

HC The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 6, No. 5 • May 2016



A Message from Howard County Executive

Allan H. Kittleman

As we celebrate Older Americans Month in May, I want to reaffirm my commitment to implementing the recommendations of our 20-year plan for Howard County, *Creating an Age-Friendly Community*, which we released last fall. Over the next two decades, the number of county residents aged 65 and older will increase from 10 percent to almost 22 percent of our population. We not only want to expand and strengthen services for our growing aging population, we want to make it easier for you to access these services when needed.

That's why our delivery of human services will follow a philosophy called No Wrong Door, which encourages government agencies to use a comprehensive approach to improve services for people needing support. For example, a person with a disability and suffering from depression and worried about housing shouldn't have to contact three agencies to have his or her needs met. We want to avoid potential service "silos" by creating a service delivery system that can address a full spectrum of issues.

Maryland Access Point — the information, resource and referral arm of the Office on Aging — is a great example of how this No Wrong Door approach is already working successfully in Howard County. Information specialists are available to answer calls on weekdays from 8:00 a.m. to 5:00 p.m., fielding inquiries on a wide range of topics related to health or caregiving issues, housing and finances, transportation and more. If you need assistance with any of these issues, I encourage you to contact Maryland Access Point at map@howardcountymd.gov or 410-313-5980 (voice/relay). We want Howard County to be a comfortable and desirable place to live for residents of all ages.

A Message from

Starr P. Sowers

Administrator, Office on Aging



Now that spring is here and the flowers are in full bloom, it's time to celebrate Older Americans Month! Each May since 1963, Older Americans Month has called attention to the contributions of older adults in communities throughout the United States. The 2016 theme, **Blaze a Trail**, especially resonates with us here at the Office on Aging, as Howard County is hard at work blazing a trail to meet the needs of our growing older adult population over the next 20 years.

Creating an Age-Friendly Community (mentioned above) offers a vision of Howard County as an age-friendly community where older adults comfortably age in place and residents of all ages have the resources they need to grow, thrive and live with dignity.

The report also identifies programs, facilities and services that will be needed for the county's older adult population over the next two decades, including a new 10,000 square-foot senior center in Elkridge. Please join me and County Executive Allan Kittleman for groundbreaking ceremonies at the Elkridge 50+ Center on Monday, May 16 at 2:30 p.m. as we begin this exciting new project.

We are also excited to announce the grand reopening and relocation of The Loan Closet of Howard County on June 15. The Loan Closet is a collaborative effort between the Office on Aging, Rebuilding Together of Howard County, Rotary Club of Columbia and the Way Station. The newly expanded location will be able to serve up to 2,500 residents.

These improvements and others to come will help us "Blaze a Trail" toward making Howard County an age-friendly community for all. I urge you to take some time during Older Americans Month to reflect on your own journey to health and wellness. Let us know how we can help!

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by designating the month of May as Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers an opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, **Blaze a Trail**, emphasizes the ways older adults are reinventing themselves through different avenues of work and employment and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

continued on page 19

Medicare Raises Income Limits for Assistance

By Bill Salganik, Counselor, Howard County
State Health Insurance Assistance Program (SHIP)

Each year, the federal and state governments adjust the income cutoffs for programs that assist with health and prescription expenses for Medicare beneficiaries. That means if you narrowly missed qualifying in the past, you may qualify now. And, of course, if you haven't applied or considered applying before, you can do so now.

In general, you are eligible for assistance if your gross income is less than \$35,640 a year as an individual or \$48,060 a year as a couple. If you think you qualify, contact the State Health Insurance Assistance Program (SHIP) in Howard County at 410-313-7392 for a one-on-one appointment.

Here's a brief look at the assistance programs and their updated income and asset qualifications:

Qualified Medical Beneficiary (QMB) pays your Medicare Part A and/or Part B premium and eliminates virtually all of your portion of doctor, hospital and other medical expenses, as long as you use providers who participate with both Maryland Medicaid (Medical Assistance) and Medicare. To qualify, an individual's income must be less than \$12,120 a year and your assets (savings, investments, etc.) cannot exceed \$8,780; as a couple, your income must be less than \$16,260 a year and your assets cannot exceed \$13,930.

