

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 7 • July 2015

A Message from **Starr P. Sowers**

Administrator, Howard
County Office on Aging



I am honored to have been appointed as the new Administrator of the Office on Aging by County Executive Allan Kittleman. I have worked for the Office on Aging for 29 years as manager of both the Health and Wellness and Senior Center Divisions and I am committed to the mission of meeting the needs of the older adults of Howard County.

In recent years, my commitment to the health and welfare of the county's older adults has been evident as we identified, expanded and implemented a broad array of innovative programs and resources targeted to the adult population, including the 50+EXPO and WomenFest. The funding, development, and implementation of these programs has involved ongoing collaboration with other county agencies as well as other organizations such as the National Institutes of Health, UMBC, Veterans Affairs, National Council on Aging, and the medical and business communities within Howard County.

Howard County's older adult population is now the sixth largest in Maryland, and boasts one of the fastest growing older populations and the largest concentration of Baby Boomers. To meet the growing need for our services, we will need to develop new community partnerships, consider fee-for-service models, identify grant funding, and look at new ways to deliver programs and services.

I feel fortunate to have the full support of County Executive Allan Kittleman, and the Director of the Department of Citizen Services, Phyllis Madachy, behind me, as well as a strong and creative team of program managers within the Office on Aging who will help move us forward. Whether or not the Office on Aging becomes a separate county department will not be determined for several months, but there is no question that aging issues are a priority for the new county administration. I am very excited to lead the Office on Aging with a County Executive who is so committed to meeting the needs of the aging population, and a staff whose wealth of knowledge, commitment and dedication is unparalleled.

I have loved working for the Office on Aging, and I truly enjoy meeting and interacting with older adults throughout Howard County on a daily basis. I have been overwhelmed by the outpouring of support that I have received since the appointment was announced, and I want to say thank you. With your continuing support, the best is yet to come!

Be Part of the 2015 **50+EXPO** PLUS EXPO



Howard County Office on Aging

New \$1 Admission to Benefit the Vivian L. Reid Community Fund

Plans are coming together for the 17th annual 50+EXPO, the premier event for older adults in Howard County, presented by the Howard County Office on Aging. It will be held Friday, October 16, 9:00 a.m. to 4:00 p.m., at Wilde Lake High School, 5460 Trumpeter Road in Columbia.

New this year is a \$1 admission fee for all attendees over 18 years of age. The fee will benefit the Vivian L. Reid Community Fund, a community assistance fund started by Reid, the Office on Aging's first administrator, and renamed in 1995 to honor her memory. The fund provides emergency financial assistance to older adults and adults with disabilities in Howard County whose essential needs are not covered by Medicare and Medical Assistance. The most frequent requests include help with utility bills, eviction prevention, or dental and medical expenses such as eyeglasses or pharmaceuticals not covered by a prescription drug plan.

The EXPO admission fee will bolster the reserves of the Vivian Reid Fund to help meet the increasing requests for assistance. In 2014, the Reid Fund served 371 individuals and spent \$44,560. Through April 30, 2015, the Fund had already served 184 individuals and spent over \$21,900, an increase of more than 35 percent over the same period in 2014. The average amount of assistance per client is \$100 (\$200 for dental). More often than not, these funds are the difference between food and heat or between rent and medications.

The 50+EXPO includes many free benefits for attendees, including a comprehensive health fair with many vital screenings offered at no cost, as well as flu shots and flu mist administered onsite free of charge. All day entertainment and two free performances by the ever popular Capitol Steps at noon and 2:00 p.m. round out the day's activities.

For vendors and sponsors, the 50+EXPO is a great marketing opportunity to reach area older adults and Baby Boomers. Howard County residents 65 and older will account for 17.5 percent of the county's population by 2025 and 21.6 percent in 2035. According to the latest American Community Survey (2013), the median household income of this segment population is \$70,137. Last year's event drew more than 4,000 attendees.

For more information about becoming a vendor or sponsor, visit www.howardcountyaging.org/50plusexpo or contact Event Coordinator, Lisa Coster, at 410-442-3734 (voice/relay) or email lbcoaster@costercommunications.com.

