an Early Childhood Program*

Get the latest information on

- Family Child Care
- Preschools
- Summer Camps
- School-Age Programs
- Child Care Centers
- Infant Programs
- Play Groups
- Co-op Nursery Schools and much more!

Howard County Office of
Children and Families

Department of Community Resources and Services
www.howardcountymd.gov/children

If you need accommodations to participate, contact the office no later than January 18. If you need this information in an alternate format, call 410-313-1943.



410-313-1940 (VOICE/RELAY) • children@howardcountymd.gov

GO50+ FITNESS PROGRAM

GO50+ 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

GO50+ 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

GO50+ 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

AARP Tax Aide Returns

Offering FREE 2018 Income Tax Preparation

AARP and the IRS will offer personal income tax preparation for Howard County residents from February 1 through April 15 at all 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, 2017 Federal and Maryland tax returns, and all 2018 tax documents. Self-employment returns with more than \$10,000 in expenses and complex returns are not eligible for this service.

Tax prep assistance is available at the following Howard County 50+ centers. Appointments are required at all locations; call the listed number (beginning January 15) for specific hours of availability.

Tax Assistance Sites

Appointments Required at All Locations

Bain 50+ Center • 443-741-1220
5470 Ruth Keeton Way, Columbia 21044

Monday/Tuesday/Thursday — 10 am to 2 pm
Thursday — 10 am to 2 pm AND 4 pm to closing
Wednesday/Friday/Saturday — 9 am to noon

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

Wednesday — 9 am to noon

Elkridge 50+ Center • 410-313-5192
6540 Washington Boulevard, Elkridge 21075

Friday — CALL FOR HOURS

Ellicott City 50+ Fitness Center • 443-741-1220
9411 Frederick Road, Ellicott City 21042

Monday/Tuesday/ Fridays — 4 pm to closing

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

Thursday — CALL FOR HOURS

North Laurel 50+ Center • 410-313-0380
9411 Whiskey Bottom Road, Laurel 20723

Tuesday/Wednesday — CALL FOR HOURS



Department of Community Resources and Services

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

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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MEDICARE EDUCATION

FREE Information Presented by SHIP

MEDICARE 101 and 102 Two-Part Introduction

January 9 and 16 • 2:00 – 3:30 PM

Ellicott City 50+ Center

9401 Frederick Rd, Ellicott City, 21042

March 7 and 14 • 10:00 – 11:30 AM

Elkridge 50+ Center

6540 Washington Blvd., Elkridge 21075

Howard County's State Health Insurance Program (SHIP) will present 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.

FREE. REGISTRATION REQUIRED

Call 410-313-7389 to register.

For additional assistance with Medicare questions and concerns, contact SHIP:



410-313-7392

(VOICE/RELAY)

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



Department of Community Resources and Services



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

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