Specified Low-Income Medicare Beneficiary (SLMB) pays your Medicare Part B premium. The annual income limit for an individual is \$16,272 with assets (savings, investments, etc.) that do not exceed \$8,780; for a couple, \$21,864 with assets that do not exceed \$13,930.

Extra Help reduces or eliminates your Medicare prescription plan premium; lowers your copays; helps you avoid the "donut hole" and lets you change your plan during the year, if needed. The annual income limit for an individual is less than \$18,060 with assets (savings, investments, etc.) that do not exceed \$13,640; for a couple, \$24,264 with assets that do not exceed \$27,250.

Senior Prescription Drug Assistance Program (SPDAP) helps pay your Medicare prescription plan premium (up to \$40 each month) and lets you change your plan one additional time during the year if needed. The annual income limit for an individual is \$35,640; for a couple, \$48,060. There are no asset limits for either.

If you have questions about your Medicare coverage or assistance programs, contact the Howard County SHIP office at 410-313-7392 or www.howardcountymd.gov/SHIP.



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

This publication is available in alternate formats upon request.

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

Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org

Find us on www.Facebook.com/HoCoCitizen

Kim Higdon Henry, Senior Connection Editor
kahenry@howardcountymd.gov

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Medicare Public Education Sessions

FREE Information Presented by SHIP

Medicare 101

Thursday, May 5 • 7:00 – 8:30 p.m.

Join us to learn 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.

Medicare 102 – Why Medicare Isn't Enough

Thursday, May 19 • 7:00 – 8:30 p.m.

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans); how to cover the gaps (out of pocket expenses); how plans are priced; the best time to enroll; and how to protect yourself from Medicare fraud.

Using Medicare's Plan Finder

Thursday, May 26 • 7:00 – 8:30 p.m.

The Plan Finder tool at www.medicare.gov can be used to compare and review Medicare prescription drug plans and health plans. Join us to learn the basics for both types of comparisons.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Register at 410-313-7389 (VOICE/RELAY)



**KNOW YOUR OPTIONS.
Contact us for help.**

www.howardcountyaging.org/SHIP

If you need accommodations to attend, call 410-313-5980 one week in advance.

Kindred Spirits SOCIAL CLUB

A fee-for-service program for people diagnosed with an early stage memory disorder*



NEW! Kindred Spirits at North Laurel

Tuesday and Thursday • 9:30 a.m. - 1:30 p.m.

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

Contact: Nancy Riley • 410-313-7691 (voice/relay)
nriley@howardcountymd.gov

Kindred Spirits at Glenwood

Monday/Wednesday/Friday • 9:00 a.m. - 1:00 p.m.

Glenwood 50+ Center, 2400 Rt. 97, Cooksville 21723

Contact: Judy Miller • 410-313-5441 (voice/relay)
jumiller@howardcountymd.gov

* An initial screening for eligibility is required; call one of the above centers to schedule an evaluation.

Powerful Tools FOR Caregivers

Are you a caregiver, or do you know someone who is? This month, the Howard County Office on Aging and the Caregiver Support Program will introduce Powerful Tools for Caregivers (PTC), a new, evidence-based program designed with the caregiver's well-being in mind.

This six-week series of 90-minute classes will offer caregivers opportunities to explore a variety of self-care tools in a supportive environment.

These self-care tools will help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough, caregiving decisions

Caregivers who have participated in the program found that it improves self-care behaviors in terms of relaxation, exercise and their own physical and mental well-being. The program also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

If you or someone you know is a caregiver, we encourage you to take advantage of this new program. Our goal is to improve the lives of caregivers as well as care recipients through outreach, conversation, training, and resources.

Powerful Tools FOR Caregivers

May 17 through June 21

6:00 to 7:30 p.m. (six consecutive Tuesdays)

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

Fee of \$30 covers all materials

— FOR MORE INFORMATION OR TO REGISTER —

**Kathy Wehr, Caregiver Program Support Manager
410-313-5955 (voice/relay)**

On-site respite is available; arrangements can be made when registering.
If you need accommodations to attend, call at least one week before the first session.

Older Americans Month

continued from page 17

In Howard County, the Office on Aging provides a wide variety of services and support to older adults year-round, but during OAM 2016 we want to recognize the many ways older adults in our county reach out, lead and inspire others. As SHIP counselors, they educate those new to Medicare; as Living Well lay leaders, they offer peer support to others with diabetes or other chronic conditions; and as Cycle2Health ride leaders, they inspire new and returning riders to get back on the road to fitness. Without the enthusiastic support of our older adult volunteers, large community events like the 50+EXPO and WomenFest just wouldn't be the same, or even possible.

