

# THE 50+ Connection

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

Department of Community Resources and Services

Volume 7, No. 9 • September 2017

## Age Masterfully at Howard County 50+ Centers

When someone says “senior center,” images of bingo may be the first thing that come to mind, but today’s senior centers – more specifically named 50+ Centers in Howard County – offer so much more. During National Senior Center Month, the Office on Aging and Independence (OAI) is celebrating the vital community resources they provide.

This year’s theme, “Senior Centers: Masters of Aging,” emphasizes the knowledge and experience 50+ center staff bring to their communities, planning programs to empower older adults to be strong, confident and independent; enlightening them to broaden their horizons with new choices and adventures; engaging those who want to develop friendships and social connections; and enriching the lives of participants and their communities.

Since 2007, the National Institute of Senior Centers — part of the National Council on Aging (NCOA) — has celebrated National Senior Center Month in September. NCOA research shows that older adults who participate in senior center programs experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being.

As more and more members of the baby boom generation approach retirement, senior centers across the country are developing new programs and opportunities to meet the needs and interests of this dynamic generation of older adults.

“Today’s older adults aren’t looking to slow down,” said Barbara Scher, OAI’s 50+ center division manager. “They want to make new friends, learn new skills, and remain relevant in the community. We support their curiosity and growth through fun and engaging programs, while also providing practical tools and resources to help them stay healthy and independent.”

Howard County’s six 50+ centers offer a welcoming environment where older adults find friendship, meaning and purpose while promoting a positive image of aging. Located in Columbia (Bain and East Columbia 50+ Centers), Elkridge, Ellicott City, Glenwood and North Laurel, each center offers programs and resources to meet participants’ needs and inspire them to make the most of their time. Whether through fitness classes, social activities, benefits counseling, health screenings or a vast variety of other programs, 50+ centers truly are the experts on healthy aging in the community. For a sampling of the activities that await you, check out the center-spread of this issue to find activities happening this month at local centers.

Come see for yourself how Howard County’s 50+ centers can help you age masterfully. To find a center near you, see the list on the Calendar of Events spread in this issue; call Maryland Access Point at 410-313-1234 (voice/relay); or check out the full listing of activities at [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters).

## Connections Social Day Programs Offer Friendships, Creativity and Fun



In addition to six 50+ centers, Howard County’s Office on Aging and Independence operates three Connections Social Day Programs: Ellicott City, North Laurel and Glenwood. This program offers a structured, therapeutic environment for adults who need guidance and supervision to stay active, have fun and remain connected to the community. Pictured above at Connections Social Day Program at North Laurel, participants enjoy flower box building, an activity which facilitates manual dexterity and encourages creativity. For more information about the program, call 410-313-6537.

# Donation Scams Following Natural Disasters

When natural disasters strike, giving a monetary donation is usually the best way to help victims recover. Relief organizations can use cash donations to procure specific items for survivors based on need.

**Unfortunately, con artists often see natural disasters as a way to steal money from BOTH unsuspecting donors and disaster aid recipients.**

**Don't be pressured to make a donation immediately.** Legitimate charities give potential donors as much time as they want to decide; your donation will still be needed in the days and weeks to come. Never give donations via wire transfer, pre-paid debit cards or gift cards.

## Make Sure You are Dealing With a Legitimate Charity

- If the charity has an unfamiliar name or one that sounds very similar to another well-known organization, do some research before giving any money.
- Charities that solicit donations in Maryland must be registered with the Secretary of State. To find out if a charity is registered, visit: <http://sos.maryland.gov/Charity/Pages/default.aspx>. You can also check on the charity's reputation on websites like Charity Navigator and GiveWell.org, which rank charities based on efficiency, transparency and accountability.
- Ask whether the person calling works for the charity itself or a professional fundraising company. Professional fundraisers often take 80 percent or more of every donation for "administrative costs." Ask how much of your donation will go directly toward disaster relief.

- Be wary if the charity refuses to provide documentation of their 501(c)3 non-profit status or other identifying information such as a mailing address or website.
- Take care before making donations through social media. Unless you know the person requesting assistance personally, don't give until you verify that the cause is legitimate. Note that donations to individuals are usually not tax deductible. To claim a deduction, the charity must be registered as a non-profit with the IRS.

