

# The Senior Connection

NEWS and EVENTS from the  
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 1 • January 2015

A Message from

## County Executive Allan H. Kittleman

During the next 25 years, Howard County's "65 and over" population will make up 65% of the county's total population growth. With so many folks in this age bracket choosing to call Howard County home, it's imperative that we act now to ensure we can successfully accommodate these changing demographics.



One of my initiatives as your new Howard County Executive is to give our aging community the attention it deserves by creating a Department of Aging. I am committed to ensuring Howard County Government is at the forefront of meeting the needs of Maryland's fastest-growing senior population by making sure we are offering the types of services, programs and facilities our aging community needs to continue to call Howard County their home.

As I traveled to all parts of the county during the past year, I heard time and time again your concerns over the lack of affordable housing and healthcare. Through the creation of this new cabinet-level office we will address those concerns. We will examine options for expanding property tax credits for seniors, as well as serve as a catalyst to assure seniors get the health services they need.

The growing number of seniors in our county, and the desire to provide a welcome and nurturing environment where they can age in our community, will demand new and imaginative strategies. My administration is hard at work developing the roadmap to meet that challenge head on!

Together, we will further Howard County's promise as being a great place to live, work, play AND retire.

## Howard County Updates Residents on Master Plan Initiative

### Full Plan to be Released in Late January

Over the next two decades, the population of older adults age 65 or older in Howard County is projected to double, from 39,150 in 2015 to 79,640 in 2035. With this in mind, Howard County launched a comprehensive planning process in May 2014, to determine what services, programs and facilities will be needed to address the emerging needs of this increasing demographic. The project has been coordinated by the Department of Citizen Services and its Office on Aging with the support of a consultant team led by KGRW & Associates, an Ellicott City-based architectural firm. The initiative has included an online community survey, focus groups, a review of national trends and past studies done locally, and input from a wide array of stakeholders who participated in discussions to define a "preferred future" for the County.

Public meetings were held in December to share what has been learned through the survey and focus groups and the priorities that have emerged for future action. Among the survey findings is the fact that while the majority of the 1,200 respondents rated their own quality of life in Howard County to be high, these same respondents rated adults ages 65 and older, as a group, as having the lowest quality of life in the county.

According to Matt Thornhill of the Boomer Project, who worked with KGRW to design the online survey and interpret the findings, this is consistent with other studies he's conducted nationally. "We typically see adults rating the quality of life for older adults at lower levels than their own, even if they are over 65 themselves." According to Thornhill, this reflects a common attitude that sees aging as a problem, rather than seeing the promise in increased longevity.

Respondents also had differing views on the importance of various services versus how well those services are delivered in the county. The availability of healthcare services ranked highest in importance to most respondents, and the delivery of these services received favorable marks as well. But gaps between "importance" and "performance" were notable in two areas: the ability to remain in your home as you grow older (to be able to "age in community") and the availability of transportation options that make it easy to get around.

In a recent interview, Lois Mikkila, Director of the Department of Citizen Services, said these issues became even more pronounced in the focus groups, which were held to reach ethnic and lower-income residents who were underrepresented among survey

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# 15 Ways to Get Fit in '15

Keep your New Year's Resolutions with Help from the Office on Aging

★ Happy New Year ★

No matter what your 2015 resolutions include — a desire to lose weight, eat better, manage chronic conditions or just be more active — the Office on Aging can help. From A to Z, here are 15 ways to help you get you started off on the right foot!

