

# THE 50+ Connection

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

Department of Community Resources and Services

Volume 7, No. 11 • November 2017

## Caring for Howard County's Caregivers

### November is National Family Caregivers Month

Caregiving may be the hardest job you will ever have. In Howard County alone, it is estimated there are nearly 5,000 informal unpaid caregivers of individuals age 65 and over. For many, providing care to an aging parent or spouse brings added responsibilities to their daily schedules — driving to doctor's appointments, cooking meals, managing medications and daily care. To complicate matters, many family caregivers must juggle the responsibilities of multiple households, the needs of their own children and the demands of their careers.

No matter what your caregiver profile looks like, the **Howard County Caregiver Support Program (CSP)** can help. Through outreach and education, CSP staff identify caregivers who need support and tools to help them better navigate their caregiving roles. We realize that individuals who are busy providing physical and emotional care for others often overlook their own well-being, so caring for the caregiver is an area of particular interest to us as well. Here are some ways we can help:

**Powerful Tools for Caregivers** is a six-week class designed to help caregivers better manage personal stress, communication, emotions and decision-making.

Year-round educational sessions provide insight into topics ranging from dementia and Alzheimer's disease to consumer protection and scams. Addressing future needs and care preferences is the focus of Maryland Access Point's **Prepare to Care** series; other programs are led by area experts from NAMI, the Parkinson's and Alzheimer's Associations.

New to Howard County, the **Virtual Dementia Tour**® simulates what it is like to live with dementia (see ad at right). Participants say it deepens their understanding of the physical and mental challenges faced by those living with the disease.

**Practical Skills for Caregivers** is a five-week series offered in partnership with Howard Community College and taught by educators from the School of Nursing. The class provides family caregivers with the information and skills they need to safely care for their loved ones at home.

The **Connections Social Day Program** at Glenwood, Ellicott City and North Laurel is designed for adults who need more structure and supervision, but still want to stay active, have fun and remain connected to the community.

**Kindred Spirits**, also a day program, provides opportunities for socialization, companionship, support, education, and a sense of purpose for those diagnosed with early stage memory loss.

Never underestimate the power of support — the caregiver resources available through the Office on Aging and Independence (OAI) can help you address current challenges as well as prepare for future needs. Though you may not know

where your caregiving journey will take you, the Caregiver Support Program is here to guide you along the way. As former First Lady Rosalynn Carter so eloquently expressed,

**“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”**

For more information about caregiver support in Howard County, contact Kathy Wehr, Caregiver Support Program Manager, at [kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov) or 410-313-5955 (voice/relay).

### Do YOU know what living with dementia is REALLY like?

Take a walk in their shoes with the Virtual Dementia Tour®



VIRTUAL DEMENTIA TOUR  
YOUR WINDOW INTO THEIR WORLD

This workshop offers a hands-on experience that simulates dementia, and includes a debriefing and educational segment. It has been created to offer assistance and practical tools to help those who care for someone with dementia.

The Virtual Dementia Tour® is a clinically proven, evidence-based program, but it is also a life-changing experience — a brief, yet powerful, journey — that will provide insight and empathy to help anyone understand the realities of life with dementia.

**LIMITED SPACE AVAILABLE**  
**Schedule YOUR 15-Minute Personal Tour Today!**

**WEDNESDAY, NOVEMBER 8**  
6:00 to 8:00 PM

**TUESDAY, DECEMBER 5**  
6:00 to 8:00 PM

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

To register or for more information:  
**EMILY LECLERCQ**  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov)  
**410-313-5917**  
(VOICE/RELAY)



[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

# Tips to Prevent Medicare and Health Insurance Fraud

**Affordable Care Act Open Enrollment — November 1 through December 15**  
**Medicare Open Enrollment — October 15 through December 7**

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

## Protect Yourself

- Medicare and health exchanges will not call you about benefits.
- Never give personal information to a caller you don't know. Don't trust Caller ID. Scammers can make your Caller ID appear legitimate.
- Beware of email that claims or appears to be from Medicare or the ACA health exchange. Verify the sender of any email that asks for personal information before responding.
- Affordable Care Act and/or Obamacare cards do not exist.

## New Medicare Cards

- New Medicare cards without social security numbers will be issued beginning April 2018 and ending in April 2019. New cards will have a unique number assigned to you.
- Beware of anyone who contacts you about your new card. Scammers will try to take advantage of this switch by saying that you have to pay for your card, or ask to verify your number.
- Medicare will never ask you to verify your number because they already have it.
- You will NOT be charged a fee to get your new card.
- If you get a suspicious call about your new card, report it to the Senior Medicare Patrol at 800-243-3425.

