



# BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



**5470 Ruth Keeton Way  
Columbia, MD 21044  
Office: 410-313-7213**

**Fax: 410-313-7465**

**Bain 50+ Center Hours**

**Monday-Wednesday**

**8:30 am-4:30 pm**

**Thursday, 8:30 am-8:30 pm**

**Friday, 8:30 am-4:30 pm**

**Website:**

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

## The Bain Center is Remodeling

The Bain 50+ Center will undergo repairs to better serve you. Demolition work will begin December 19 and the center will remain opened with limited activities until December 30, 2016. We will be closed from January 2 to January 16, 2017 to complete the renovation process. We are sorry about the inconvenience of having the Bain 50+ Center closed for repairs and renovations. We reopen on Monday January 23, 2017 to new finishes in the Great Rooms and the kitchen will allow for a more efficient meal service. We hope that you agree that it is worth the wait.



## Look Inside

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## Bain's Upcoming Winter Programs:

- ◆ Book Club, January 18
- ◆ Baltimore Museum Industry, January 24
- ◆ Brain Fitness, January 31
- ◆ Stretching for Upper and Lower Body, January 31
- ◆ Sleep Apnea, February 1
- ◆ Penguin Pace Race, February 5
- ◆ Captioned Telephone Presentation, February 7
- ◆ The Glory of Love, February 14
- ◆ Coin Collection, February 21
- ◆ Sculptor James Earl Reid, February 28

# General Information

## BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director, 410-313-7468  
Tammy Wiggins, Assistant Director, 410-313-7469  
Fatina Galloway, Nutrition/Rentals, 410-313-7390  
Vacant, Registrar, 410-313-7213  
Collin Fugate, Facilities, 410-313-7464  
Kari Weidner, Nutrition Specialist  
Javier Scott & Earl Saunders, Building Attendants

## HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort, 410-313-7461  
Elaine Widom, SeniorsTogether, 410-313-7353

## STATE HEALTH INSURANCE ASSISTANCE PROGRAM

To make an appointment, 410-313-7392  
Barbara Albert, Coordinator, 410-313-7391  
Ayse Tokbay, 410-313-7389  
Jeanette Krapcho, 410-313-7596  
Terese Klitenic, Coordinator, SMP, 410-313-7386

## MARYLAND ACCESS POINT

To make an appointment 410-313-1234  
Sunny Moon, 410-313-7388  
Kim Freeman, 410-313-7288

## RECREATION AND PARKS

Cathy Vigus, Senior Adult Programs, 410-313-7311  
Curtis Gore, Recreation Coordinator 410-313-7281

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## Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our Email Distribution List. Stay informed on upcoming program information.



## Please Sign In

It will only take a moment. Use the sign-in book on the podiums by each entrance. We request that everyone sign in. Our average daily attendance helps us measure our good work in the community.

## NAVIGATING THE CENTER

### LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call 410-313-7390 to cancel your lunch reservation if you are not coming. Our lunch number reflects the number of reservations placed, and the County is charged for the number ordered. For members **over** 60 years of age, and their spouses, a goodwill donation is gratefully appreciated. Generous contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal. Payable at the front desk. A regular meal is \$4.10 and special meals are \$5.39. Lunch is served Monday through Friday at 12 noon.

### SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4 pm. Payments may be cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website:  
<http://apm.activecommunities.com/howardcounty>.

### TRANSPORTATION

Transportation is available to the 50+ Center for older adults through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the Customer Service Line at 1-800-270-9553. You may also visit their website at [www.transitrt.com](http://www.transitrt.com). Transportation to the Bain 50+ Center is also available through Neighbor Ride. For additional information call Neighbor Ride at 410-884-7433.

### PLEASE NOTE

Bain 50+ Center free membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk for an application.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

# Bain Council & Information

## Bain 50+ Center Council Dance

1:30-3:30 pm Cost: \$2



Friday, February 10

Music by Love Story Duo

## Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! They welcome your suggestions and contributions. Contact Peter Eisenhut, Council President, or any Council member through the front desk. Members & Honored Past Members:

Athena Dalrymple  
Jackie Dunphy (HPM)  
Jeane Evans (HPM)  
Peter Eisenhut  
Valerie Hoelz  
Sandra Kaiser  
Jim McDiarmid  
Su Patterson  
Linda Possehl  
Priscilla Pitts (HPM)  
Arleen Tate  
Malcolm Wolf  
Barbara Woodard (HPM)  
Albertha Workman (HPM)  
Eileen Zuckman

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## 2017 REGISTRATION SEASON

The Office on Aging and Independence requests that all 50+ Center members register to ensure that we have the correct information in our database. If any of your contact information has changed in the last year, including emergency contacts, please inform the Front Desk. This information is used in an aggregate form to show the State and Federal Government (funders of many of our services and programs) how many people we serve each year. Demographic information is required by all funding agencies. Accurate data helps to maintain or increase programming services.