The Howard County Office on Aging can help you start blazing a trail of your own to better health and wellness.

During Older Americans Month, stop by one of our Howard County 50+ centers to find out how you can get involved. In return, we'll help you start blazing a trail of your own to better health and wellness. To get started, check out the centerspread in this issue for some of the highlighted activities. You can also visit us online at www.howardcountyaging.org/50pluscenters to find additional events, programs and services, or to find a center near you. You can also contact Maryland Access Point at 410-313-5980 for more information.



Want to blaze your own trail to health and wellness? No need to go it alone – grab a friend and join us at the Cycle2Health Kick-off on May 5 at the East Columbia 50+ Center. Visit www.howardcountymd.gov/C2H to find out more.

MAY

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

Bain 50+ Center

Wednesdays, May 4 - 25 • 2:15 to 3:45 p.m.

Ballroom Dance Made Easy

Beginner and experienced beginner levels are covered by Instructor Laurie Anderson. Dance styles will be chosen by attendees. \$45; register: 410-313-7213.

Friday, May 6 • 10 a.m. to noon —

6th Annual Mother's Day Brunch

This annual event honors all mothers and women who care for others, and features live entertainment by singer/songwriter Kendall Leonard. All are welcome, but due to limited seating, advance tickets are required (cost: donation). Register at the front desk.

Thursday, May 12 • 6:00 to 8:30 p.m. —

LGBT Film: "Cloudburst"

Doors open 5:50 p.m.; film & discussion: 6 to 8:30 p.m. — Co-sponsored by the LGBT Older Adults Task Force of Howard County and Jessica Rowe ElderCare Consulting, LLC, authorized by the Board of Social Work Examiners in Maryland to sponsor continuing education programs (qualifies for 2.5 Category I CEU's). RSVP by May 9: 410-313-7213. FREE.

Tuesday, May 10 • 10:30 to 11:30 a.m. —

Fabulous 50+ Players

Join us for a musical revue featuring songs we all know and love, and be prepared to sing along. RSVP: 410-313-7213. FREE.

Wednesday, May 11 • 11 a.m. to noon —

HCC-Bain Senior Choir Spring Concert

Enjoy the melodies of the Howard Community College-Bain Senior Choir in a performance you don't want to miss. RSVP: 410-313-7213. FREE.

Tuesday, May 17 • 1 to 3 p.m. —

Meet the Author, Altha Ma, "Slices of Life"

In her book, "Slices of Life," author Altha F. Ma takes an honest look at her life, and openly shares her discoveries. Refreshments provided; RSVP by May 12: 410-313-7213.

Tuesday, May 24 • 10:30 to 11:30 a.m. —

On the Beat with John Wesley

John Milton Wesley is an author and singer/songwriter who performs original material across various genres including: Jazz, R&B, Soul, Afro-Cuban, Big Band, and more. RSVP: 410-313-7213. FREE.

East Columbia 50+ Center

Wednesdays, May 4 - June 1 • 1 to 2:30 p.m. —

Four Healing Sessions

Gerry Landrum, Certified Stress Manager and Psychodramatist, will offer healing sessions on:

- 1) stress management, relaxation and grounding;
- 2) open and balance energy centers;
- 3) raise your energy vibrations; and
- 4) psychodrama experiences.

Only \$23 for ALL FOUR sessions. Register: 410-313-7680.

Wednesday, May 18 • Noon —

Broadway Show Tunes Lunch

No need to go to New York, come enjoy lunch while the Fabulous 50+ Players entertain us here in the comfort of the East Columbia 50+ Center. Cost: lunch donation. Register: 410-313-7680.

Thursdays, May 5 - June 9 • 10 a.m. to noon —

Knit 101

Learn to knit from the beginning to finishing a hat and scarf. No previous experience necessary; a sense of humor is helpful. Cost: materials fee. Register: 410-313-7680.

Tuesday, May 17 • 11 a.m. —

Everything You Always Wanted To Know about the Howard County Bus System

Sell your car, take the bus! Learn the ins and outs of Howard County's mass transportation system. FREE.