Boost Your Summer Activity Levels

Here are ways to enjoy warm weather activities in a safe and supportive environment

It's summertime and the living is easy in Howard County – but don't take it too easy! To maintain your health during the hot summer months, make regular physical activity a part of your daily routine along with plenty of time to kick back and relax. Whether your activity is for fun or fitness, remember that heat and sun can be dangerous for older adults, so be sure to take proper precautions. Here are some tips from the American Heart Association (www.heart.org) to make sure you have a fun, safe summer:

- **HYDRATE!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add your favorite fruits such as melon, oranges and berries, or cucumber or mint to a pitcher of water and chill for two hours.
- **PROTECT YOUR FAMILY FROM THE SUN!** Wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.
- **PRACTICE HEAT SAFETY!** Avoid intense activities between noon and 3 p.m. when the sun is at its strongest.
- **DRESS FOR THE HEAT!** Wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.
- **HEAD INDOORS WHEN IT'S TOO HOT!** When the heat gets too unbearable, try indoor activities like walking, swimming, or yoga at your local 50+ Center, recreation or community center.

Looking for some indoor activities to beat the heat? Cushioned walking tracks at the Glenwood and North Laurel 50+ Centers provide air-conditioned comfort for your daily stroll. Find a walking buddy and use a pedometer to track your progress. Glenwood and North Laurel also offer a variety of workout options in their fitness rooms. Or, check out Ellicott City's new state-of-the-art 50+ fitness center and take advantage of the low introductory rates of just \$10 a month for county residents age 50 and up. The center is open Mondays and Wednesdays from 8:30 a.m. to 7:30 p.m. and Tuesdays, Thursdays and Fridays from 8:30 a.m. to 4:30 p.m. Call 410-313-0727 for details.

When it comes to getting the physical activity you need each week, it's important to pick activities you enjoy that match your abilities.



Jack McWatters, and his wife, Sharon, enjoy a tandem ride at the Cycle2Health Kickoff in May. Jack is a Ride Leader for the program.



Silver Dolphins participants, Carol and Richard Bozyk, benefit from aquatic exercise at the Roger Carter Recreation Center pool.

According to the Centers for Disease Control (www.cdc.gov), regular physical activity can still be safe and beneficial even if you have physical limitations which impact your normal daily activities, such as climbing stairs or walking. Members of the Ellicott City Senior Plus program enjoy a monthly outing to swim at the Roger Carter Rec Center. Some participants – who've dubbed themselves the Silver Dolphins – say it's been 30 years since they've been in a pool, but with staff on hand to provide encouragement and assistance as needed, many now enjoy the water independently.

Peer support can make the difference between trying out and sticking with an activity. Cycle2Health is a case in point. The non-competitive, volunteer-led cycling group offers daytime rides for new, returning or experienced riders, with a no-rider left behind policy. Rides are categorized as casual, with shorter distances and less hilly terrain to advanced, with longer, more challenging routes. Many include lunch or rest stops for social interaction as well. Visit www.howardcountyaging.org/Cycle2Health for more information and a list of upcoming events.



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This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

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MAP Introduces the OTHER Talk

Starting the Conversation About Health, Legal, Financial and End-of-Life Issues

Have you had the “talk” with your children? No, not *that* talk, but rather the conversation you and your family should have regarding your personal health, legal, and financial matters, as well as end-of-life decisions. Discussing options with those you love and making choices *now* will affect your quality of life *later*, ensuring the best possible outcome for everyone involved.

Throughout the aging process, you may face mental and/or physical challenges. Part of aging with dignity is knowing that you have some control over them. Honoring choices, maintaining independence and preserving dignity are very personal decisions, which should be shared and understood by those in your support system, whether family, friends or others.

Many people — especially parents and their children — are reluctant to discuss issues surrounding their health, money, insurance, wills, estates, and end-of-life decision. However, it is critically important to do so, and the Office on Aging can help.

The “Other” Talk, offered at Howard County’s 50+ Centers, can help you understand how to initiate the conversation. For more information, contact Emily LeClercq or Jill Kamenetz at Maryland Access Point 410-313-5980 (voice/relay).



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

Aging and Disability Resource Center for Howard County Residents

Riding High with your Feet on the Ground!