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## Center Closings

**Monday, January 2**

New Year's Holiday

**Monday, January 3-15**

Center Closed for Repairs

**Monday, January 16**

Dr. Martin Luther King Jr. Holiday

**Monday, February 20**

Presidents' Day

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am. Your support of council events make this breakfast and many of our programs possible.

## Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain 50+Center, at 410-313-7213 or by email at [lethridge@howardcountymd.gov](mailto:lethridge@howardcountymd.gov) one week prior to the date of the event.



Find us on Facebook

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

# January & February Programs

## 50+ LGBT Group

First Thursdays 6-8 pm

January 5– Center Closed

February 2– Guest Speaker, Lynda Maxwell

Lynda Maxwell, travel agent and owner/president of Destinations Incorporated, will present travel opportunities that meet all budgets for 50+ LGBT adults. Please contact Jessica Rowe, LCSW-C at [jessicarowe100@gmail.com](mailto:jessicarowe100@gmail.com) or 443-980-2914 for more information.

## Share Your Apps: Photo Edition

Wednesday, January 25

10:30 am-11:30am/ Free



Do you have a Smart Phone, iPad, or Tablet? Maybe you are thinking about purchasing one. Apps make the iPhones

and Androids the powerful little devices that they are. Bring your device and learn how to add the best photo apps to your device. Must register at the front desk.

## TED Talk– How Great Leaders Inspire Action

Technology Entertainment Design

Wednesday, January 18

9:30 am–10 am/ FREE

We've all been there, stuck like a sitting duck while the CEO drones on, or the politician who meanders through a speech. The alternative is a TED Talk, the future of public speaking and the gold standard for short, yet powerful speeches which covers almost any topic.

## Brain Fitness-Neurobics

Tuesday, January 31 & February 28

10-11 am/ FREE

Brain training is the cornerstone of brain fitness, but it's not the only thing you can do. Find suggestions for brain-healthy nutrition, physical activity, and more with experienced Instructor, Robin Zahor, RN, BSN. Must R.S.V.P.

## Baltimore Enters the Industrial Age:

From Colonial Town to  
Manufacturing Center



Tuesday, January 24

10:30–11:30 am

In this presentation, we survey the very roots of Baltimore as a center for commerce, business and industry. When the 19th century opened, a few villages destined to become Baltimore were modest centers of trade. Always and throughout the 19th Century, the Port of Baltimore was the focal point for nearly all of this growth. Raw materials arrived, finished goods were created and in between, a growing population of workers contributed the labor that made Baltimore an industrial landmark. In the 19th century, we see and sense the changes, watch as the landscape becomes urban, and touch on the thoughts and events shaping the citizens living with the changes around them. R.S.V.P.

## The Bain "Buzz" Book Club

10-11:30 am / FREE

3rd Wednesday of the Month



## Upcoming Book Selections

January 18– *The Woman Who Walked in Sunshine*, by Alexander McCall-Smith

February 15– *This Is Your Life, Harriet Chance* by Johnathan Evison

# January & February Programs

## Sleep Apnea

Wednesday, February 1

10:30-11:30 am/ FREE

Dr. Arn Eliasson of the American Sleep Center will be providing a presentation on general sleep apnea issues, excessive daytime sleepiness, insomnia, sleep deprivation and snoring. Please sign-up in the lobby.

## New Year, New You!

### Stretching for Lower & Upper Body

Tuesday, January 31

10:30-11:30 am/ FREE

Stretching offers tremendous benefits for the body and should be a key part of everyone's total fitness plan. Regular stretching helps to lengthen the muscle fibers, preventing muscle stiffness and soreness after a workout. It also promotes flexibility and range of motion, improves posture and reduces the risk of injury. Revive Physical Therapy will teach us the proper techniques of stretching. Must R.S.V.P.

## Know Your Numbers?

They Could Just Save Your Life.

Friday, February 3

10-11:30 am

We sure know a lot of numbers by heart, like phone numbers, birthdays, and pin numbers. But do you know the most critical numbers for your heart health? That knowledge could just save your life.

That's why Go Red For Women and The Heart Truth are encouraging all women and men to learn their personal health numbers including **Blood Pressure, Cholesterol, Blood Sugar** and **Body Mass Index (BMI)** and assess their risk for heart disease and stroke.

It's time to learn the most critical numbers in **Your** life. Your heart depends on it.

**Albertha Workman, RN** will be on hand to take your Blood Pressure, BMI and Blood Sugar.

Sign up in the lobby.