NewsTalk

A lively discussion presented each week on local, national and global news. All are welcome.

Thursdays, 10:00 to 11:30 a.m.

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

To register, contact Karen Hull

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

www.howardcountyaging.org/seniorstogether

To request accommodations to participate in any of our 50+ Center Programs, contact Maryland Access Point (MAP) at 410-313-5980 (VOICE/RELAY) or map@howardcountymd.gov at least one week in advance.

Elkridge 50+ Center

Tuesday, May 3 • 10 a.m. to noon –

Maryland Insurance Administration

Learn all about your insurance to be sure you are getting the best rates and protect yourself from scams or frauds. FREE.

Friday, May 6, • 10:30 a.m. to 12:30 p.m. –

Mother's Day Party

Celebrate today with homemade crabcakes, chicken salad and sides; music, games and gifts for everyone. \$15/person. Register: 410-313-5192.

Monday, May 16 • 10:30 a.m. to 12:30 p.m. –

Stamping Made Easy

Stamping is easy, fun and entertaining to do. Make something beautiful for yourself or give as a gift. \$3/person. Register: 410-313-5192.

Wednesday, May 18 • 9:30 to 11:30 a.m. –

Pancake Breakfast

Start your day in a delicious, nutritious way, with homemade pancakes, eggs and much more. Donations accepted. Register: 410-313-5192.

Wednesday, May 25 • 10:30 a.m. to 1:30 p.m. –

Blazing a Trail to our New Center

Join us as we celebrate the past 25 years in our current building and look forward to a beautiful new center; featuring music by The Retro Rockets for dancing fun, delicious food by "Famous Dave's BBQ," door prizes and more. \$5/person. Register: 410-313-5192.

Ellicott City 50+ Center

Tuesday, May 10 • 1 p.m. –

Meet the Author: Lyn Traill, "Sizzling at Seventy"

Author Lyn Traill shares the strategies that have taken her from victim to victorious in "Sizzling at Seventy"; she is living proof that it is never too late to find your fabulous. Book signing to follow discussion. FREE.

Wednesday, May 11 • 12:30 p.m. –

Music with Julie Hall

Join Julie Hall and daughter Natalee, as they sing the classics, standards, oldies but goodies and more from the Great American Songbook. Register: 410-313-1400. FREE.

Saturday, May 14 • 2 p.m. –

Show Time Singers Concert

Enjoy the sensational sounds of the Show Time Singers, who sing both a cappella and accompanied, offering vocal education with Broadway tunes and popular standards. FREE, supported by grants from the Howard County Arts Council and Howard County Government. Pick up tickets at the front desk.

Tuesdays, May 17 thru June 14 • 11 a.m. –

NEW! Mah Jongg Instruction

Ellen Laupus will offer beginners an overview of the game; learn about the tiles, play practice hands and how best to play the tiles dealt to you. No Mah Jongg set required. \$54 for five classes. Register: 410-313-1400.

Tuesday, May 24 • 1 p.m. –

Care Patrol

Bonnie Danker will discuss Senior Living Options and provide information on the types of care and housing available to meet your needs if you transition to a care community. FREE.

Wednesdays, June 8 - August 3 (no class 7/13) • 3:30 p.m. –

NEW! T'ai Chi Chih

Experience a moving meditation practice to enhance your health and peace of mind, with a sequence of gentle movements to help balance "chi" energy in the body. \$45 for eight classes. Register: 410-313-1400.

Glenwood 50+ Center

Friday, May 6 • 10 a.m. –

Mother's Day Floral Arrangements

Create an arrangement, guided by Marilyn Rogers. Supplies included. \$15/person; class limited to 15. Register: 410-313-5440.

Monday, May 16 • 11 a.m. –

How to Help the Honeybee

Learn basic "bee-ology" from a beekeeper and find out which plants you can plant that help save the honeybee. FREE. Register: 410-313-5440.

Wednesday, May 18 – Friday May 20 • 9 a.m. to 3 p.m. –

Food, Fun & Fiction Book & Bake Sale

Don't miss our annual book and bake sale to benefit the Western Howard County Senior Council. Pick up reasonably-priced summer beach reads, and enjoy delicious baked goods! 410-313-5440.