SENIOR DAY AT THE FAIR

Howard County Fair 2015

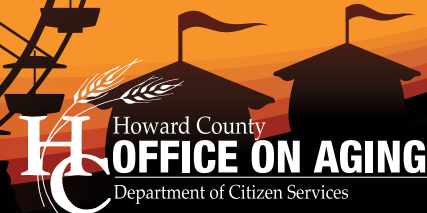
FREE ADMISSION for ADULTS 62+

Tuesday, August 11 • 10 am - 3 pm

Visit the Activities Building for Fun Things to Do:

- Entertainment and Exhibits
- Healthy Aging Programs and Services
- Bingo, Games and Prizes
- Demonstrations

DON'T MISS SENIOR DAY AT THE FAIR!



www.howardcountymd.gov/aging



Join Seniors Together for one or both of these upcoming programs!

Thriving After Living Well

Are You a Living Well or Living Well with Diabetes Graduate?

Continue to take charge of your health with this facilitated group!

- focus on individual progress
- meet challenges/set new goals
- overcome setbacks
- share successes
- gain additional peer support
- recharge motivation

Tuesday, July 14 • 2:30 - 4:00 p.m.

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

To register, contact Karen Hull

410-313-7466 (VOICE/RELAY) • khull@howardcountymd.gov

Possibilities Fair for Low-Vision Seniors

Recommended for low vision and blind adults age 55+

- free transportation provided
- pre-registration required
- seating is limited
- fair admission fee applies

Thursday, August 20 • 9:00 a.m. - 3:00 p.m.

Blind Industries & Services of Maryland (BISM)

3345 Washington Blvd., Baltimore, MD 21227

To register, contact Elaine Widom

410-313-7353 (VOICE/RELAY) • ewidom@howardcountymd.gov

REGISTRATION DEADLINE: AUGUST 14

www.howardcountyaging.org/seniorstogether

If you need this information in an alternate format, or accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov

July 2015 Calendar of Events

Don't miss these exciting programs and services at one of the dynamic Howard County Office on Aging 50+ Centers near you!



Bain Center

Tues., July 14 • 11 a.m. to 2 p.m. —

OMEGA PHI PSI: CONNECTING WITH THE COMMUNITY

Meet the fraternity; enjoy live music, lunch, entertainment, and a chance to win door prizes. Register by July 7: 410-313-7213

Wed., July 15 • 7 to 8:30 p.m. — MEDICARE 101

Learn how Medicare Parts A (hospital), B (medical) and D (prescription drugs) work, the benefits, and when to make decisions related to your coverage. Sponsored by SHIP. Register at 410-313-7391.

Wed., July 22 • 11:30 a.m. — FOREIGN FILM: THE IMITATION GAME

Join us for a catered lunch and a foreign film discussion led by Professor Sharon Unger. \$13/person. Register by July 15 to 410-313-7213.

Wed., July 22 • 7 to 8:30 p.m. — MEDICARE 102

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans), and how to protect yourself from health care fraud. Sponsored by SHIP. Register at 410-313-7391.

Thursday, July 23 • Noon — WHO LET THE DOGS OUT?

July is National Hot Dog Month! Join us for some hot dog history, trivia and a doggone good lunch with all the fixins.' Sign up by July 16.

East Columbia 50+ Center

Wed., July 1 – August 19 • Noon — “SEVEN UP” SERIES

Enjoy a series of eight documentaries that followed the lives of 14 British children every seven years since 1964. FREE!

Monday, July 13 • 9 a.m. to 3 p.m. — WHITE HOUSE BROADCAST

Watch the live streaming broadcast of the Conference on Aging from the White House, then share in the conversation. FREE! 410-313-7680

Wed., July 23 • 9:30 a.m. to noon — CHRISTMAS IN JULY SWAP

Donate 4-5 new or “like new” accessories or gifts before 7/23, and then return to swap them at Christmas in July. 410-313-7680

Elkridge 50+ Center

Wed., July 8 • 10 a.m. to noon — ZENTANGLE ART CLASS

Enjoy a relaxing activity that stimulates your brain with creativity. FREE! Register at 410-313-5192

