THE 50+ Connection
NEWS & EVENTS
Howard County Office on Aging and Independence
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Learn how Care Connects Us



National Family Caregivers Month — celebrated each November — is a time to recognize and honor family caregivers across the country and in Howard County. Caregiving changes our lives in profound and unexpected ways. Every caregiver deserves to feel seen, supported and a little less alone. Across every condition, every stage, and every journey, care connects us — to our loved ones, to vital information, to one another, and to a stronger, more supportive tomorrow.

The Office on Aging and Independence (OAI) connects Howard County caregivers with resources through our information and referral arm, Maryland Access Point (MAP), as well as support groups to connect you with others who are facing similar challenges. In-person groups are led by caring and experienced OAI staff at 50+ Centers and include the Alzheimer's Support Group and the Memory Café Early-stage Social Engagement Program, among others. The Caregiver Resources and Care Connections support group is led by MAP information specialists and meets monthly at the Loan Closet of Howard County where a wide variety of adaptive equipment is on display.

Talking with others who understand these challenges can help reduce caregiver stress, combat isolation, and provide practical tips to handle real-life experiences. Virtual support groups provide these connections for caregivers without leaving home. Offered by OAI as well as community partners, these groups help caregivers and individuals living with mental illness, prostate cancer, stroke, brain injury, Parkinson's and other conditions, reminding you that you are not alone and that by sharing your story you can help someone else too. For a complete list of Caregiver Support Groups, visit www.howardcountymd.gov/caregiversupport.

Online education and resources are key to help caregivers who need information and don't know where to turn. Online forums like Trualta offer a range of features to help at every step of your caregiving journey and are available 24/7. Trualta's learning library includes videos, audio and articles for users to watch, listen, or read and learn in the way that works best for you.

Your need for caregiving information doesn't stop when you turn off your computer, and neither should your access to support. The new Trualta app offers this same helpful information through your iOS or Android mobile device. However you choose to connect, Trualta can help you build skills, gain confidence, and discover ways to make caregiving less stressful for both you and your care recipient. Register for free at hococaregivers.trualta.com/ to get started.

Caregiving touches every community, including Howard County. This National Family Caregivers Month, share your experiences with OAI and with other caregivers to remind us of the many ways Care Connects Us.

From the desk of Calvin Ball, Howard County Executive



Last month, I delivered my final State of the County address as your County Executive. As I reflected on the past eight years, I am proud of the work we have done to improve our older residents' lives. As we continue to live longer, healthier lives, our residents need resources to keep up with their lifestyles.

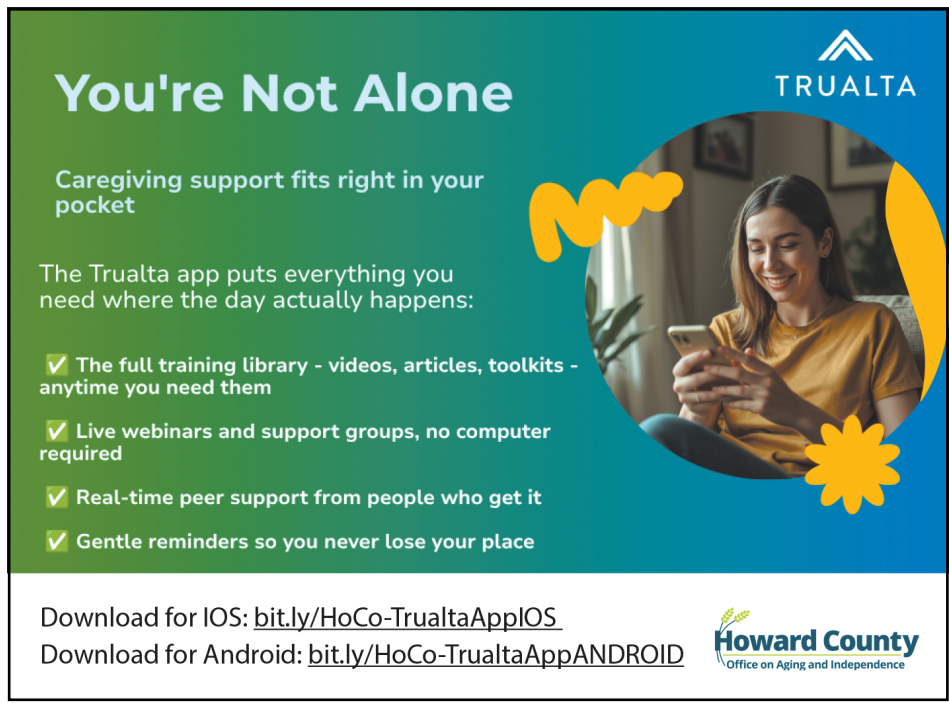
We opened our Age-Friendly Fitness Lot at Centennial Park North in 2024. Our new East Columbia 50+ Center and forthcoming Elkridge Community and 50+ Center offer plenty of recreational spaces to gather and socialize, which is so important for older residents.