Thursday, May 19 • 1 p.m. –

AARP Presents: Life Reimagined®

The life you've dreamed of having is actually very possible; to make it real doesn't require major tasks or grand gestures. Learn small, simple steps that CAN make it happen. FREE. Register: 410-313-5440.

North Laurel 50+ Center

Wednesday, May 4 • Noon to 1 p.m. –

Downton Abbey Tea

Celebrate the strong and witty women in your lives at our Mother's Day Tea. \$10/person, includes teas, pastries, sandwiches, desserts and live acoustic music. Reserve tickets in advance: 410-313-0380.

Tuesday, May 17 • 10 to 11 a.m. –

Master Gardener Series: Herbs Through the Ages

Discover the historical uses of herbs in tussie-mussies, nosegays, tisanes, and essences, and learn how to make linen sprays, culinary herbal mixes and a nosegay. FREE. Register: 410-313-0380.

Wednesday, May 18 • 11 a.m. to 1 p.m. –

Older Americans Month BBQ

Celebrate the contributions of older adults in our communities as we "Blaze a Trail" with music from the "Just Us" Band and a western-themed BBQ. Cost: Lunch donation (age 60+). Register: 410-313-0380.



Thursday, May 19
1:00 to 2:30 p.m.

The Mosaic Project Art Reception: Roots & Branches

Created by our members in partnership with the **American Visionary Arts Museum**, the mosaic installation celebrates the history of our roots, the strength of the body and the potential of our radiating branches. FREE. RSVP: 410-313-0380. *See additional details on the last page of this Senior Connection section!*

Wednesday, May 25 • 11 a.m. to noon –

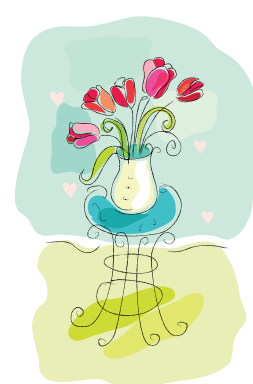
"War on the Homefront"

The Baltimore Museum of Industry presents information about Baltimore, its citizens and the industries that employed them during WWII. FREE. Reserve a seat: 410-313-0380.

Friday, May 27 • 9:30 to 11 a.m. –

Art Workshop: Tassel Necklace

Make a trendy, bohemian-style necklace that's perfect to wear on its own or layer over other pieces. \$8; includes instruction and all materials. Register by May 25: 410-313-0380.



Minimize Your Risk For Identity Theft

By Rebecca Bowman, Administrator, Howard County Office of Consumer Affairs

Are you at risk for identity theft? Look out for the following warning signs:

- Bank account withdrawals that you didn't make;
- Letters or debt collection calls for bills you don't owe;
- Health insurance claims for treatments you didn't receive;
- A notice from the IRS that a return was filed in your name.

While there is no way to guarantee you won't become a victim of ID Theft, there are steps you can take to reduce your risk:

- Never give personal information unless you know who you are dealing with and how it will be used.
- Review your bills for any charges you did not authorize, including health insurance statements that don't match treatments you received;
- Pay attention to credit billing cycles. If bills don't arrive on time, contact your creditor. A missing bill could mean that a thief has hijacked your account and changed the billing address.
- Shred all mail and documents you don't need that contain personal information, such as: pre-approved credit applications, credit card receipts, bills and medical statements.
- Online, delete e-mail or pop-up messages that instruct you to click on a hyperlink or download software to verify your account information.
- On social media sites, be cautious about accepting invitations from unfamiliar contacts, and verify the messages you receive. Scammers have been known to pose as friends or relatives.
- Get a copy of your credit report annually from all three of the major reporting agencies at www.annualcreditreport.com. Look for accounts you didn't open, activity on closed accounts, and inaccurate personal information. Consider placing a security freeze on each report.

If you believe you may be the victim of Identity Theft, contact the Office of Consumer Affairs at 410-313-6420 (voice/relay) or consumer@howardcountymd.gov for assistance. For more information, visit www.howardcountymd.gov/consumer.



Welcome all new and seasoned riders to the
2016 Riding Season!



**JOIN US FOR OUR ANNUAL
KICK-OFF EVENT**

Thursday, May 5 • 9:00 - 10:00 a.m.

East Columbia 50+ Center

6600 Cradlerock Way, Columbia, MD 21045

9:00-9:30 a.m. — Register for the 2016 season and receive free bicycle safety checks and bike fittings from local bike shops including **Race Pace Bicycles**, **Princeton Sports** and **Performance Bicycle**.

