

# THE 50+ Connection

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

A Publication of the Department of Community Resources and Services

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## A Message from Howard County Executive Calvin Ball



As your Howard County Executive, I am committed to making this community the very best it can be, for residents of all ages. I plan to write to you in these pages regularly, to share our work on behalf of our older adults.

We currently have a robust aging services network that includes six 50+ centers plus a nutrition site, a Loan Closet, a coordinated system of assistance, and multiple programs and resources that focus on healthy aging, managing chronic disease, and promoting well-being. Looking ahead, I envision an age-friendly Howard County that builds on our strengths to provide the highest quality services and resources to enrich your lives.

I am excited to announce a major initiative that will make our county more responsive to your needs and desires. Howard County will officially be designated by the World Health Organization and AARP as an **Age-Friendly Community**, ensuring our older adults receive the resources and supports they need to live well and age with dignity. We plan to launch the initiative later this fall and have named an Age-Friendly Coordinator to help oversee the designation process. I hope that when the launch arrives, you will add your voice to the conversation and help us address the barriers older adults face.

In the meantime, to learn more about opportunities and services, I hope you'll join me on October 19 for **Master Aging** (a reimagined event which replaces the 50+EXPO). The host site for the event will be Howard Community College from 10 a.m. to 3 p.m. Master Aging will offer seminars, exhibitors and entertainment, as well as a keynote address from renowned author Kerry Hannon. See you there!

## Master Aging to Reframe Aging for All

Howard County's **MASTER AGING** event aims to reframe the concept of aging by highlighting opportunities for continued growth and innovative ways to age well. Join us on Saturday, October 19, from 10 a.m. to 3 p.m. at Howard Community College (HCC), 10901 Little Patuxent Parkway, in Columbia. Activities will be held in three buildings within easy walking distance of each other on HCC's campus — Duncan Hall, the Health Sciences Building and the Horowitz Visual and Performing Arts Center. Admission is \$1.

Master Aging features a keynote by author Kerry Hannon; her new book and the title of her address is *Never Too Old to Get Rich — The Entrepreneur's Guide to Starting a Business Mid-Life*. Co-sponsored by Howard County Recreation & Parks, the keynote begins at 11 a.m. in the Smith Theatre in the Horowitz Visual and Performing Arts Center. Registration is encouraged at <https://HoCoMasterAging.eventbrite.com>. Following her keynote, Hannon will host *Conversations with Kerry*, a Q&A discussion and book signing at 12:30 p.m. in the Health Sciences Building lecture hall.

Master Aging attendees will find 62 exhibitors on-site with information and resources for healthy aging, and can participate in a series of free, interactive seminars. **Master Your Fitness** features instructor-led fitness demos; **Lifelong Learning and Leisure** highlights travel tips from Howard County Recreation & Parks, gardening guidance from a Howard County Master Gardener, and continuing education opportunities from Howard Community College staff. In **Master Smart Tech**, you can get one-on-one assistance with your smart devices from students of the Howard County's Applications and Research Laboratory.

Discover what Howard County 50+ Centers can offer you in **Not Your Parent's Senior Center**; and stop by **Live Well, Be Well** to take charge of your health with support from the Maryland University of Integrative Health and University of Maryland Faculty Physicians. Explore the possibilities of life after 50 at **Master Your Encore** presented by Encore Howard County.

The **Capitol Steps** take the stage in the Smith Theatre at 2 p.m. Tickets are \$5 and can be purchased at the Smith Theatre ticket booth in the Horowitz Visual and Performing Arts Center. Proceeds benefit the Vivian L. Reid Community Fund, which provides emergency financial assistance to older adults and adults with disabilities in Howard County.

Plenty of free parking is available on campus, with 75 accessible spaces and an additional 200 spaces reserved for those with handicapped placards. For more information and a schedule of **Master Aging** events, visit us at [www.howardcountymd.gov/masteraging](http://www.howardcountymd.gov/masteraging) or on Facebook at [www.Facebook.com/HoCoCommunity](http://www.Facebook.com/HoCoCommunity), **#HoCoMasterAging**.



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

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## Join the Office on Aging and Independence for a 2019 Thanksgiving Celebration Luncheon!