**Ask how any contact information you give will be used.** Once you give a donation, some organizations will contact you again and again. They may also sell or rent your contact information to other organizations. If you do not wish to be contacted in the future, ask to be put on the charity's "Do Not Call" list.

**Report any suspicious requests** for donations to the Howard County Office of Consumer Protection at 410-313-6420 or file a complaint electronically with the Maryland Secretary of State (website above).



For more information, contact the Howard County Office of Consumer Protection at [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov), 410-313-6420 or [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer).

## CONSUMER PROTECTION

### QUESTIONS? DISPUTES?

IDENTITY THEFT • LANDLORD/TENANT • FINANCIAL ABUSE • FRAUD SCAMS • SECURITY DEPOSITS • PRODUCTS • SERVICES



Howard County Office of  
**Consumer Protection**

6751 Columbia Gateway Dr., Columbia 21046

PHONE **410-313-6420** (VOICE/RELAY)

EMAIL [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov)



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



Howard County Office on  
**Aging and Independence**

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This publication is available in alternate formats upon request. To join our subscriber list, email [kahenry@howardcountymd.gov](mailto:kahenry@howardcountymd.gov)

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

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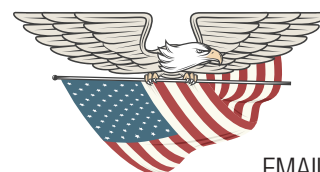
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Howard County Office of  
**Veterans and Military Families**

The VMF recognizes and addresses the growing needs of the **20,000+ VETERANS** who call Howard County home.

We are dedicated to providing guidance, information and resources for local veterans, military families, their dependents and survivors.



TELE **410-313-6400** (VOICE/RELAY)

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

# Disasters Don't Plan Ahead... But YOU Can!



PHOTO BY MARK MILLER

September is National Preparedness Month and Howard County's #ReadyHoCo initiative is here to help you do just that... **PREPARE!**



The goal is to create a more prepared, resilient community throughout all of Howard County. Take the following steps to prepare your homes, offices, places of worship, schools, and businesses.

**GET INFORMED** — Know what disasters could affect your area, which would call for an evacuation and when to shelter in place. To understand the common hazards in Howard County, download the Community Hazard Handbook at [www.ReadyHoCo.com](http://www.ReadyHoCo.com) and follow the Howard County Office of Emergency Management on Facebook and Twitter.

**STAY INFORMED** — Keep a NOAA Weather Radio tuned to your local emergency station and monitor local TV and radio alerts. To sign up for mobile alerts and warnings about severe weather in your area, download the FEMA app at <https://www.fema.gov/mobile-app>. The app enables you to receive alerts from the National Weather Service for up to five locations anywhere in the U.S.

**CREATE A NETWORK** — Create a support group of family and friends who can assist you during an emergency; share and practice your disaster plan(s) with them. Make sure they have an extra key to your home, know where you keep your emergency supplies, and how to use lifesaving equipment or administer medications. Also, reach out to your neighbors, especially those who live alone.

**KEEP MEDICAL INFO HANDY** — Identify back-up medical service providers. If you have routine medical treatments (i.e., dialysis) that are administered by a clinic or hospital, find out their emergency plan(s) and ask about back-up service providers. Keep a list of pharmacies that will deliver to your home or business; take pictures of all your prescription bottle labels and store them on your mobile device.

**GATHER A SUPPLY KIT** — Create and maintain an emergency kit of personal, health and home supplies. Include a two-week supply of prescription medications (most physicians will accommodate this request), enough ready-to-eat food and water to last three days, first-aid supplies, flashlights, extra batteries and a waterproof container for essential documents (or take photos of your documents with your cell phone). Since you do not know where you will be when an emergency occurs, prepare separate kits for home, work and your car.

**PROTECT YOUR MONEY** — Get your benefits electronically, if possible. A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments protects you financially, and also eliminates the risk of stolen checks.