## CapTel Captioned Telephone

Tuesday, February 7

10:30-11:30 am /FREE

Can't hear on the phone? Come learn about a FREE telephone service that can help. The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV— for your phone! Free with verified hearing loss, you get the phone plus installation, providing you with better phone conversations. Includes free captioning service with no monthly fees or contracts required. R.S.V.P.

## Movies at the Bain Theatre Thursdays, 1pm Free



January 19— *Hello My Name is Doris* (Featuring Sally Field and Peter Gallagher)

January 26— *Love & Friendship* (Featuring Kate Beckinsale, Chloe Sevigny, and Xavier Samuel)

February 2— *Hunt for the Wilderpeople* (Featuring Sam Neill, Julian Dennison and Rhys Darby)

February 9— *Tortilla Soup* (Featuring Hector Elizondo, Jacqueline Obradors and Elizabeth Pena)

1pm & 6pm Showing

February 16— *Confirmation* (Featuring Kerry Washington, Wendell Pierce and Zoe Lister Jones)

February 23— *Ghost Town* (Featuring Ricky Gervais, Tea Leoni and Greg Kinnear)

*The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging, and Independence, Howard County Government, or their officials and employees.*

# January & February Programs

## The Glory of Love

Featuring: Frank & Trish Currei

Tuesday, February 14

10:30–11:30 am/ FREE

Valentines' Day spectacular with the return of Frank and Trish Currei as they present the Glory of Love through the decades starting with the 1940's, 1950's, 1960's 1970's and ending with the 1980's. Light refreshments served. Must R.S.V.P.



## Validating and Liquidating Coin Collections

Tuesday, February 21

10:30-11:30 am/ Free

Meet Drage Vukceвич, coin collector since 1965 and learn to take stock of your coin collection. During this presentation you will learn how to get a feel for the type of material you have and what the general value is. He will also discuss the items worth keeping and the one's that should be liquidated. Please R.S.V.P.

## Essential Touch Massage Therapy Wednesdays/ Fridays 9 am-3 pm & Thursdays 5-8pm

Cost: \$48 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. Relax your muscles while having an additional benefit of facilitating decreases in aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

## Weekly Computer Clinic

Wednesdays, 10 am–12 noon

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call the Bain Center to sign up for a one-on-one 30 minute meeting with a tutor who will assist you with your concerns and questions.

## Black History Month Program

Renowned Sculptor, James Earl Reid

Tuesday, February 28

11 am–12 noon/  
FREE



Renowned sculptor James Earl Reid was awarded his master's degree in sculpture from the University of Maryland College Park.

While attending the University of Maryland, Reid worked as an assistant professor over the next eleven years. In 1979, Reid received his first major commission for a work of art when the City of Baltimore asked him to create a sculpture of jazz legend Billie Holiday, who spent her childhood there; the sculpture was unveiled in 1985 in the Druid Hill section of Baltimore.

The same year as the Billie Holiday sculpture's unveiling, Reid found himself in the center of a controversy that would take him to the United States Supreme Court. Commissioned by the Community for Creative Non-Violence (CCNV), Reid had been asked to create a sculpture for a Washington, D.C., Christmas pageant; his submission, Third World America: A Contemporary Nativity, featured a homeless family holding a newborn child over a steam vent, and featured the words "And still there is no room at the inn," on the base. The struggle with the piece began early, when initially the National Park Service refused to put the piece on display. The bigger issue, however, arose with the CCNV, when both they and Reid filed competing copyright claims on the work of art.

Meet this Baltimore born sculptor and educator who's art speaks volume about society and those who are left behind. Please R.S.V.P.