2015

- 1 A IS FOR ACUPUNCTURE.** Address your stress with a private session of traditional acupuncture or try Relaxupuncture, a one-hour session of relaxation, meditation and auricular acupuncture in a group setting.
- 2 MAP IT OUT!** Contact Maryland Access Point of Howard County (MAP) at 410-313-5980 to find health and wellness classes, locate a senior center, or identify resources to make a plan you'll stick to.
- 3 GET NUTRITIONAL SUPPORT.** Fad diets don't work. Instead, call MAP or your local senior center to make an appointment with Rona Martiyan, the Office on Aging's nutritionist, to develop a sensible, healthy eating plan.
- 4 FIND AN EXERCISE THAT'S RIGHT FOR YOU.** Contact Jennifer Lee, the Office on Aging's exercise specialist, 410-313-5940, to find an activity that meets your needs.
- 5 TAKE CHARGE OF YOUR HEALTH.** Learn to manage high blood pressure, obesity, arthritis and other chronic conditions with Living Well, a 6-week self-management program. Contact Wendy Farthing, 410-313-3506, to find out more.
- 6 DEAL WITH DIABETES.** The companion class to Living Well, Living Well with Diabetes is especially helpful to those newly diagnosed with the disease. Call Wendy Farthing, 410-313-3506, for a schedule of upcoming classes.
- 7 REDUCE YOUR RISK OF FALLING.** Enhance Fitness is a series of exercises designed to improve balance, flexibility, bone density, endurance, and decrease risk of falling.
- 8 TRACK YOUR PROGRESS.** Too cold to walk outdoors? Try the cushioned, indoor walking tracks at the Glenwood and North Laurel 50+ Centers (13 laps equals a mile!)
- 9 SIT TO GET FIT.** Work at your own level in Agewell Sit and Fit classes at the Glenwood 50+ Center, co-sponsored by Howard County General Hospital.
- 10 TRY GENTLE YOGA.** Enjoy all the benefits of yoga in this seated exercise offered at Howard County senior centers.
- 11 KEEP YOUR BRAIN FIT.** Robin Zahor, R.N., B.S.N. teaches how to keep your mind sharp and improve cognitive performance in brain fitness classes at the Bain Center and the Ellicott City Senior Center.
- 12 DANCE YOUR WAY TO FITNESS.** Country line dance, jazz, modern, ballroom or tap — it's your choice!
- 13 PRACTICE PILATES.** Build flexibility, lean muscle, strength and endurance in the hips, back and abdominal core. Pilates is offered at the Bain Center, East Columbia and Glenwood 50+ Centers.
- 14 REDUCE STRESS.** Take a cue from ancient China: try Qi Gong, a powerful system of healing and energy medicine from China, or Tai Chi, which focuses on balancing body, mind and spirit.
- 15 Z IS FOR ZUMBA.** This is a fun, Latin-inspired workout, designed for the active older adult but performed at a lower intensity.

Fees apply for some classes and registration is required. For more information, stop by your local senior center or visit [www.howardcountyyaging.org](http://www.howardcountyyaging.org). To register online, visit <http://apm.activecommunities.com/howardcounty>

## Master Plan Updates

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respondents. "Many live in houses, condos and apartments that are not suitable for older adults with reduced mobility," she said, "But they really didn't see they had any options," Mikkila said.

On a positive note, Mikkila has been encouraged by the level of enthusiasm, interest and support this important planning initiative has engendered among residents and community leaders alike, and is particularly optimistic that the resultant collaborative spirit will help ensure its successful implementation. "We have brought folks together who have never sat at the same table before — all with one objective, to devise a plan that will positively impact the quality of life for older adults in Howard County over the next two decades." Acknowledging that many strategic plans never make it past the paper they are printed on, she is counting on the community's continuing engagement, "It will take the involvement of all sectors, not just the Office on Aging, or even Howard County Government, to make Howard County a truly wonderful place to age."

The results of the online community survey may be viewed online at [www.howardcountymd.gov/agingmasterplan](http://www.howardcountymd.gov/agingmasterplan), along with the Power Point of the public presentations. The full planning report will also be posted when it is released, which is expected to be later in January.

## Howard County Paws4Comfort

This special program fosters special bonds between pets, their owners and the County residents they visit.

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

**Ingrid Gleysteen**

**410-313-7461**

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

**Evaluations are held at the Bain Center  
1<sup>ST</sup> WEDNESDAY of every month**

**FIRST QUARTER 2015: Wed., 7:00 p.m.  
January 7 \* February 4 \* March 4**



The Bain Center  
5470 Ruth Keeton Way  
Columbia, MD 21044

Department of  
**CITIZEN SERVICES**  
Aging • Children's Services • Consumer Affairs  
[www.howardcountyyaging.org](http://www.howardcountyyaging.org)

# January Calendar of Events

Don't miss these exciting programs and services from the Howard County Office on Aging



## **Mondays, 11 a.m.**

**Cardio Latin Groove • Glenwood 50+ Center**

Heat up your workout with a high energy Latin dance class. Similar to Zumba, low impact and a great workout! Call 410-313-5440 to register.

## **Mondays, 11 a.m. and 12:15 p.m.; Tuesdays, 2 p.m.**

**Traditional Yoga • East Columbia 50+ Center**

Seated Yoga offers all the benefits of traditional yoga without the floor work. January fee: \$24. Call 410-313-7680 to register.