10:00 a.m. — The first ride of the season will depart and offer three levels of experience: casual, moderate, and advanced.

Jennifer Lee, PROGRAM COORDINATOR
410-313-5940 (VOICE/RELAY) • jlee@howardcountymd.gov

www.howardcountymd.gov/C2H

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Woods

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**JURIED
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30
WINERIES**

**MAY
21**

11AM-6PM

**MAY
22**

11AM-5PM

2016

SYMPHONY WOODS
COLUMBIA, MD

TICKETS: 410-313-7275 or
WWW.WINEINTHEWOODS.COM

THIS EVENT IS FOR 21 AND OVER.
PHOTO ID REQUIRED.
DESIGNATED DRIVER TICKET
PROGRAM IS OFFERED.



Seniors Together

CONNECT • LEARN • GROW

All's Well That Ages Well

Enjoy three thought-provoking sketches on aging well over the lifespan performed by the MH Players and directed by Diane Megargel

— Audience Interaction Encouraged —
Light Refreshments Served • FREE Admission

Tuesday, May 17 • 10:30 - 11:30 a.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Register at the Bain 50+ Center

410-313-7213 (VOICE/RELAY)

Living Independently with Low-Vision

Sponsored by the Low-Vision Support Group
and presented by Blind Industry Services of Maryland

Learn non-visual tools and techniques for accomplishing
daily tasks at home for greater independence and safety

— Pre-Registration Required no later than May 16 —
FREE Admission

Please arrive no later than 9:45 a.m.

Tuesday, May 24 • 10:00 a.m.- noon

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

To register by phone, or for more information, contact
Elaine Widom at 410-313-7353 (VOICE/RELAY)

Moment to Honor

Honor the significant people in your life who are no
longer with us. Quiet reflection, live music,
and a group commemorative activity

Light Refreshments Served • FREE Admission

Wednesday, June 1 • 10:30 - 11:30 a.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

— Pre-Registration Required no later than May 27 —
FREE Admission

Please arrive no later than 9:45 a.m.

To register by phone, or for more information, contact
Elaine Widom at 410-313-7353 (VOICE/RELAY)

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

REGISTRATION NOW OPEN!



Protecting VULNERABLE ADULTS

2016 Elder Abuse Awareness Conference

Advocates | Fiduciaries | First Responders | Medical Professionals

KEYNOTE: PAUL GREENWOOD

“Lessons Learned from a 20-Year Journey of
Prosecuting Elder Abuse Cases”

Admission Fee \$40 • Limited Seating

The Howard County Mental Health Authority is an approved sponsor of the
Maryland Board of Social Work Examiners for Continuing Education for
licensed social workers in Maryland and maintains responsibility for this program.
This training is approved for 6.0 hours of Category I continuing education units.

Monday, June 20, 2016 • 8 AM – 4 PM

APL Johns Hopkins Kossiakoff Center

11100 Johns Hopkins Road, Laurel 20723

REGISTER ONLINE AT

<http://eldersafety2016.eventbrite.com>

FOR ADDITIONAL INFORMATION:

Ofelia Ross Ott 410-313-6052 • oross@howardcountymd.gov

A partnership of the Howard County Office on Aging,
Mental Health Authority and Police Department, and
representing the Howard County Vulnerable Adults Committee

www.howardcountymd.gov/eldersafety

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)

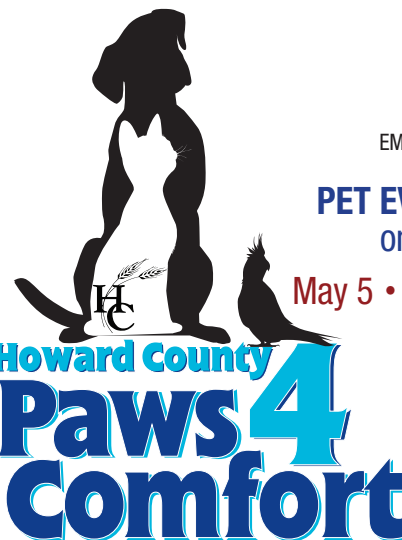
EMAIL igleysteen@howardcountymd.gov

PET EVALUATIONS are held at 7:00 PM
on the 1st Thursday of each month

May 5 • June 2 • July 7 • Aug 4 • Sept 8
Oct 6 • Nov 10 (2nd Thurs) • Dec 8

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044



Touching Hearts... One Visit at a Time



www.howardcountymd.gov/aging

THE MOSAIC PROJECT

UNDER CONSTRUCTION!