## Daily Programs

| <b>MONDAY</b>     | <b>PROGRAM</b>                               | <b>ROOM</b>                      |
|-------------------|----------------------------------------------|----------------------------------|
| 8:30 am—4:15 pm   | Billiards/Ping Pong (Drop-In)                | Billiards Area                   |
| 8:30 am—Noon      | Woodworking (\$)                             | Woodshop                         |
| 9 am—4:15 pm      | Cards and Games (Drop-In)                    | Pantry                           |
| 9 am—4:15 pm      | State Health Insurance Program (SHIP)        | SHIP Office (By Appointment)     |
| 9—10 am           | Ask the Pharmacist (4th Monday of the month) | Health Room                      |
| 9 am—11:30 am     | Project Linus (2nd & 4th week)               | Great Room 1                     |
| 9 am—Noon         | Knitting and Crocheting Group                | Meeting Room                     |
| 9:30—11 am        | Better Health and Wellness (HCC) (\$)        | Exercise Room                    |
| 10—11 am          | Pottery                                      | Craft Room                       |
| 10—11:30 am       | SeniorsTogether Current Events Discussion    | Community Room                   |
| 10:30 am—12 noon  | Tai Chi (Drop-In)                            | Great Room 1                     |
| 11:30am—12:30pm   | Cardio Fusion for Parkinson's Disease        | Exercise Room                    |
| Noon              | Lunch                                        | Great Room 3                     |
| 12:30—4 pm        | Korean American Senior Association           | Great Rooms 1 & 2 / Meeting Room |
| 1—2:30 pm         | Religion Discussion Group (Drop-In)          | Community Room                   |
| 1—2 pm            | Better Balance (\$)                          | Exercise Room                    |
| 1—4 pm            | Canasta (Drop-In)                            | Activity Room                    |
| 1—3 pm            | Gathering of the Arts (Drop-In)              | Craft Room                       |
| 2:30—3:30 pm      | Yoga (\$)                                    | Exercise Room                    |
| <b>TUESDAY</b>    | <b>PROGRAM</b>                               | <b>ROOM</b>                      |
| 8:30am—4:15 pm    | Billiards/ Ping Pong (Drop-In)               | Billiards Area                   |
| 9 am—Noon         | Woodworking (\$)                             | Woodshop                         |
| 9 am—4:15 pm      | State Health Insurance Program (SHIP)        | SHIP Office (By Appointment)     |
| 9:30—10:30 am     | Arthritis Exercise Program (\$)              | Exercise Room                    |
| 9:45—11:45 am     | Scrabble (Drop-In)                           | Pantry                           |
| 10 am—Noon        | Pottery (HCC) (\$)                           | Craft Room                       |
| 10:15 am—11:45 am | Seniors Together Low Vision Group            | Meeting Room                     |
| 10:45—11:45 am    | Silver Belles (tap dancing)                  | Exercise Room                    |

## Daily Programs

| <b>TUESDAY</b>   | <b>PROGRAM</b>                        | <b>ROOM</b>                           |
|------------------|---------------------------------------|---------------------------------------|
| Noon             | Lunch                                 | Great Room 3                          |
| Noon—4:15 pm     | Duplicate Bridge                      | Activity Room                         |
| 1—2 pm           | Spanish (Resumes in Spring)           | Enroll at the Front Desk—Meeting Room |
| 1—2 pm           | Zumba (\$1 Donation)                  | Great Room 1                          |
| 1—2:20 pm        | Better Health and Wellness (HCC) (\$) | Exercise Room                         |
| 1:30 pm          | Phase 10 card game                    | Great Room 3                          |
| <b>WEDNESDAY</b> | <b>PROGRAM</b>                        | <b>ROOM</b>                           |
| 8:30—10:30 am    | Woodworkers Guild Meeting             | Community Room                        |
| 8:30 am—4:15 pm  | Billiards/ Ping Pong (Drop-In)        | Billiards Area                        |
| 8:30 am—Noon     | Woodworking (\$)                      | Woodshop                              |
| 9 am—4:15 pm     | State Health Insurance Program (SHIP) | SHIP Office (By Appointment)          |
| 9—11 am          | HCC Bain Senior Choir (\$)            | Great Room 1                          |
| 9 am—3 pm        | Massage (\$)                          | By Appointment                        |
| 9:30—10:50 am    | Better Health and Wellness (HCC) (\$) | Exercise Room                         |
| 9:30—11:30 am    | Bingo (\$)                            | Activity Room/Pantry                  |
| 10—11:30 am      | Bain “Buzz” Book Club (3rd Wednesday) | Meeting Room                          |
| 10—11:30 am      | English as a 2nd Language             | Great Room 2                          |
| 11 am—Noon       | Yoga (\$)                             | Exercise Room                         |
| Noon             | Lunch                                 | Great Room 3                          |
| Noon—4:15 pm     | Drop-in Poker                         | Pantry                                |
| 12:30—2 pm       | Alcoholics Anonymous                  | Conference Room                       |
| 1—2 pm           | Sit & Be Fit                          | Great Room 1                          |
| 1—2 pm           | Better Balance (\$)                   | Exercise Room                         |
| 1—4:15 pm        | Drop-In Chess                         | Meeting Room                          |
| 1—4 pm           | Drop-in Mahjonn                       | Activity Room                         |
| <b>THURSDAY</b>  | <b>PROGRAM</b>                        | <b>ROOM</b>                           |
| 8:30 am—8:00 pm  | Billiards/ Ping Pong (Drop-In)        | Billiards Area                        |
| 9 am—Noon        | Woodworking (\$)                      | Woodshop                              |
| 9 am—Noon        | Gathering of the Arts (Drop-In)       | Craft Room                            |