## **Tuesdays, 10-10:30 a.m.**

**SeniorsTogether Low Vision Group • Bain Center**

A low vision resource facilitator shares information about low vision issues, treatments and outreach. Call 410-313-7466 for details.

## **Mondays & Wednesdays, 5:30-8 p.m.; Tuesdays 1-3:30 p.m.**

**Acupuncture • Ellicott City Senior Center**

Schedule an acupuncture treatment with Young Gerstmyer ND, LAC. Initial consultation: \$125; each 1 hour visit: \$75; credit cards or checks only. Call 410-313-1400 to schedule.

## **Fridays, By Appointment Only**

**Acupuncture • Glenwood 50+ Center**

Try this ancient form of healing. Dawn Kulak offers appointments on Fridays; insurance accepted. Call 410-313-5440 to schedule.

## **Thursdays, beginning January 7, 1 p.m.**

**Authentic Latin Jam Dance • East Columbia 50+ Center**

Dance your way to fitness with Laurie Anderson, professional dance instructor. \$24. Call 410-313-7680 to register.

## **Thursdays, January 8 – March 19, 10 a.m.**

**Qi Gong • Ellicott City Senior Center**

Experience gentle movements synchronized with breathing to promote positive energy movement through your body. \$57 (10 classes) (No Class Feb. 5). Call 410-313-1400 to register.

## **Fridays, January 9 – March 13, 10 a.m.**

**ManPower • Ellicott City Senior Center**

Join a group strength training class designed for men who want to regain/retain muscle tone. Work on form, body composition and lean muscle mass. \$54 (10 classes); call 410-313-1400 to register.

## **Friday, January 9, 10:30 a.m.-1:30 p.m.**

**New Year's Celebration • Elkridge Senior Center**

Ring in the New Year with a homemade lunch, entertainment, games and prizes. \$5/person. Call 410-313-6192 to register.

## **Fridays, January 11 – March 13, 11 a.m.**

**All in One • Ellicott City Senior Center**

Combine all the elements of fitness into one class with a cardio work-out, strength training, balance and flexibility. Bring a mat for floor work. \$54 (10 classes). Call 410-313-1400 to register.

## **Tuesday, January 13, Noon**

**Ted Talks Panini Lunch • East Columbia 50+ Center**

Come for lunch and learn why older people are happier. Donations appreciated. Call 410-313-7680 to register.

## **Tuesday, January 13, 7 p.m.**

**Finding Your Dream Job In your 40's, 50's and Beyond  
East Columbia 50+ Center**

Best-selling Author Kerry Hannon will present her latest book, *What's Next*. Call 410-313-7680 to register.

To request accommodations to attend any of these events, call 410-313-5980 one week in advance.

## **Tuesdays, January 13 –**

**February 17, 1:30-2:30 p.m.**

**Intro to Ballroom & Latin Dance  
North Laurel 50+ Center**

Stay active and improve physical fitness while learning basic steps to a variety of dance styles. No experience necessary. \$52 (6 sessions). Call 410-313-0380 to register.

## **Friday, January 16, 11 a.m.-1 p.m.**

**Martin Luther King, Jr. Day Brunch • North Laurel 50+ Center**

Celebrate the legacy of Dr. Martin Luther King, Jr. with brunch and story sharing; music and the history of drumming presented by James Gilliam. Donations appreciated. Call 410-313-0380 for reservations by January 7.

## **Tuesday, January 20, 1 p.m.**

**Clutter Busters Reunited! • East Columbia 50+ Center**

Face clutter issues with a sense of humor (and find your keys without a search party). Call 410-313-7680 to register.

## **Wednesdays, January 21 & 28, 10-11:30 a.m.**

**WisdomWell Series: Living Well with the Season • Glenwood 50+ Center**

Join Acupuncturist and Wellness Educator, Leah Turner, for guided meditation, interactive discussion, seasonal tips, and practical everyday skills for living well. Call 410-313-5440 for details.

## **Thursday, January 22, 10 a.m.**

**RELAXupuncture • East Columbia 50+ Center**

Let your energy flow in a 1-hour group session of relaxation, meditation and auricular acupuncture. \$20/person; call 410-313-7680 to register.

## **Thursday, January 22, 10:30 a.m.-noon**

**Affordable Insurance • Elkridge Senior Center**

The Maryland Insurance Administration will show you how to save hundreds of dollars a year on insurance. Call 410-313-6192 to register.