The U.S. Department of the Treasury recommends two safe ways to get federal benefits:

- Direct deposit to a checking or savings account. Federal benefit recipients can sign up by phone at (800) 333-1795 or online at <https://fiscal.treasury.gov/GoDirect/>
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper.

**For more information, go to [www.ReadyHoCo.com](http://www.ReadyHoCo.com)**

Email [emergencymanagement@howardcountymd.gov](mailto:emergencymanagement@howardcountymd.gov) or call 410-313-6030 to request a free readiness packet. Follow the Howard County Office of Emergency Management on Facebook to participate in the September Preparedness Bootcamp and the chance to win prizes!

## Celebrating Recovery

*In July 2016, six inches of rain fell in two hours over Ellicott City. One year later, a new clock was unveiled to mark the recovery and celebrate the fact that more than 93 percent of businesses have reopened on Main Street.*

*Howard County has committed more than \$18 million to flood mitigation projects to lessen the impact of future storms on Ellicott City, emphasizing that preparedness is a shared responsibility between government and the community.*

**Contact the  
Howard County State Health  
Insurance Assistance Program (SHIP)  
for assistance with your  
Medicare questions and concerns!**

**410-313-7392**

**[www.howardcountymd.gov/SHIP](http://www.howardcountymd.gov/SHIP)**



## Medicare Education

**FREE Information Presented by SHIP**

**Using Medicare's Plan Finder**

**Thursday, September 28 • 7:00 – 8:30 PM**

Learn how to use the Plan Finder tool on [Medicare.gov](http://Medicare.gov) to compare and review Medicare prescription drug plans available to you.

**Bain 50+ Center**  
5470 Ruth Keeton Way, Columbia 21044  
**REGISTER AT 410-313-7389**

# Howard County 50+ Centers CALENDAR HIGHLIGHTS

SEPTEMBER

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.

## Bain 50+ Center

Friday, September 8 • 11:00 a.m.

### Tailgate & Celebrate

Wear your team gear and kick off the football season with a tailgate party featuring your favorites from the grill. Lunch donation applies; get tickets at the front desk by September 5.

Tuesday, September 12 • 10:00 a.m.

### Opera Goes to Hell, Part II

In Part II, Dr. Stern takes viewers on a DVD operatic journey with Arrigo Boito's "Mefistofele." Operatic superstars, breathtaking scenery and costumes. \$13/person. Register by September 6 at 410-313-7213.

Wednesday, September 13 • 9:00 a.m. to noon

### Flu Vaccination Clinic

FREE for individuals with Medicare B; low cost for those with Medicare HMO, PPO or other insurance. Pneumonia and high dose flu vaccine are also available. Appointments: 410-313-7213.

Tuesday, September 26 • 11:00 a.m. to noon

### Senior Center Month Celebration with Chuck Fischer

Maryland Senior Idol recording artist Chuck Fischer will sing his way into your heart with songs from The Platters, Bobby Vinton, Paul Anka, Frank Sinatra, Dean Martin and many more. FREE. RSVP: 410-313-7213.

Friday, September 15 • 1:00 to 2:30 p.m.

### BETA presents: Classical Indian Dance to Bollywood

Enjoy a discussion and demonstration of Bollywood and classical Indian dance by Jaya Mathur. Audience participation is encouraged! FREE; RSVP: 410-313-7213.

## East Columbia 50+ Center

Friday, September 1 • 10:00 a.m. to noon

### How Much is that Gift Card Worth?

Let us show you how to check your gift card balances. FREE.

Wednesday, September 6 • 11:00 a.m.

### Full Moon Ladies Texas Hold'em Lunch

Come and howl with the moon, play a little poker, have a little lunch (suggested lunch donation). FREE. Register: 410-313-7680.

Wednesday, September 13 • 11:00 a.m. to 2:00 p.m.

### BYOB-Bring Your Own Beads

Join our monthly group of bead-loving, jewelry-creating and repairing devotees! Instructor Paula Priviitte will offer a jewelry design class with new ideas and fresh techniques. \$15/person. Register: 410-313-7680.

Tuesday, September 19 • 1:00 p.m.

### Give a Nod to Podcasts

What are podcasts and why would you want to listen to them? Hear some samples and join in the craze. FREE.