# Daily Programs

| <b>THURSDAY</b> | <b>PROGRAM</b>                                          | <b>ROOM</b>                  |
|-----------------|---------------------------------------------------------|------------------------------|
| 9—10 am         | Balance "4" All (\$)                                    | Exercise Room                |
| 9—11 am         | Wii (Recreation & Parks) Must pre-register in the lobby | Lobby                        |
| 9:30 am—12 Noon | Artful Journaling (Rec.& Parks) (\$)                    | Community Room               |
| 9:30—11:30 am   | Drop-in Pinochle                                        | Pantry                       |
| 10—11 am        | Thrive Thursday-Video Fitness                           | Great Room 1                 |
| 10 am—Noon      | Blood Pressure (1st & 3rd Thursday)                     | Health Suite                 |
| 10—11:30 am     | Zoom- In Discussion Group                               | Meeting Room                 |
| 10—11 am        | Color Me Barbara (Relaxing Adult Coloring Session)      | Conference Room              |
| 10:15—11:15 am  | Qigong (\$)                                             | Great Room 2                 |
| 10:45—11:45 am  | Arthritis Exercise Program (\$)                         | Exercise Room                |
| 11 am—12 noon   | Drop-In Zumba (\$1 Donation)                            | Great Room 1                 |
| Noon            | Lunch                                                   | Great Room 3                 |
| 12:30—2 pm      | Seniors Together Brain Teasers                          | Meeting Room                 |
| 1 pm            | Movie                                                   | Great Room 1                 |
| 1—2:20 pm       | Better Health and Wellness (HCC) (\$)                   | Exercise Room                |
| 1—4:15 pm       | Drop-In Scrabble & Cards and Games                      | Activity Room/ Pantry        |
| 2:45—4 pm       | Beginners Soul Line Dance (\$)                          | Exercise Room                |
| 3—4 pm          | Chair Yoga (\$)                                         | Great Room 2                 |
| 5:00—8:30 pm    | Massage Therapy (\$)                                    | Health Suite                 |
| 6:00—8:00 pm    | LGBT Support Group (1st Thursday)                       | Meeting Room                 |
| 6:30—8:30 pm    | Yoga For Parkinson's                                    | Exercise Room                |
| 6:30—8:15 pm    | Man to Man Prostate Cancer Support Group (3rd Thursday) | Meeting Room                 |
| 7—9 pm          | Alzheimer's Caregiver Support Group (2nd Thursday)      | Meeting Room                 |
| <b>FRIDAY</b>   | <b>PROGRAM</b>                                          | <b>ROOM</b>                  |
| 8:30 am—4:15 pm | Billiards/ Ping Pong (Drop-In)                          | Billiards Area               |
| 8:30 am—noon    | Woodworking (\$)                                        | Woodshop                     |
| 9 am—4:15 pm    | State Health Insurance Program (SHIP)                   | SHIP Office (By Appointment) |
| 9 am—3 pm       | Massage (\$)                                            | By Appointment Only          |
| 9:30—10:30 am   | Chair Yoga (\$)                                         | Great Room 2                 |
| 9:30—10:45 am   | Better Health and Wellness (HCC) (\$)                   | Exercise Room                |

## Daily / November & December Programs

| FRIDAY           | PROGRAM                                   | ROOM            |
|------------------|-------------------------------------------|-----------------|
| 10—11:30 am      | Spin a Yarn/Drop-in Knitting & Crocheting | Meeting Room    |
| 10—11:30 am      | SeniorsTogether Trenders                  | Conference Room |
| 10 am—noon       | Pottery (HCC) (\$)                        | Craft Room      |
| 10 am—noon       | Music Appreciation (1st & 3rd Friday)     | Activity Room   |
| 11:30 am—12:30pm | Functional Fitness for Parkinson's        | Exercise Room   |
| Noon             | Lunch                                     | Great Room 3    |
| Noon—4:15 pm     | Cards and Games                           | Pantry          |
| 12:30 —2 pm      | Gospel Choir (1st, 3rd and 4th Friday)    | GR1             |
| 12:45—3 pm       | Drop-in Rummikub and Cards                | Activity Room   |
| 1—2:30 pm        | Line Dancing (Drop-in)                    | Exercise Room   |
| 1:30—3:30 pm     | Council Dance (2nd Friday) (\$)           | Great Room 1-3  |

### Medicare 101: What you can expect from Medicare Thursday, January 19 7-8:30 pm

Did you recently enroll in Medicare or will be doing so soon? Do you help someone who has Medicare as his or her health insurance? This presentation covers how Medicare Parts A (Hospital), B (Medical), and D (Prescription Drug) work, what the benefits are, and when you should make decisions related to your coverage.

Find out about benefit programs that can help pay for Medicare health care costs. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging and Independence. Register by calling **410-313-7389**.