## Be Informed

- To learn more about ACA health insurance exchanges, visit [www.healthcareaccessmaryland.org](http://www.healthcareaccessmaryland.org) or call 410-500-4710.
- To access Medicare information online visit [www.medicare.gov](http://www.medicare.gov). In Howard County, contact SHIP at 410-313-7392.
- For consumer information or assistance, call the Howard County Office of Consumer Protection (OCP) at 410-313-6420 or visit [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer).

# Medicare OPEN ENROLLMENT

**October 15 through December 7, 2017**

**By appointment only. Call 410-313-7392.**

In addition to our regular schedule, take advantage of additional appointment availability.

## Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Thursday, November 2 • 5:00 – 8:00 p.m.

Saturday, November 4 • 9:00 a.m. – 1:00 p.m.

Thursday, November 30 • 5:00 – 8:00 p.m.

## East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

Tuesday, November 28 • 9:00 a.m. – noon

## Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

Friday, November 17 • 10:00 a.m. – 4:00 p.m.

## North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

Wednesday, November 8 • 1:00 – 4:00 p.m.

Wednesday, November 29 • 1:00 – 4:00 p.m.

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



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

410-313-7392 (VOICE/RELAY) • [www.howardcountymd.gov/SHIP](http://www.howardcountymd.gov/SHIP)

## New Dates Announced for LIVING WELL WITH HYPERTENSION

Wednesday, November 8 • 5:30 to 8:00 PM

Friday, December 1 • 10:30 AM to 1:00 PM

### Medical Pavilion at Howard County

10710 Charter Dr., Suite 100, Columbia 21044

Only \$5/person!

To register, contact **Jen Lee**

[jlee@howardcountymd.gov](mailto:jlee@howardcountymd.gov) • 410-313-5940 (VOICE/RELAY)

[www.howardcountymd.gov/livingwell](http://www.howardcountymd.gov/livingwell)



## 2017 PROJECT *Holiday*

The **Howard County Office on Aging and Independence** is collecting personal care items (see list at [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)) for low-income seniors who reside in assisted living facilities and in the community.

**Drop off your donations by December 11 at any  
Howard County 50+ Center or the**

**Howard County Office on Aging and Independence**  
6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046

FOR MORE INFORMATION:

Debby Magin at 410-313-6063 (VOICE/RELAY) • [dmagin@howardcountymd.gov](mailto:dmagin@howardcountymd.gov)

# Howard County Supports Veterans



The Howard County Office of Veterans and Military Families (OVMF) recognizes the growing needs of the more than 20,000 veterans who call Howard County home. Part of the Department of Community Resources and Services, the OVMF provides access to information, services and resources for veterans of all ages as well as their military families, dependents and survivors.

## Some of the OVMF's Key Initiatives

- Annual Veterans Resource Fair
- Partnerships with the VFW, American Legion, Marine Corps League, Fort Meade Leadership and others
- Veterans Monument (Future)
- Reserved Veteran Parking Sign Program
- Flag Retirement Container, Alpha Ridge Landfill
- Veterans Day Parade
- Veterans Speakers' Bureau
- Monthly Resource e-Bulletin
- Veteran Employment Support
- Veteran Legislation Support

The OVMF also partners with service providers to address more complex issues, including employment, education, mental health, wellness, recreation, housing and human services. In collaboration with the Maryland Department of Veteran Affairs (MDVA), a Veteran Benefit Specialist is available onsite

at the Howard County MultiService Center, located at 9900 Washington Boulevard, in Laurel. Call 410-313-0229 for office hours and more information.

Howard County also supports the initiatives of the Commission for Veterans and Military Families which aims to strengthen the county's capacity to care for veterans and their families. The Commission's monthly meetings are open to all. For more information about the Commission and the Howard County Office of Veterans and Military Families, contact Lisa Terry at 410-313-0821 or [lbterry@howardcountymd.gov](mailto:lbterry@howardcountymd.gov).



## Annual Holiday Luncheon

Join us for a festive luncheon with holiday music. Choose an entrée: Chicken Marsala or Vegetarian option. Registration Deadline: December 6 • \$26/person.

**Thursday, December 14 • 11:30 a.m. - 1:30 p.m.**  
Turf Valley Conference Center

To register, contact Elaine Widom  
410-313-7353 • [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)

## Low Vision Group & MSLBP

Ashley Biggs, from the Maryland State Library for the Blind and Physically Handicapped (MSLBP) will share library resources, events and outreach activities, and answer questions.

No charge; RSVP required by November 9.

**Tuesday, November 14 • 10:30 - 11:45 a.m.**  
Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

For more information, contact Elaine Widom  
410-313-7353 • [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)



A Howard County Initiative  
of Operation Gratitude in  
Support of All Who Serve

## DO YOU LIKE TO KNIT OR CROCHET?

Operation Gratitude collects homemade scarves for military members. Please drop off your homemade scarves (in individual sealable plastic bags) no later than November 15.

Please pin a note to each scarf with the yarn fiber contents listed and feel free to include a personal note for a military member.