Thursday, November 14 • 10:30 am  
Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029

Tickets available at all Howard County 50+ Centers  
\$15/person (all sales final; no refunds)

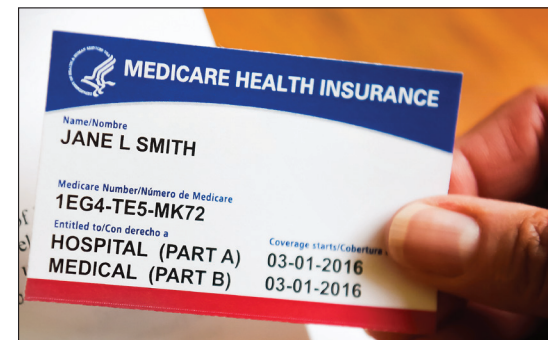
Bring Non-Perishable Food for the Howard County Food Bank to help those in need this holiday season.

410-313-5440 (VOICE/RELAY)

# Medicare Open Enrollment Oct 15 through Dec 7

It's time to review your current Medicare plan to see if it will work for you next year. You can stay in your current plan if you are happy or compare plans to see if there is an option that better fits your needs. There are several ways to shop for and enroll in plans, including:

- **Contact SHIP** — Howard County's State Health Insurance Assistance Program — at 410-313-7392 (voice/relay) to schedule an appointment with a SHIP counselor. Leave a message and your call will be returned in the order that it was received.
- **Call 800-MEDICARE** (800-633-4227). Medicare's customer service line is open 24 hours a day, seven days a week, except major federal holidays (TTY line 877-486-2048).
- **Visit Medicare.gov** and click on "Find Health and Drug Plans" to use the Plan Finder tool.
- **Attend a Medicare Open Enrollment event.** Visit [www.howardcountymd.gov/SHIP](http://www.howardcountymd.gov/SHIP) for a schedule of events in Howard County.



## The Loan Closet of Howard County

Assistive Technology and Resources for All Ages

The Loan Closet of Howard County is moving to a new location and expanding to better serve you!

To prepare for our move, the Loan Closet will be closed Monday, October 7 through Monday, October 14, and will reopen at our new location on **Tuesday, October 15** at

**7125 Riverwood Drive, Suite D1  
Columbia, MD 21046**

PHONE 410-313-0363 (voice/relay) • FAX 410-313-0369

Find the Latest Updates at [howardcountymd.gov/loancloset](http://howardcountymd.gov/loancloset)

## Handmade with LOVE

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

**IF YOU KNIT OR CROCHET**, the Howard County Office of Veterans and Military Families is collecting homemade **SCARVES AND HATS** for military members. Drop off your handmade items no later than **Friday, November 8**, at the **Department of Community Resources and Services (DCRS)** or one of the **Office on Aging and Independence 50+ Centers**.

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

- scarves should be 4-6" wide x 48" to 50" long (no fringe)
- hats should fit an adult-size head
- colors: blues, browns, olive, grays, maroon, and black; red/white/blue combinations are acceptable
- materials: wool, acrylic or non-flammable fleece

For more information, contact **Lisa B. Terry**

★ PHONE **410-313-0821** (VOICE/RELAY)

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

9830 Patuxent Woods Drive, Columbia, MD 21046

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**Walk Maryland** is a celebration of our official state exercise — walking! It's also a call to action to promote awareness that regular walking can improve your health and encourages Marylanders to participate in local walks.

**Join one of the following Howard County walks on Wednesday, October 2, at 9 a.m.**

**A Walk in the Park**

**North Laurel 50+ Center**

Register at 410-313-0380 (VOICE/RELAY)

**Neighborhood Walk with AARP and the Elkridge 50+ Center**

**Elkridge 50+ Center**

Register at 410-313-5192 (VOICE/RELAY)

**Glenwood Walks**

**Glenwood 50+ Center**

Register at 410-313-5440 (VOICE/RELAY)

## Next Steps

**Creating a New Future After Loss**

**Ellicott City 50+ Center**

Wednesdays, October 16 through November 6  
10:00 to 11:30 a.m.

New from SeniorsTogether, this interactive group tackles the issues of personal identity and a changed life after loss. Using a variety of approaches, explore how to build self-esteem and confidence; make new choices; and create positive thinking for the future. FREE. Pre-registration is required by October 11. Contact Karen Hull at 410-313-7466 (VOICE/RELAY) or email [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov).



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