Wednesday, October 4 • 11:30 a.m.

### Jonny Powell Returns!

Our very own Jonny Powell will walk us through the music and stories from the 50's. Lunch will be served (suggested donation). FREE. Register: 410-313-7680.

## Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Thursdays in September, 12:30 to 2:00 p.m.

### Origin and History of the Bible

Enjoy a fascinating journey into the oldest book in the world, presented by biblical scholar Thelma Carter. FREE. Lunch is available at noon by reservation; call: 410-313-5192.

Monday, September 11, 10:30 a.m. to noon

### ZOOmobile Program

The Maryland Zoo will bring the zoo to us! Don't miss this chance to visit with animals from all over the world. FREE; donations accepted.

Wednesday, September 20, 9:00 to 10:30 a.m.

### Waffle Bar

Enjoy homemade waffles with your favorite toppings plus eggs, sausage, fruit and coffee. Donations accepted. RSVP: 410-313-5192.

Friday, September 22, 10:00 a.m. to 1:30 p.m.

### Crab Feast

Enjoy steamed crabs, crab soup, BBQ chicken and more while listening to your favorite Oldies music. \$20.00/person. Reservations and more info: 410-313-5192.

Wednesday, September 27, 8:30 a.m. to 5:30 p.m.

### Harrington Slots

Relax on a comfortable coach bus as we travel to Delaware. \$25.00/person includes the bus ride, snacks, \$15 free slot play and discount lunch voucher. Limited seating; sign up at 410-313-5192.



## Luncheon at Timbuktu

CHOOSE: Crabcake Sandwich (\$23) • Hot Turkey Sandwich (\$17.50) or Fettuccine Alfredo (\$15) • All include dessert and ice tea.

Register NO LATER than September 13 (firm).

Thursday, September 28 • 11:30 a.m. to 1:30 p.m.

Contact Elaine Widom

410-313-7353 (VOICE/RELAY) • [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)

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!

## Ellicott City 50+ Center

Friday, September 8, 11:00 a.m. to 3:30 p.m.

### Mums' the Word

A small standard flower show and sale in the main building, featuring a broad variety of chrysanthemums. Flower show is FREE; lunch \$7 (must be paid at sign-up); served at noon. Register: 410-313-1400.

Fridays, September 8-29 • 11:00 a.m.

### How WWI Lead to the Confrontation of Ideologies

Historian Gary Kavanaugh will explore how the confrontation of the three great ideologies of the 20th Century led to World War II. FREE; held in the 50+ Fitness Center classroom. Register: 410-313-1400.

Tuesday, September 11 • 1:00 p.m.

### Travel Talk

Learn travel tips with travel consultants Andy Lunt and Debbie Richmond, including how to travel safely while having a great time. Register: 410-313-1400.

Monday, September 25 • 1:00 p.m.

### Documentary Day: American Lighthouses

Stop in the 50+ Fitness Center and watch documentaries to discover what the world has to offer, learn new things or focus on a fascinating topic! FREE.

September 25-29 • 10:00 a.m. to 2:00 p.m.

### Open House

Join us and see what the Ellicott City 50+ Campus has to offer! Take a guided tour of the main building, the Connections Social Day Program, and the 50+ Fitness Center. FREE.

## Glenwood 50+ Center

Wednesdays • 11:00 a.m.

### Drums Alive

Our new exercise class incorporates rhythms and movements using stability balls and drumsticks (check out our free demo on September 28). \$50/8 weeks. Register: 410-313-5440.

Wednesday, September 6 • 1:00 p.m.

### Art History: Crimes of the Art

As the world's third largest criminal enterprise, art crime creates a booming market for stolen and fraudulent art. Learn how art institutions struggle with stolen objects. FREE; register: 410-313-5440.

Monday, September 25 • 8:15 a.m.

### Nature Walk

Kick off Active Aging Week with a 2-hour walk through Western Regional Park, led by Kurt Schwarz of the Howard County Bird Club. Bring water, binoculars and sturdy shoes. FREE; register at 410-313-5440.

