

THE 50+ Connection

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

A Publication of the Department of Community Resources and Services

Volume 14, No. 3 • March 2024

Our caregiving partner has you in mind

Are you overwhelmed by caregiving for your family member? Or do you just need a few more resources?

The Office on Aging and Independence has partnered with Trualta® to offer a free online service for Howard County family caregivers which is easy to use, completely private and accessible 24/7. Once enrolled, caregivers can log on to learn about personal care, safety in the home, caregiver wellness, caring for those with dementia or chronic conditions, and much more. No app is required; users choose the options that work best for them and can start implementing practical caregiver tips and techniques right away.

When I first realized my wife needed help and I needed guidance to care for her dementia, I did not know where to turn. Trualta came to the rescue! They continue to send me periodic emails full of helpful suggestions on how to care for my wife and how to care for myself. The latest one contained a set of tools to help me to assess the essentials of care and fall prevention, plus a list of online webinars that I don't have to leave my wife to attend. Trualta is a true blessing!

— Jim M., Elkridge

Trualta tailors content based on your needs through keyword searches. For instance, if you have a family member who wanders, you can learn how to conceal a door and make your home safer. Caregivers can also search for practical advice to distract a loved one who becomes agitated, or how to reduce their own stress when caregiving begins to take a toll. And that's just the beginning! Video content, downloadable modules and audio courses are available in English and Spanish for caregivers. Print materials are also available to supplement the digital platform, and a comprehensive learning library can help you prepare and plan for changing needs. Discover all the benefits, offered free of charge, by signing up today at hococaregivers.trualta.com.



Learn on the go with helpful caregiving tools, no app required!

hococaregivers.trualta.com



A message from Howard County Executive Calvin Ball



The wait is over! We are opening the new East Columbia 50+ Center! More than two years ago, we broke ground in East Columbia for the long-awaited 50+ Center, where 40% of Howard County's older adults reside. The current East Columbia 50+ Center, built in 1994, is approximately 3,800 sq. ft. and is collocated within the East Columbia Library. Plans to renovate and expand the center began in 2014, with the first phase being identified in 2015. However, it wasn't until 2019 that we began to make real progress.

The new, state-of-the-art 29,000 square foot, freestanding building is more than seven times larger than the former site. I invite you join me for the **grand opening on March 7, 11 a.m.**, as we celebrate our collective commitment to provide the best services and facilities for all our residents.

This \$17 million capital project aligns with the goals of the Department of Community Resources and Services' 2015 Master Plan, "Planning for the Growth of the Older Adult Population: Creating an Age Friendly Community." The expanded center includes: community meeting space; a commercial kitchen and dining space; room for art, lifelong learning, and language programs; a fitness equipment room and exercise studio; a social day program for at-risk seniors; and an emergency generator.

This new and modern center will serve generations by preventing social isolation; encouraging inclusion; and providing a beautiful, accessible, and functional space for community engagement

Join us at the ALL NEW East Columbia 50+ Center for the ribbon-cutting with our County Executive, entertainment, refreshments, tours, and demos!



GRAND OPENING CELEBRATION
of our newest age-friendly gathering place!

March 7 • 11 a.m.

6610 Cradlerock Way, Columbia 21045

Howard County

50+ CENTERS

Enrichment. Engagement. Connection. Growth.

Dance on Broadway Celebrates International Women's Day

BAIN 50+ CENTER • March 8, 10 a.m. • A01580.601

In honor of International Women's Day, take a deep dive into the contemporary work of three noteworthy female Broadway choreographers. Consider their styles, compositions, casting, and how their work effectively tells a story. Presented by Lisa Yanguas, a longtime dancer, choreographer and Broadway theater instructor. Free.

Historical Women of Baltimore

ELKRIDGE 50+ CENTER • March 18, 1 p.m. • A05616.600

Throughout history, from Civil Rights to medicine and everything between, women have touched the fabric of society and made history in Baltimore. Hear how some fascinating women changed that city. Register on ActiveNet or call 410-313-5192. Free.