### Write Your Memoir– Write to be Heard 1st Tuesdays, February 7, 2017 10 am—12 noon/ Free

Join those among us who love to write. Many of us have stories stacked up in the libraries of our minds just waiting to be spoken aloud and transcribed to paper. Now is your time to join with others who have wonderful stories to tell. R.S.V.P.

### Medicare 102: Why Medicare Isn't Enough Thursday, January 26 7-8:30 pm

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans). What should you consider when deciding if a Medicare Health Plan, such as an HMO, PPO or Cost Plan, is the right choice for you? Understand how the different Medigap plans cover the gaps (out of pocket expenses) of Original Medicare, how they are priced and when is the best time to enroll.

Hear about how to protect yourself and Medicare from health care fraud. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County OOAI. Register by calling **410-313-7391**.

**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](mailto:igleysteen@howardcountymd.gov)

**PET EVALUATIONS** are held at 7:00 PM on the first Thursday of each month



**Howard County Paws4Comfort**  
Touching Hearts... One Visit at a Time

**Bain 50+ Center**  
5470 Ruth Keeton Way, Columbia 21044

**Howard County Office on Aging and Independence**

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

# SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7353/ewidom@howardcountymd.gov



The SeniorsTogether Low-Vision group recently visited eight of the “ArtSites” sculptures in Howard County. A week prior to the trip, *Howard County Center for the Arts* presented a detailed discussion at the group. During the tour members experienced several installations up close, while a SeniorsTogether facilitator highlighted their artistic features. The tour ended with two pieces at North Laurel 50+ Center and lunch hosted by the Center. The SeniorsTogether low vision group meets on Tuesdays, 10:15-11:45, at the Bain 50+ Center, no registration needed, for this facilitated group.



## Upcoming Events in March 2017

**Low-Vision Group Trip**  
*Mt. Hebron High School  
Spring Production*

**SeniorsTogether Luncheon**  
Location: TBD  
Please call Elaine for details,  
410-313-7353.

**Happy New Year!!**

## SeniorsTogether APPRECIATION GIFTS *Recent Gifts*

*In appreciation of SeniorsTogether  
By Altagracia Sanchez & Fred Kovalyak*

A **SeniorsTogether** appreciation gift is a meaningful way to express condolences, admiration and goodwill. Contributions directly support program activities. All donors receive a letter of gratitude and the honoree or designee receives a certificate.

With each appreciation gift, please include the name of the honoree, indicate if deceased or living, who should receive the certificate with an address if possible, and note if it can be announced in this newsletter. Please make checks payable to Director of Finance, Howard County, mail to:  
**SeniorsTogether**, c/o The Bain 50+ Center,  
5470 Ruth Keeton Way, Columbia, MD  
21044. Thank you.

# Health, Wellness & Other Programs

## Nutrition Counseling

Thursday, January 26 & February 9  
9:30-11:30 am

Counseling sessions by appointment only.  
Must be 60 + to sign up  
Nutritionist, Mary Kuttler, RD, LDN  
Sign-up at the front desk or call 410-313-7213.

## Chair Yoga

Thursdays, 3-4 pm  
January 19—March 30 \$59  
Fridays, 9:30-10:30 am  
January 20—March 31 \$59

Join instructor **Karen Pedra** and learn the art of relaxation from a chair.

## Drop-In Zumba—On The Big Screen



Tuesdays, 1—2 pm & Thursdays 11 am—12 pm  
\$1 Donation  
Dance to a Fitter You!

## Sit & Get Fit

Wednesdays  
1- 2 pm / Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors blends activity and relaxation by adding circular movements, and natural breathing. Drop in.

## Yoga

Mondays, 2:30-3:30 pm  
January 23—March 27 \$48

Wednesdays, 11 am-12 noon  
January 18—March 29 \$59

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.



## Better Balance

Mondays & Wednesdays, 1-2 pm  
January 18—March 30 Cost: \$64

Better Balance is designed for those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment, contact Jeannie DeCray at 410-313-6535.

## “Color Me Barbra” Adult Coloring Session

Thursdays, 10-11:30 am/ Free

Do you want to get in on the latest adult craze? Try out our adult coloring books. We will supply the coloring books, colored pencils and markers. Join others for a relaxing new way to be creative. Drop in.

## Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm  
February 2—23 \$23/ March 2—30 \$28

Join **Jesse Barnes**, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

## Qigong

Thursdays, 10:15-11:15 am  
February 2—March 30 \$48

The art of Qigong is the science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy.

# Health & Wellness



**Drop-in Tap Dance**  
**Instructor:**  
**Diane Andrews**  
**Tuesdays**  
**10:45-11:45 am/ Free**

**Have fun while tap dancing your way to health.**  
Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

## **Alzheimer's Caregiver Support Group**

**Thursday, February 9**

**7-9 p.m. / Free**

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education about dementia-related issues and developing the skills to solve problems. For more information, contact Danilsa Marciniak at 410.736.2217

## **Coffee and Community Connecting**

**Thursday, February 16 9:30-10:30 am**

Coffee and Community Connecting brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Meet **Officer Andre Lingham** in the lobby.

