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Get Powered by Connection at the OAI Showcase

he 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



Showcase on

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."

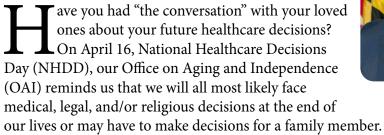
Opportunities to connect at the OAI Showcase also include:

- 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. 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





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.

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!



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!

ELLICOTT 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

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.

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





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X, YouTube, and Nextdoor

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