



Howard County Government News Release

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September 29, 2009

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Office on Aging's 50+EXPO Celebrates 11 Years

ELLICOTT CITY, MD – The popular 50+EXPO is back for an 11th spectacular year. This premiere event for adults age 50 and older, younger adults with disabilities, their caregivers and family members will be held on Friday, October 16 from 9 am to 4 pm at Wilde Lake High School, 5460 Trumpeter Road in Columbia. Admission is free.

The 50+EXPO, presented by the Office on Aging, features over 140 exhibitors, workshops, a health fair, great food, all day entertainment and free shuttle service from the Mall in Columbia. In addition, there will be educational seminars, a health fair, pneumonia and seasonal flu shots, and free health and diabetes screenings. Provided by the Howard County Health Department, flu vaccinations are for adults aged 50 and older, and adults under age 50 with underlying chronic medical conditions. **There will be a \$20 charge per flu vaccine, injection or mist, and a \$35 charge per pneumonia vaccine, except for Medicare Part B recipients with a card.**

New this year is a "Living Green" area, located in Exhibit Hall "B," where attendees can learn about environmental sustainability and how they can make our world a safer and cleaner place. There will also be a series of "Recareering & Retooling" workshops for adults seeking post-retirement careers to boost their incomes. The workshops will cover topics like "Returning to the Job Market in the Age of Technology" and "Résumés that Open Doors."

Also, back by popular demand, both St. Agnes and Howard County General Hospitals will have speakers who will talk about chronic back pain, joint pain, breast cancer, colon cancer, vision care for aging eyes and taking care of your heart.

Special entertainment in the Rouse Theatre includes two performances by the Capitol Steps who are back for their 8th hilarious year. The first show starts at 11 am with doors opening at 10:30 am and the second show is at 1:00 pm with doors opening at 12:30 pm; sign language interpreters will be provided. A live Benefit Auction follows at 2:30 pm. The Columbia Association's Café 50+ will feature musical and dance entertainment beginning at 10 am until 3 pm.

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Office on Aging's 50+EXPO Celebrates 11 Years (continued)

Free shuttle buses will run continuously between the 50+EXPO and the Mall in Columbia (near Sears' lower parking lot) throughout the day, with the first bus departing the Mall at 8:45 am and the last shuttle leaving the 50+EXPO at 4:30 pm.

For more information, visit the Office of Aging's webpage at www.howardcountyaging.org or contact the office at 410-313-6410 or TTY: 410-313-5927. Sign language interpreters are available for the hearing impaired, but requests must be received by October 9 by contacting Maryland Access Point (MAP) of Howard County at 410-313-5980 or TTY 410-313-5927, by e-mailing map@howardcountymd.gov, or calling Maryland Relay at 7-1-1.

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