Crafting for the Vote

NORTH LAUREL 50+ CENTER • March 19, 11 a.m. • A06616.603

Celebrate Women's History Month by creating your own campaign button in the style of the suffragettes, while learning about the crafts, banners and artwork that supported the suffrage movement. Instruction and supplies provided by Howard County Library System. Free.

When the Stars Came Out

GLENWOOD 50+ CENTER • March 6, 11 a.m. • A03638.600

Do you remember when the stars came to the Gaithersburg Shady Grove Music Fair? Come listen to the story of this theater of long ago, presented by the Montgomery County Historical Society, and led by Ralph Buglass. Free.

Blarney Bingo

EAST COLUMBIA 50+ CENTER • March 15, noon

Join our favorite Irishman, Sean McCague, as he returns to call bingo "The Irish Way." Enjoy lunch, prizes and plenty of blarney. Free; lunch donations encouraged. Call 410-313-7680 to register.

Senior Planet: Manage Your Health

NORTH LAUREL 50+ CENTER

Tuesdays, March 5, 12, 19, 26, 10:30 a.m. • A20673.618

Looking for tools to help manage your health? Join us for this free four-week series to learn about the technologies at your disposal.

Week 1: My Chart

Week 2: Mobile Health Apps

Week 3: Intro to Heart Rate Monitoring Apps

Week 4: Intro to Sleep Technologies

Thrive with Solo Aging

ELLCOTT CITY 50+ CENTER • March 28, 1 p.m. • A02614.602

Solo Agers are older adults that are making decisions about their futures independently. Anyone can become a Solo Ager through choice, loss and distance of family members, or complicated relationship dynamics. This presentation will discuss techniques to age in place with home modifications, medical directives, building social networks, and creating your own care team. Free.

To register or find more events, visit bit.ly/HoCoRegistration

March is National Nutrition Month!

The Best Superfoods for 2024

The 2024 theme, "Beyond the Table," focuses on ways we view food: from farming to distribution; grocery stores to farmers' markets; to ways we eat food, whether it be around the dinner table, on the go, out at restaurants, and at social events.

Join Carmen Roberts, registered dietitian, to learn about the latest "superfoods" and how eating these foods can help you manage and prevent chronic disease.

Ellicott City 50+ Center • March 5, 11 a.m. to noon


Glenwood 50+ Center • March 7, 11 a.m. to noon

North Laurel 50+ Center • March 8, 11 a.m. to noon

Bain 50+ Center • March 12, 11 a.m. to noon

East Columbia 50+ Center • March 14, noon to 1 p.m.

Elkridge 50+ Center • March 19, 11 a.m. to noon




NUTRITION ADVICE with CARMEN


Are YOU ready to get started on a PATH to BETTER HEALTH through NUTRITION?

Registered Dietitian, **CARMEN ROBERTS**, is available for **FREE NUTRITION CONSULTATIONS** via phone, video-conference or in-person to adults 60 years and older

Register by contacting your nearest 50+ Center for an **In-Person, Phone or Virtual Nutrition Consultation** today!
howardcountymd.gov/50pluscenters



Carmen Roberts,
MS, RD, LDN



Howard County
Office on Aging & Independence

Age-Friendly Tables for Connection

CEDAR LANE PARK WEST | 5081 Cedar Lane,

Columbia 21044 • March 25, 11 a.m. to 12:30 p.m

Join Howard County Executive Calvin Ball and Age-Friendly Howard County as we introduce the newest way to connect – Tables for Connection. These solar-powered, wheelchair accessible enable you to connect to free Wi-Fi; charge your devices; access resources; connect with others while promoting digital connection, environmental sustainability and social engagement. Free; register at www.howardcountymd.gov/AgeFriendly.



Howard County

Office on Aging and Independence

9830 Patuxent Woods Drive, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging
Find us @HoCoCommunity on Facebook, Instagram, X, YouTube, and Nextdoor

Kim Higdon Henry, Editor • EMAIL: kahenry@howardcountymd.gov

AVAILABLE IN ALTERNATE FORMATS UPON REQUEST

Join the subscriber list <https://bit.ly/HoCosubscribe>

Listen to the HoCo Community Chat podcast on Buzzsprout

Advertising in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.