Thursday, September 21 • 7:00 a.m. departure

### Harpers Ferry Bus Trip

Travel with friends to Harpers Ferry, W.Va., for a guided tour, then visit the Jefferson County Courthouse and enjoy lunch in Charles Town. \$65/person. Register: 410-313-5440.

Friday, September 22 • 1:00 p.m.

### 21st Century Aviation Innovations

Our guest speaker for this historical presentation is from the College Park Aviation Museum. FREE; register: 410-313-5440.

October 1 through 31

### Trek to Turkey Town

Sign up to trek with us to Turkey Town; participate in various programs to earn travel miles. All those who complete the trek will earn a moisture management t-shirt. FREE; for details or to register: 410-313-5440.

## North Laurel 50+ Center

Wednesday, September 6 • 11:00 a.m. to 1:00 p.m.

### Labor Day Luau

Our end-of-summer party features a chicken BBQ lunch and live music by Ellis Woodward. Cost: lunch donation for those age 60+. Limited seating; tickets: 410-313-0380.

Friday, September 8 • 10:30 to 11:30 a.m.

### Estate Planning Seminar

Experts will provide information about estate planning essentials including wills, trusts, and powers of attorney. FREE; register: 410-313-0380.

Tuesday, September 12 • 11:15 a.m. to noon

### The Basics: Fall Prevention Exercise Workshop

This workshop includes strengthening exercises to increase balance, agility and coordination. FREE; register: 410-313-0380.

Mondays, September 25 through November 6 • 9:00 a.m.

### Mindful Mondays: Meditation & Movement

Try our 45-minute fusion class which combines guided meditation with light yoga stretches to incorporate mindfulness into your daily life. \$35/six sessions. Register: 410-313-0380.

Friday, September 15 • 9:00 a.m. to 1:00 p.m.

### Fall Book & Bake Sale

Browse from a variety of gently used books at bargain prices and enjoy fall-themed sweet treats. Come early for the best selection. Information: 410-313-0380.

## Howard County 50+ Centers

### BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia  
410-313-7213 • bain50@howardcountymd.gov

### EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia  
410-313-7680 • eastcolumbia50@howardcountymd.gov

### ELKRIDGE 50+ CENTER

TEMPORARY LOCATION: 5660 Furnace Ave., Elkridge  
410-313-5192 • elkridge50@howardcountymd.gov

### ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City  
410-313-1400 • ellicottcity50@howardcountymd.gov

### GLENWOOD 50+ CENTER

2400 Route 97, Cooksville  
410-313-5440 • glenwood50@howardcountymd.gov

### LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia  
410-313-7217

### NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel  
410-313-0380 • northlaurel50@howardcountymd.gov

[www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters)

# Reduce Your Risk: 6 Steps to Prevent a Fall

Sunday, September 22 is  
Falls Prevention Day

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips from the National Council on Aging.

- Find an exercise program to build balance, strength, and flexibility (i.e., the evidence-based SteppingON program).
- Talk to your health care provider to assess your risk of falling; share your history of recent falls.
- Review your medications with your doctor or pharmacist to make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- Get your vision and hearing checked annually and update your eyeglasses; your eyes and ears are key to keeping you on your feet.
- Keep your home safe – remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- Talk to your family members to enlist their support in taking simple steps to stay safe.

To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

## Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities

Howard County  
**MARYLAND ACCESS POINT**  
YOUR LINK TO HEALTH & SUPPORT SERVICES

**AS EASY AS  
1-2-3-4!**

**410-313-1234**

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!

 Howard County Office on  
**Aging and Independence**

410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov)

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

**BUILD CONFIDENCE. REDUCE FALLS.**

# SteppingON

Exercise and Strategies for Fall Prevention

A seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance.

Led by health and community-service professionals.

— \$28 includes 15 hrs of workshop (7 sessions) and materials —

**Join Us for the Next SteppingON Program!**

**JEANNIE DeCRAY**

410-313-6535 (VOICE/RELAY) • [jdecray@howardcountymd.gov](mailto:jdecray@howardcountymd.gov)

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

## START LIVING WELL TODAY!

### Living Well with Hypertension

An interactive evidence-based workshop designed for people who have been diagnosed with high blood pressure who want to learn how to better manage their condition.

