

# THE 50+ Connection

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

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## Get Powered by Connection at the OAI Showcase

The Howard County Office on Aging and Independence (OAI) is all about cultivating community and creating connections. But don't just take our word for it, come see for yourself at the OAI Showcase on

**OAI**  
**Creating Community.  
Cultivating Connections.**  
Howard County Office on Aging and Independence Showcase

May 2, from 2 to 6 p.m. at the East Columbia 50+ Center, 6610 Cradlerock Way in Columbia.

The OAI Showcase will kick off Older Americans Month (OAM), and aligns with the 2024 OAM theme, *Powered by Connection*, which recognizes the impact of meaningful relationships and social connections on our health and well-being. Activities will explore the vital role OAI plays to support older adults' independence and ability to age in our community while combatting isolation, loneliness and other issues.

The Showcase keynote address, "Why Social Contact Matters as We Age," features Susan Pinker, author of *The Village Effect*, who will discuss how face-to-face contact is crucial for learning, happiness, resilience, and longevity. As Pinker writes so compellingly, "we need close social bonds and uninterrupted facetime with our friends and families in order to thrive—even to survive."

### Opportunities to connect at the OAI Showcase also include:

- ✓ Art & fitness classes
- ✓ Interactive workshops
- ✓ Live music & entertainment
- ✓ Food demos & mocktails
- ✓ Over 30 exhibitors to visit

Special thanks to OAI's event sponsors: The Beacon, Healthy Fresh Meals, eMerge, the Residences at Vantage Point and Right at Home. To learn more about sponsorship opportunities, contact Kathy Wehr at 410-313-5955.

The event schedule and shuttle bus information will be posted at [www.howardcountymd.gov/OAIshowcase2024](http://www.howardcountymd.gov/OAIshowcase2024). Register to attend the keynote at <https://OAISusanPinker.eventbrite.com>. The first 200 people to register will receive a complimentary copy of *The Village Effect*.

### A message from Howard County Executive Calvin Ball



Have you had "the conversation" with your loved ones about your future healthcare decisions? On April 16, National Healthcare Decisions Day (NHDD), our Office on Aging and Independence (OAI) reminds us that we will all most likely face medical, legal, and/or religious decisions at the end of our lives or may have to make decisions for a family member.

NHDD is a day for you, your family and healthcare providers to recognize the importance of advance care planning. As a community, we strive to create a space for older adults to feel respected and engaged. Residents who want to be connected to long-term planning resources can contact Maryland Access Point at 410-313-1234 to schedule an appointment for Options Counseling, to make informed decisions about long-term care. More information about MAP can be found at [www.howardcountymd.gov/MAP](http://www.howardcountymd.gov/MAP).

April is also Financial Literacy Month. For many older residents who are retired or can no longer work, it is especially important to understand all the resources available to plan for your financial future. Sadly, many of our neighbors are victims of identity theft and other scams that impact their credit.

Older adults in Howard County, as well as the rest of the United States, are often targets of scams and fraud, which are forms of financial abuse. The Howard County Office of Consumer Protection educates the public on how to avoid becoming a victim, prevent fraud, and they handle complaints against businesses. To find out more about these services, call 410-313-6420.

### The NEW East Columbia 50+ Center is OPEN!



Nearly 500 residents and visitors joined Howard County Executive Calvin Ball, Office on Aging and Independence staff and community supporters to cut the ribbon on the new East Columbia 50+ Center. Located at 6610 Cradlerock Way, the 29,000 square foot facility is seven times larger than the previous center and features a commercial kitchen, large community meeting spaces, a fitness studio and a technology hub for virtual programs. Come see it in person!



# Howard County

# 50+ CENTERS

Enrichment. Engagement. Connection. Growth.

## Introduction to Cricut

### BAIN 50+ CENTER

April 24, 1 p.m. / A01516.700

Cricut is an electronic cutting machine that can cut designs from paper, vinyl and card stock, and create iron-on transfers. Learn how to make birthday cards, T-shirts, stickers, and more. Free.

## Seder: History, Symbolism, Traditions, and Music

### ELKRIDGE 50+ CENTER

April 17, 11 a.m. / A05613.700

Join Rabbi Yanky Baron to learn more about the Seder, why it is observed during Passover, the symbolism of the food served, and other traditions. Enjoy Passover songs performed by a Klezmer band! Register on ActiveNet or call 410-313-5192. Free.

## Introduction to Pickleball

### NORTH LAUREL 50+ CENTER

April 18, 10:30 a.m. / A06420.700

This introductory course, led by the Howard County Pickleball Association, will teach you everything you need to know to start playing this popular sport, including court time to practice. This course will fill fast; sign-up today! Cost: \$19.

## Paint it to Frame it

### GLENWOOD 50+ CENTER

April 17, 1 p.m. / A03502.701

Enjoy an afternoon of creativity, led by artist Susan Harry, who will provide step-by-step instructions to paint a simple picture for spring. Cost: \$10.

## Working Through Grief

### EAST COLUMBIA 50+ CENTER

April 10, 17, 24 & May 1, 8, 15, 1 p.m.

Share your stories and experiences with grief in a peer group setting. Each weekly discussion will focus on a different topic related to grief. Free. Call 410-313-7680 to register.

## White House Memories: The Butler Did It!

### ELLCOTT CITY 50+ CENTER

April 17, 11 a.m. / A02608.701

Former White House Butler Alan DeValerio will share insider details about White House entertaining and stories from people with whom he worked, dating back to the Franklin D. Roosevelt administration, as well as artifacts he collected. Program is free; bring \$20 cash or check to purchase a signed copy of his book.

**To register or find more events,  
visit [bit.ly/HoCoRegistration](https://bit.ly/HoCoRegistration)**

# Healthy Aging Resources

## National Healthcare Decisions Day: April 16

**GLENWOOD 50+ CENTER • 10 a.m. to Noon**

National Healthcare Decisions Day is an initiative to encourage everyone – regardless of age and current health – to express their wishes regarding healthcare treatments by creating an Advance Directive. Maryland Access Point (MAP) staff will distribute free copies of the Five Wishes advance care document and planning resources. Learn more and create an advanced directive online at [bit.ly/2MYwr4z](https://bit.ly/2MYwr4z).

## Tax Credits – What do you qualify for?

**BAIN 50+ CENTER • April 8, 11 a.m. (Korean)**

**BAIN 50+ CENTER • April 9, 11 a.m. (English)**

**ELLCOTT CITY 50+ CENTER • April 10, noon to 1 p.m.**

**ELLCOTT CITY FITNESS CENTER • April 16, 9 to 10 a.m.**

MAP resource specialists will assist residents with Howard County's property tax credit programs and provide eligibility screening and application guidance. Visit [www.howardcountymd.gov/tax-credits](https://www.howardcountymd.gov/tax-credits) for a full list of tax credits for older adults, applications and requirements. To schedule an individual appointment at MAP's Columbia office, the Loan Closet or a 50+ Center, call 410-313-1234.

## Age-Friendly Outdoor Fitness Lot

**CENTENNIAL PARK NORTH, 9801 Old Annapolis Rd.,  
Ellicott City, 21042 • April 25, 11 a.m.**

Join County Executive Calvin Ball at the ribbon cutting for Howard County's first Age-Friendly Outdoor Fitness Lot at Centennial Park North. Connect with others, improve your health, and enjoy the features of the ADA-accessible park. Free. Register at [bit.ly/Aftables4connection](https://bit.ly/Aftables4connection).



## Howard County

Office on Aging and Independence

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