Friday, July 10 • 10:30 a.m. to 2 p.m. — ICE CREAM SOCIAL

Wear your red, white and blue; test your patriotic knowledge in our Independence Day trivia contest; enjoy a fresh salad bar and ice cream sundaes. \$5 plus lunch donation. RSVP at 410-313-5192

Tuesday, July 21 • 12:30 to 1:30 p.m. — PATAPSCO VALLEY HISTORY

Retired Park Ranger Ed Johnson shares interesting facts about the Patapsco River Valley, Elkridge, Ellicott City & more. FREE. 410-313-5192

Ellicott City 50+ Center

Wed., July 8 • 10 a.m. — GENEALOGY: DEATH CERTIFICATES

A death certificate is an official vital statistic mandated by law. Learn more about these records, what you can find out with them and where to get them. FREE! Details at 410-313-1400.

Wed., July 22 • 9:30 to 11:30 a.m. — NUTRITION TIPS WITH RONA

Nutritionist Rona Martiyan, RDN, LDN, will share nutrition tips and answer questions in our new Fitness Center. FREE! 410-313-1400

Friday, July 31 • 10:30 to 11:30 a.m. • BINGO BUNCH

Join this bingo bunch, sponsored by the Ellicott City 50+ Council. \$4/person; details at 410-313-1400.

Glenwood 50+ Center

Friday, July 10 • 11:30 a.m. —

CRAB CAKE LUNCHEON

Enjoy a homemade crab cakes lunch while listening to fantastic music by Love Story. \$15/person; carryout available. RSVP to 410-313-5440.

Wed., July 15 • 10 a.m. — CIVIL WAR SERIES: LINCOLN'S TRAIN

Author Dan Toomey provides an in-depth look at the funeral train that carried the president's body. FREE!

Friday, July 24 • 10 a.m. — MOUNT VERNON PLACE

Baltimore's go-to guy is back with an in-depth presentation on Mount Vernon Place. FREE! Details: 410-313-5440.

Thursday, June 18, 10:30 a.m. — ESSENTIAL OILS 101

Discover the beauty and intrigue of essential oils in this introductory class by Karen Schembari. 410-313-5440.

North Laurel 50+ Center

Wed., July 1 • 11 a.m. to 1 p.m. — CRAB CAKES & ROOT BEER

Live music by Ellis Woodward; donations accepted to benefit Baltimore community rebuilding programs. RSVP to 410-313-0380 by June 24.

Monday, July 13 • 1 to 2 p.m. — BROADWAY: THE BRITISH INVASION

Follow the evolution of Broadway's rich history through discussion, live music and song. FREE! Register at 410-313-0380.

Tuesdays thru August 4 • 1:30 to 2:30 p.m. — INTRO TO DANCE

Learn the basics of salsa, tango, rumba, samba, waltz etc. No experience needed. \$52/6 sessions. For class schedule or to register: 410-313-0380.

TO REGISTER FOR ANY OF THESE EVENTS or for additional information, call the number listed, the Center, or Maryland Relay 711. To request a sign language interpreter or other accommodations to participate, call 410-313-5980 one week in advance.

FOR A FULL LISTING OF EVENTS happening in our 50+ Centers this month, visit our website:

www.howardcountyyaging.org/50pluscenters

HOWARD COUNTY 50+ CENTERS

Bain Center	5470 Ruth Keeton Way, Columbia	410-313-7213
East Columbia 50+ Center	6600 Cradlerock Way, Columbia	410-313-7680
Elkridge 50+ Center	6540 Washington Blvd., Elkridge.....	410-313-5192
Ellicott City 50+ Center	9401 Frederick Rd., Ellicott City.....	410-313-1400
Glenwood 50+ Center	2400 Route 97, Cooksville	410-313-5440
Longwood 50+ Center	6150 Foreland Garth, Columbia	410-313-7217
North Laurel 50+ Center	9411 Whiskey Bottom Rd., Laurel.....	410-313-0380

SENIOR CENTER PLUS SITES

Ellicott City Senior Center Plus	410-313-1425
Glenwood Senior Center Plus	410-313-5442
North Laurel Senior Center Plus.....	410-313-7218



www.howardcountyyaging.org/50pluscenters