**Tuesday, September 5 • 5:00 to 7:30 PM**

Medical Pavilion at Howard County  
10710 Charter Dr., Suite 100, Columbia 21044

**Tuesday, October 3 • 6:00 to 8:30 PM**

Medical Pavilion at Howard County  
10710 Charter Dr., Suite 100, Columbia 21044

### Living Well: Take Charge of Your Health

Topics include:

- Nutrition & Healthy Eating
- Appropriate Exercise
- Handling Pain, Fatigue, Frustration and Isolation
- Communication Skills
- Stress Management
- Goal Setting

**SUNDAYS • 11:30 AM to 2:00 PM**

**September 17, 24, October 1, 8, 15, 22**

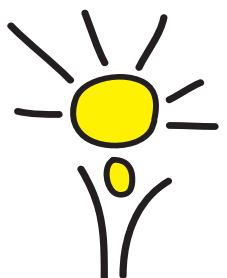
Christ Memorial Presbyterian Church  
6410 Amherst Ave., Columbia 21046

To register or for more information:

**JEN LEE**

[jlee@howardcountymd.gov](mailto:jlee@howardcountymd.gov)

**410-313-5940** (VOICE/RELAY)



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

# Don't Miss the 2017 Howard County 50+EXPO!

## Howard County's ever-popular annual EXPO is back for another information- and entertainment-packed day!

Presented by the Office on Aging and Independence, this year's theme — **Preparedness • Information • Education** — is at the forefront of the day's activities, offering attendees a broad spectrum of exhibits, health screenings, seminars and presentations to effectively plan for the future and age in place.

Food and beverages will be available for purchase in the Café 50+; music and dancing will entertain diners throughout the day. The Capitol Steps will bring their political satire to the stage for one show in the Rouse Theatre at 11:00 a.m. AARP will present the James Beard Documentary "America's First Foodie" at 1:00 p.m. The Horizon Foundation rounds out the theatre highlights with "Speak(easy) Howard" about crucial first steps to make sure one's care wishes are known if a critical situation arises.

Free door-to-door shuttle service is available from The Mall in Columbia; accessible parking only on-site. General admission is \$1 and the Capitol Steps is a \$5 suggested donation; all proceeds benefit the Vivian Reid Community Fund for Older Adults.



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

#HoCoEXP017  
facebook.com/HoCoCommunity

**Friday, October 20 • 9 am to 4 pm**

Wilde Lake High School, 5460 Trumpeter Rd., Columbia 21044

## EXPO SEMINARS 2017

9:00 am to 3:00 pm • Room # 222

### Virtual Dementia Tour

An interactive workshop to experience dementia first hand

11:00 to 11:50 am • Room # 220

### Avoiding Cyber-Crooks & Other Scammers

The latest tips and information to help you stay scam-free

11:00 to 11:50 am • Room # 238

### Relationships in Grandparenting

The latest approaches to modern day grandparenting to make your experience a positive one

12:00 to 12:50 pm • Room # 237

### Managing Caregiver Stress

Explore self-care techniques and communication skills to manage your stress before it manages you

1:00 to 1:50 pm • Room # 220

### Futures Planning 101

Addresses necessary dialogue about personal health, legal and financial matters, housing and aging-in-place options, and end-of-life decisions

1:00 to 1:50 pm • Room # 238

### AARP Driver Safety Resources

Command the Road. Explore the latest AARP educational programs including Driver Safety Course, CarFit, and We Need to Talk

## Sign Up TODAY and Receive Your **FRIEND OF THE EXPO** Gift Package • \$20/person

- One **ADMISSION** ticket to the 50+EXPO
- One **RESERVED** seat for "The Capitol Steps" (11 AM)
- A "Friends" **RECOGNITION** badge
- One **EXCLUSIVE** "Friends" raffle ticket for a grand prize basket

For more information, contact **Jeanne Davis** at 410-313-6410 or [jwhitedavis@howardcountymd.gov](mailto:jwhitedavis@howardcountymd.gov)

A portion of the proceeds from Friends of the EXPO will benefit the Vivian Reid Community Fund. Thank you for your support.