The "ROOTS & BRANCHES" mosaic project kicked off at the North Laurel 50+ Center on April 7, a joint project of Howard County's Office on Aging and Recreation and Parks.

Pictured, center, Joe Wall from the American Visionary Art Museum in Baltimore works with volunteers on practice tiles. "Each participant will create an individual tile which reflects their creativity and vision, then all the tiles will be incorporated into a larger mosaic to create a sense of unity," said Wall, who grew up in Howard County. "It's really beautiful to see it all come together."

Don't miss the unveiling and installation of the mosaic wall at North Laurel 50+ Center on Thursday, May 19.



Elkridge Groundbreaking!

Howard County Executive Allan H. Kittleman, the Office on Aging and the Library System cordially invite you to attend the

GROUNDBREAKING CEREMONY
of the
ELKRIDGE 50+ CENTER AND THE ELKRIDGE BRANCH AND DIY EDUCATION CENTER

Monday, May 16 * **2:30 p.m.**
6540 Washington Blvd., Elkridge 21075

— AN INFORMAL RECEPTION WILL FOLLOW THE CEREMONY —

Stronger. Better. Healthier. YOU!

Ellicott City 50+ Fitness Center
9411 Frederick Road, Ellicott City 21042
410-313-0727 • www.howardcountymd.gov/aging

EXCLUSIVELY Serving Individuals AGE 50 and OVER!

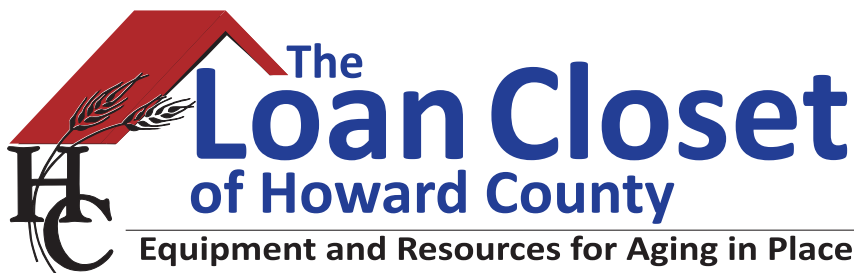
A G050+ FITNESS PACKAGE offers 4 locations to get your fitness on!
RESIDENT: \$75/YEAR • NON-RESIDENT: \$100/YEAR

Plus, purchase a GROUP EXERCISE PASS for access to 16 weekly, instructor-led, classes at the Ellicott City 50+ Fitness Center! \$125 QUARTERLY

Take advantage of this specialized attention to YOUR health and wellness. It's easy, affordable and geared to YOUR ability and goals.

The Loan Closet is expanding and we are *almost* ready to OPEN!
The Loan Closet is currently accepting DONATIONS of GENTLY USED MEDICAL EQUIPMENT. Call 410-313-5980 (VOICE/RELAY) to facilitate donations.

The **Loan Closet** is a local clearinghouse of donated medical equipment — for those who cannot afford these items or simply have a short-term need, as well as those who may no longer need their equipment.



Long Reach Village Center, 8775 Cloudleap Court, Suite #11
410-313-5980 (VOICE/RELAY) • loancloset@howardcountymd.gov

www.howardcountymd.gov/loancloset

Tax-deductible donations help underwrite the operation of the Loan Closet. Financial contributions assist in the cost of care for equipment and to purchase new items as needed. All monetary donations are to be made payable to the Director of Finance, Howard County.

The **Loan Closet** provides and accepts donations of:

- ▶ Bathing Aids
 - ▶ Canes
 - ▶ Electric Wheelchairs
 - ▶ Hoyer Lifts
 - ▶ Manual Wheelchairs
 - ▶ Modular Ramps
 - ▶ Portable Ramps
 - ▶ Scooters
 - ▶ Shower Aids
 - ▶ Stairglides
 - ▶ Therapy Aids
 - ▶ Toilet Aids
 - ▶ Walkers
- and much more!*

A COLLABORATION OF