When I became County Executive in 2018, there were only two dedicated pickleball courts. As the sport has grown exponentially, so too have our pickleball courts. Today, we have 28 dedicated pickleball courts across several county parks.

In 2019, we launched the Age-Friendly Initiative to create a more livable community where residents feel supported as they move through their older years. Since then, the County has implemented several action plans including implementing a 24/7 caregiver resource through the online portal Trualta.

Our older residents need more middle housing options. That's why earlier this year, I signed into law CB3-2026, which allows for construction of accessory dwelling units (ADUs). These smaller, independent homes, located on a primary residence, offer older adults more affordable housing options.

Thank you to the Office on Aging and Independence for their collaboration over the years to make Howard County a wonderful place to age.



November Events at Howard County 50+ Centers

RIDE THE 404 ROUTE WITH TRANSIT 101

Meet at the Mall in Columbia
November 13 & 14
9 a.m. – noon

Join other new riders for a trip on Howard County transit. Sign up to ride the 404 Route with experts and volunteers to build your confidence while navigating public transit. Ten spots available; email **agefriendly@howardcountymd.gov** to register.

Age-Friendly Howard County

Coin Investments

East Columbia 50+ Center
November 3, 11 a.m. – noon | #A04625.100

There are several considerations when investing in coins, particularly when it comes to avoiding questionable or potentially risky purchases. Join us to learn more.

Card Making Workshop - DIY Craft

Elkridge 50+ Center
November 4, 12:30 – 1 :30 p.m. | #AO5580.101 or call 410-313-5192

Create two handmade cards while learning new techniques and enjoying a relaxing, hands-on activity. All supplies are provided—just bring your creativity ($10).

Gary J Arthur Community Center & Glenwood 50+ Center 20th Anniversary Open House

November 7, 10 a.m. – 2 p.m. | #A03722.103

Join us to celebrate our joint 20th anniversary! Stop by to learn more about our programs and enjoy fun anniversary activities.

The ShowTime Singers

East Columbia 50+ Center
November 7, 1 – 2 p.m. | #A04814.100

The ShowTime Singers choral group is celebrating 23 years of entertaining audiences throughout central Maryland. Their high-energy performances feature beloved songs from Broadway, the Silver Screen, jazz, blues, pop, and rock'n'roll. Dessert reception follows.

Hearing Presentation

Elkridge 50+ Center
November 12, 11 a.m. – noon | #AO5671.100 or call 410-313-5192

Explore how the auditory system works, common causes of hearing loss and tinnitus, and treatment options—including hearing aids, cochlear implants, and emerging therapies.

Wine, Women, and Dementia Watch Party: Howard County



East Columbia 50+ Center
November 12, 6 - 7:30 p.m.

This November, during Alzheimer's Awareness Month, join us as we gather for an in-person screening of *Wine, Women, and Dementia*, which explores the human side of dementia from the lens of family caregivers. The documentary exposes the isolation, financial stress, physical and emotional toll caregivers shoulder for themselves and their loved ones with dementia. Seeking healing and comfort, watch as caregivers swap stories of love, humor, devotion, and death through their heartbreaking end-of-life journeys. https://bit.ly/HoCo-WWD

Laugh and Learn

Loan Closet of Howard County
November 14, 3 – 5 p.m.

Don't miss Laugh, Learn & Live Sustainably, an interactive eco-educational experience featuring the Mixed Vegetables Improv Group. Join us at The Loan Closet for skits and tips to make better choices to reduce waste, save money and support a healthier lifestyle. Space is limited; register now at bit.ly/HoCoGreenSceneImprov



Veterans Day Celebration: Army Field Band Evening Concert

Bain 50+ Center
November 18, 6 – 7 p.m. | #A01940.100

Join us for an evening of live music featuring the United States Army Field Band Saxophone Quartet as we celebrate Veterans Day. Come celebrate with these talented Army musicians as we honor our veterans and enjoy an evening together. Light refreshments available.

Pre-Black Friday Bazaar

Bain 50+ Center
November 20, 9 a.m. – 2 p.m. | Call 410-313-7213 for details

Kick off the holiday shopping season at our festive Pre-Black Friday Bazaar! Browse a variety of unique vendors, support local businesses and artisans, and enjoy performances by the Bain Tappers, KASA Line Dancers, and Soul Line Dancers. Box lunch available ($16).

Howard County
Office on Aging and Independence

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