## **Yoga for Parkinson's**

**Thursdays, 6:30 pm -8 pm**

This drop-in class for Parkinson's patients and their care partners encourages correct alignment of the body. Sponsored by Yoga for Parkinson's, Inc., a non-profit organization. Suggested donation \$5 per class. Call the center to R.S.V.P.

## **Ask The Pharmacist**

**Monday, January 23 & February 27**

**9-10 am/ Free**

Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the cold and flu season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

## **BALANCE "4" ALL**

**Thursdays , 9-10 am**

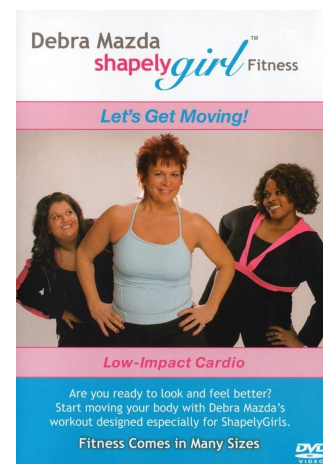
**January 9-March 30 \$59**

Learn balance, strength, posture and flexibility.  
Registration required.

## **Thrive-Thursdays**

**10-10:45am/ Free**

Let's Get Moving!  
Join us in Great Room 1 and get ready to burn calories and shed those pounds. We will alternate different tapes weekly.



## **Blood Pressure Screenings**

**1st & 3rd Thursday of the Month**

**January 19 & February 2, 16**

**10 am -12 noon/ Free**

High blood pressure is a "silent killer." Know your numbers! Albertha Workman, RN will take your blood pressure.

# Nutrition

## Nutrition and Your Kidneys

Probably no other organ in the human body works harder than the kidneys. Each of us has two kidneys, each about the size of a fist. Our kidneys do an incredible number of difficult jobs, including:

- Removing waste products, such as urea, from the body
- Eliminating drugs from the body
- Regulating fluid balance in the body
- Making a hormone that regulates blood pressure
- Producing another hormone needed to prevent anemia
- Helping to produce another hormone, vitamin D, to make and keep our bones strong

You can do a number of things to keep your kidneys functioning properly and keep them as healthy as possible.

1. **Hydrate, but don't overdo it.** It's always a good idea to drink enough water, drinking more than the typical four to six glasses a day probably won't help your kidneys do their job any better.
2. **Eat healthy foods.** Your kidneys can tolerate a wide range of dietary habits, but many kidney problems are due to other medical conditions like **high blood pressure** and diabetes. Eating a healthful diet, controlling weight and blood pressure are all good prevention tactics.

**Exercise regularly.** If you're healthy, getting exercise is a good idea because, like healthy eating habits, regular physical activity can stave off weight gain and high blood pressure.

**Use caution with supplements and herbal remedies.** Excessive amounts of certain vitamin supplements and some herbal extracts may be harmful to your kidneys. Talk to your doctor about any vitamins and herbs you plan to take.

**Quit smoking.** Smoking can damage blood vessels, which decreases the flow of blood in the kidneys. When the kidneys don't have adequate blood flow, they can't function at optimal levels. Smoking also increases the risk of high blood pressure as well as the risk of kidney cancer.

1. **Don't overdo it when taking over-the-counter medications.** Common pills like ibuprofen can cause kidney damage if taken too regularly over a long period of time. If you take them for chronic pain or arthritis, talk to your physician about monitoring your kidneys.

**If you're at risk, get regular kidney function screening.** At risk are persons with diabetes or high blood pressure. Checking your kidneys should be a routine part of your care.

Often, your kidneys simply become affected by other medical conditions. The most important thing you can do to keep your kidneys safe is to take care of your body to reduce your chances of developing diseases that put a strain on your kidneys.

Here are 7 kidney-friendly superfoods that pack a nutritional punch for overall health:

- Apples
- Blueberries
- Fish High in Omega-3 Fatty Acids
- Kale
- Strawberries
- Spinach
- Sweet Potatoes

by Rona Martiyan, MS, RD, LDN

## Recreation & Parks/ Inclement Weather

### Toss Across Fridays (except the last Friday of the month)

10:30-11:30 am FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

### Trivia Time

#### Last Friday of the Month

9:30-10:30 am FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

### BUNCO!

#### Last Friday of the Month

10:30-11:30 am FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

### RED HATTERS

Meets the 3rd Tuesday every month.

Please call Ginny Russ at 301-325-5173 for Red Hatters information.