## **Wednesday, January 28, 11 a.m.-noon**

**The Needle Trades • North Laurel 50+ Center**

The Baltimore Museum of Industry presents a special presentation of the history of the garment industry in Baltimore. Call 410-313-0380 to register.

## **Mondays, January 5 to March 9**

**New Year Yoga Flow: Gentle or Chair • North Laurel 50+ Center**

Practice gentle and chair yoga to reduce stress, cultivate strength and build balance. Gentle Yoga: 11 a.m.-12:15 p.m., \$56 (8 sessions). Chair Yoga: 10-10:50 a.m., \$52 (8 sessions). Call 410-313-0380 to register.

## **Budget and Credit Counseling Workshop**

**Wednesday, January 21, 1-3 p.m.**

**North Laurel Community Center**

**9411 Whiskey Bottom Road, Laurel, MD 20723**

Aline Humphries, Consumer Credit Counseling Services of Maryland and Delaware, Inc. presents the basics about credit and budgeting.

Geared toward older adults and individuals with disabilities, this free workshop is presented by the Maryland Department of Aging and the Howard County Office on Aging.

For more information or to register, contact Maryland Access Point of Howard County at 410-313-5980 (VOICE/RELAY) or email [map@howardcountymd.gov](mailto:map@howardcountymd.gov).





# Save the Date for the 7th Annual

## WOMENFEST

A Health & Wellness Event for Women

A signature event designed to inspire women to live a more balanced, healthier and fulfilled life!

**Saturday, April 25, 2015 • 10 am - 3 pm**

**Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723**

A one-stop event featuring over 90 EXHIBITORS, engaging SEMINARS, and important free health SCREENINGS!

### ATTENTION BUSINESS OWNERS, VENDORS and EXHIBITORS!

Don't miss this opportunity to promote YOUR business, products and services!

For sponsorship opportunities, contact Courtney Barkley  
410-313-5957 or email [cbarkley@howardcountymd.gov](mailto:cbarkley@howardcountymd.gov).



[www.howardcountyaging.org/womenfest](http://www.howardcountyaging.org/womenfest)

# Thank You!

The Howard County Department of Citizen Services and Office on Aging appreciates the outpouring of generosity by everyone whose thoughtful donations of time, gifts and money made Project Holiday 2014 an overwhelming success.

Almost 300 seniors will have gifts to open and memories to cherish, thanks to your selfless giving in honoring the true message of the season.

Wishing you and your families a very happy and healthy holiday season and many blessings in the new year!

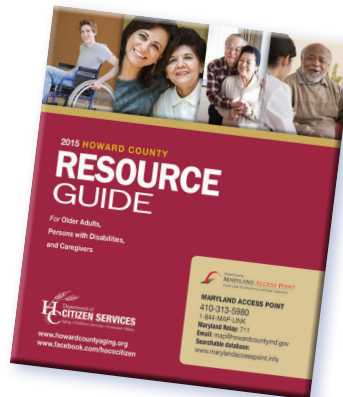
## HOWARD COUNTY OFFICE ON AGING MARYLAND ACCESS POINT

Aging and Disability Resource Center for Howard County Residents



The **2015 Resource Guide** is now available!

Pick up your **FREE COPY** of the Guide at the Howard County Office on Aging, senior centers and libraries.



410.313.5980 (VOICE / RELAY)  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov)



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

We welcome your comments and suggestions. Contact us, or join our subscriber list at [seniorconnection@howardcountymd.gov](mailto:seniorconnection@howardcountymd.gov)

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## Did you know...?

### Making Your Home More Accessible Today Could Earn You a Tax Credit!

## THE HOWARD COUNTY LIVABLE HOMES TAX CREDIT

Make improvements now to create a more accessible home for your future and save money!

When you install certain types of accessibility features in your primary County residence (ramps, stair glides, reinforced walls and grab bars) you could be eligible for credit against your county tax bill.

Applications are processed through the Howard County Department of Finance in the order received until all program funds have been exhausted.



For more information, contact:

**HOWARD COUNTY DEPARTMENT OF FINANCE  
410-313-2062**

or **MARYLAND ACCESS POINT** at 410-313-5980

FOR ADDITIONAL DETAILS AND APPLICATIONS, GO TO  
[www.howardcountymd.gov/livablehomes](http://www.howardcountymd.gov/livablehomes)