**Be a FRIEND of the 50+EXPO!**

\*Make checks payable to:

**Director of Finance Howard County**

I want to be a Friend of the Howard County 50+EXPO and have enclosed my cash/check\* for \_\_\_\_\_ FRIENDS @ \$20/ea. = \$ \_\_\_\_\_

**DEADLINE:** payment and form must be received by Friday, October 6 for the 2017 EXPO.

For EACH \$20 DONATION, I/we will receive 1 admission to the EXPO; a "Friends" recognition badge; 1 RESERVED seat for "The Capitol Steps" on Friday, October 20, and be entered into an exclusive "Friends ONLY" grand prize drawing!

PLEASE INDICATE # of TICKETS: \_\_\_\_\_  Check this box if you do NOT want to receive tickets for the show.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_



# DENTAL Screening Fair

Your Healthy Smile Begins Today



A Howard County health resource event for vulnerable adults (18 and older) who would otherwise not have access to quality, affordable dental treatment.

**Saturday, September 9**

**10 am to 3 pm**

**North Laurel Community Center**

9411 Whiskey Bottom Road, Laurel 20723

## EVENT HIGHLIGHTS

- Dental Screenings to Address General Tooth and Gum-Related Concerns
- Oral Cancer Screenings
- Registering Consumers Who Need Follow-Up or Future Treatment
- Navigation Assistance for Insurance Eligibility and Enrollment
- Demonstrations and Classes on Nutrition, Flossing, Denture Care, etc.
- Application Assistance for Transportation and Other Services
- Blood Pressure Screenings

INFO: Miriam Bennett at 410-313-6028 (VOICE/RELAY)  
or [mbennett@howardcountymd.gov](mailto:mbennett@howardcountymd.gov)

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

## Grandparent's Day is Sunday, September 10

Generations United invites you to #DoSomethingGrand in honor of #GrandparentsDay

Visit [www.grandparentsday.org](http://www.grandparentsday.org) to get ideas and information.

**"Grandparents and Older Adults: Do something GRAND! Share your wisdom, perspectives and key values with young people..."**

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



## P4C Pet Evaluations

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

**Ingrid Gleysteen**, PROGRAM COORDINATOR  
410-313-7461 • [igleysteen@howardcountymd.gov](mailto:igleysteen@howardcountymd.gov)



**Sept 7 • 7 TO 9 PM**

Bain 50+ Center  
5470 Ruth Keeton Way  
Columbia 21044



Howard County  
**Paws4 Comfort**

Touching Hearts... One Visit at a Time



## CONNECTIONS

**Social Day Program of Howard County**

This specialized program is for adults 18 and over and specifically designed to maintain independence, enhance memory and improve the overall health of participants.

 Howard County Office on  
**Aging and Independence**

**Enroll at Your Nearest Location!**

A daily fee covers all program costs, trips, snacks and lunch; a sliding fee scale is available to Howard County residents. Transportation is the responsibility of family/caregiver; staff can provide information on public and private transportation options. This program is certified as a Senior Center Plus program by the Maryland Department of Aging.

### Connections Social Day Program at Ellicott City

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

**Felicia Stein, Director** • 410-313-1425 (VOICE/RELAY)  
EMAIL [fstein@howardcountymd.gov](mailto:fstein@howardcountymd.gov)

Monday thru Thursday: 10 AM to 2 PM • Fridays: 10 AM to 1 PM

### Connections Social Day Program at Glenwood

Glenwood 50+ Center  
2400 Route 97, Cooksville, MD 21723

**Judy Miller, Director** • 410-313-5442 (VOICE/RELAY)  
EMAIL [jumiller@howardcountymd.gov](mailto:jumiller@howardcountymd.gov)

Tuesdays and Thursdays: 9 AM to 1 PM

### Connections Social Day Program at North Laurel

North Laurel 50+ Center  
9411 Whiskey Bottom Road, Laurel, MD 20723

**Nancy Riley, Director** • 410-313-7218 (VOICE/RELAY)  
EMAIL [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov)

Monday thru Friday: 9:30 AM to 1:30 PM