## AARP Tax Aide

AARP will be providing tax assistance at the Bain 50+ Center on the following days and times listed below.

### February 1—April 15

Mondays—Tuesday 11 am —3 pm

Wednesdays, 8:30 am —1pm

Thursdays, 11 am—8 pm

Fridays 8:30 am —1pm

Saturdays, 8:30 am—1 pm

Must call 443-741-1220 NOT  
The Bain 50+ Center for information  
and appointments.



In the event of inclement weather, please watch or listen for school cancellations. If **HOWARD COUNTY SCHOOLS** status is:

**1 HOUR DELAY**— Center is open with programming as usual.

**2 HOUR DELAY**— Center opens at 10 am. There will be NO lunches served. Only classes and programs scheduled to begin at 10 am or after will be held.

**CLOSED**—Call the Bain 50+ Center (410-313-7213) or Status Line (410-313 7777) to see if or when the Center will open. All instructor-led programs are cancelled for the day. There will be NO lunches served.

**AFTERNOON & EVENING ACTIVITIES CANCELLED** — The Center will not hold any classes, programs or rentals after 4:30 pm.

# January

| Monday<br>January 2                                                          | Tuesday<br>January 3                                                                                              | Wednesday<br>January 4                                                                                           | Thursday<br>January 5                                                                               | Friday<br>January 6                                                                                                                |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Center Closed<br>New Year's Day<br>Observed                                  | Center Closed                                                                                                     | Center Closed                                                                                                    | Center Closed                                                                                       | Center Closed                                                                                                                      |
| Monday<br>January 9                                                          | Tuesday<br>January 10                                                                                             | Wednesday<br>January 11                                                                                          | Thursday<br>January 12                                                                              | Friday<br>January 13                                                                                                               |
| Center Closed                                                                | Center Closed                                                                                                     | Center Closed                                                                                                    | Center Closed                                                                                       | Center Closed                                                                                                                      |
| Monday<br>January 16                                                         | Tuesday<br>January 17                                                                                             | Wednesday<br>January 18                                                                                          | Thursday<br>January 19                                                                              | Friday<br>January 20                                                                                                               |
| Center Closed<br>Martin Luther King Jr.<br>Holiday Observed                  | Mixed Green Salad<br>Salisbury Steak<br>Scalloped potatoes<br>Stewed Tomatoes<br>White Wheat Bread<br>Fresh Fruit | Three Bean Salad<br>Beef Stew<br>Biscuit<br>Fresh Fruit                                                          | Tuscan Bean Soup<br>Stuffed Peppers<br>Whole Baby Carrots<br>Spiced Apples<br>Spit Top Roll<br>Milk | Pepper Steak<br>Mashed Potatoes<br>Carrots<br>Wheat Bread<br>Pears<br>Apple Juice<br>Milk                                          |
| Monday<br>January 23                                                         | Tuesday<br>January 24                                                                                             | Wednesday<br>January 25                                                                                          | Thursday<br>January 26                                                                              | Friday<br>January 27                                                                                                               |
| Vegetable Soup<br>Turkey A LA King<br>Coleslaw<br>Biscuit<br>Mixed Fruit Cup | Italian Meatballs<br>Navy Bean Soup<br>Kale<br>Mini Sub Roll<br>Orange                                            | Roast Turkey w/ Gravy<br>Cornbread Stuffing<br>Green Beans<br>Green Salad<br>Split Top Roll<br>Apple Pie<br>Milk | Chicken Veg. Soup<br>Knockwurst<br>Baked Beans<br>Sunny Slaw<br>Hotdog Bun<br>Applesauce<br>Milk    | Baked Salmon<br>Filet/Lemon sauce<br>Rice Pilaf<br>Broccoli-cauliflower florets<br>Green Salad<br>Apple Pie/Split Top Roll<br>Milk |
| Monday<br>January 30                                                         | Tuesday<br>January 31                                                                                             | Wednesday<br>February 1                                                                                          | Thursday<br>February 2                                                                              | Friday<br>February 3                                                                                                               |
| Korean Meal                                                                  | Tuscan Bean Soup<br>Tuna Fish<br>Coleslaw<br>Spinach/ Sandwich Bun<br>Fresh Fruit                                 | Pineapple Juice<br>Baked Chicken/Gravy<br>Mashed Sweet Potatoes<br>Peas/ Mixed Fruit Cup<br>White Wheat Bread    | Mixed Green Salad<br>Creole Mac/Beef<br>Green Beans<br>Wh. Wheat Bread<br>Fresh Fruit               | Veg. Pasta Salad<br>Sl. Turkey with Gravy<br>Creamed Corn<br>Turnip Greens<br>White Wheat Bread/<br>Pears                          |