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Howard County
Office on Aging & Independence
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Howard County
Office on Aging & Independence
Older Adult Peer Outreach Program

*Developing Social Networks
Creating Peer Designed Programs
Promoting Positive Mental Health
Supporting a Thriving Aging Process*

CONNECT. LEARN. GROW

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

If you need this document in an
alternative format or need
accommodations to attend, contact
Maryland Access Point (MAP) at
410-313-1234 or
map@howardcountymd.gov

Contact:
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SeniorsTogether Coordinator
HC Office on Aging & Independence
410-313-7466
khull@howardcountymd.gov



An opportunity for older adults to give and receive

FACILITATORS

- Provide program leadership
- Receive initial and ongoing training
- Work in small groups or in other ways
- Volunteer from the local community



GROUPS

A comfortable, safe place where people with similar interests can share concerns, find help, and make new friendships. Held at Howard County 50+ Centers and in offsite locations.



Most groups are ongoing and meet weekly; monthly or short-term groups are also offered.

Usually held during the day, some may have a nominal fee.



CURRENT SENIORS TOGETHER GROUPS:

- *Low-vision Support* - focus on independence
- *Bereavement Support*- sharing and understanding the bereavement journey
- *Caregiver Support* - for adult caregivers
- *Discussion groups* - Current Events, Trends, News Talk, and Zoom-In
- *The Men's Forum* - share ideas/experiences
- *BrainTeasers* - keeping the mind challenged
- *Hearing Loss* - various topics and concerns presented by professionals

OTHER ACTIVITIES

- Luncheons are held seasonally at venues in the County
- Workshops
- Speakers
- Outreach



All activities are designed with sensitivity to mobility, vision, and other sensory function. For additional details call Karen Hull, 410-313-7466.