Our soldiers are always deeply touched by the care and effort when they receive gifts, but especially handmade items sent from supportive fellow Americans at "home."

- ▶ Scarves should be 5-6" wide x 36" long. **Please, NO fringe!**
- ▶ Scarves can be made from wool or acrylic yarn or non-flammable fleece.

**Drop off at any Howard County 50+ Center or the Howard County Office of Veterans and Military Families**



For more information, contact Lisa B. Terry

★ PHONE 410-313-0821 (VOICE/RELAY)

★ EMAIL [lbterry@howardcountymd.gov](mailto:lbterry@howardcountymd.gov)

6751 Columbia Gateway Drive, Suite 300, Columbia, MD 21046  
[www.howardcountymd.gov/veterans](http://www.howardcountymd.gov/veterans) • [www.facebook.com/HoCoMilitary](http://www.facebook.com/HoCoMilitary)



Department of Community Resources and Services

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# Howard County 50+ Centers

## CALENDAR HIGHLIGHTS

# NOVEMBER

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	29	30		

Go to [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters) for a complete list of events, programs and services.

### Bain 50+ Center

Thursday, November 9 • 9:30 a.m.

#### Veterans Day Waffle Bar

To recognize all that our veterans have done for us, we honor and thank them with a Veterans Day Waffle Bar. Enjoy a hot waffle with all the toppings. FREE. RSVP by Friday, November 3 to 410-313-7213.

Thursday, November 30 • 1:00 to 2:30 p.m.

#### BETA's Holiday Celebration: Flamenco!

Maria Walewska Rodriguez presents a Spanish classic dance performance and discussion of traditional "palos" flamencos. Audience participation is encouraged! FREE. RSVP to 410-313-7213.

### East Columbia 50+ Center

Wednesday, November 1 • 3:00 to 5:00 p.m.

#### Ask a Tax Expert Happy Hour

Bring in your tax questions, then stay to sample mocktails and hors d'oeuvres! FREE. Register at 410-313-7680.

Tuesday, November 7 • 3:30 p.m.

#### Technology Café

Need a little help with your electronic devices? Our tech geniuses from the Columbia Association Tech will help clear your confusion! FREE. Register at 410-313-7680.

### Elkridge 50+ Center

Thursday, November 2, 10:30 a.m. to noon

#### Equifax Security: Get the Facts

The Howard County Office of Consumer Protection joins us to share facts about the Equifax breach; learn what you can do to secure your personal information. FREE. Register at 410-313-5192.

Thursday, November 9 • 10:30 a.m. to 12:30 p.m.

#### Veterans Day Celebration

Celebrate Veterans Day with a homemade chicken and waffle lunch followed by a presentation to honor our veterans. FREE. Donations accepted. RSVP to 410-313-5192.

### Ellicott City 50+ Center

Thursdays, November 2, 9, 16 and 30 • 1:30 p.m.

#### News! Is it Real or is it Fake?

Kris Juffer, Ph.D. will discuss how to determine if news sources and information are credible. FREE. Register at 410-313-1400.

Tuesday, November 7 • 11:00 a.m.

#### Brain Training

Speech Language Pathologist Julie Rowlett uses engaging games and strategies to improve brain health and strengthen memory, attention, reasoning, and organization skills. FREE. Register at 410-313-1400.

### Glenwood 50+ Center

Wednesday, November 8 • 11:30 a.m.

#### Veterans Day Luncheon

Join us for our annual luncheon to honor veterans, catered by Mission BBQ. Enjoy a short program, stories and displays. \$10; FREE for veterans. Register at 410-313-5440.

Thursday, November 14 • 1:00 p.m.

#### Gifts From the Kitchen

This hands-on workshop features fun and unique ideas for food-related holiday gifts and creative packaging that friends and family will love! \$10. Register at 410-313-5440.

### North Laurel 50+ Center

Tuesday, November 14, 28 and December 5, 10:00 a.m. to noon

#### Journaling with Zentangle®

Expand your tangling and enrich your life through art while creating a personalized journal to record your development. \$35 plus \$10 materials fee. Register by November 10 at 410-313-0380.

Wednesday, November 29 • 11:00 a.m. to noon

#### Shake, Move and Groove Dance Social

Enjoy a DJ mix of dance music from Ballroom to Latin to just good old moving and grooving. Join us to work off that Thanksgiving feast. \$3. Register at 410-313-0380.

## Holiday Craft Boutique

Wednesday, November 29

9:00 a.m. to 4:00 p.m.

\$1 ADMISSION

This annual holiday shopping event features more than **40 fabulous vendors** of gifts galore... so it's easy to find the perfect item for everyone on your list!

### Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

For details or additional information, call 410-313-1400.



Find us on Facebook at [www.facebook.com/HoCoCommunity](http://www.facebook.com/HoCoCommunity)

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