

# THE 50+ Connection

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

A Publication of the Department of Community Resources and Services

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## Creating an Age-Friendly Howard County

More than 200 community members, non-profit and business leaders, joined county officials and County Executive Calvin Ball for the launch of the Age-Friendly Howard County initiative last month. "In just 15 years, for the first time in U.S. history, there will be more people over the age of 65 than children under age 18," said Ball. "This initiative will take Howard County in a direction that will enable us to support the wellbeing of people of all ages. To be successful, we must all embrace collaboration."

Creating an Age-Friendly Howard County will positively affect people of all ages. Jenna Crawley, administrator of the Office on Aging and Independence noted, "Dr. Ball's vision of Howard County as a great place to live, work, and play, regardless of age, demonstrates how highly we value our older adults, and recognizes the importance of designing and maintaining an inclusive community where everyone can fully participate."

Howard County will use the eight domains of livability as denoted by World Health Organization and AARP as goals to establish an action plan and begin the process of establishing itself as an Age-Friendly Community. At the launch, more than 90 individuals signed up for workgroups designed around each domain. Workgroups will meet regularly beginning January 2020 to discuss information relevant to the domain, review survey and focus group data related to the topic and participate in events. If you are interested in joining a workgroup, there is still time; call 410-313-6537 or email [agefriendly@howardcountymd.gov](mailto:agefriendly@howardcountymd.gov) to get started.

A county-wide survey is also in the works to identify the interests, assets and needs of Howard County's older adult population. Individuals of all ages are encouraged to take the survey; results will be reviewed and prioritized to create a 2021-2025 Action Plan for Howard County which will then be submitted to AARP in December 2020. In doing so, Howard County will join more than 400 communities nationwide to create a healthy, safe community for people to grow up and grow older.

Visit [www.howardcountymd.gov/agefriendly](http://www.howardcountymd.gov/agefriendly) to learn more about the initiative and the eight domains of livability; you can also sign up for the mailing list to stay informed.

### A Message from Howard County Executive Calvin Ball



Happy New Year! The start of a new year is a time for resolutions to be made, with the hope that the coming year will be even happier and healthier than the last. However, living healthy is challenging as the cost of needed medications continues to increase. These increases are hurting people across Howard County and the state of Maryland. No one should ever have to choose between their prescriptions and putting food on their table or paying their utility bill.

The increase in prescription drug costs is out of control and I remain committed to doing something about it. At the beginning of last year, we successfully supported the creation of the Prescription Drug Affordability Board to curb the soaring costs of medications for all Marylanders. It's encouraging that in the next couple of years, the Board will have the authority to work for fair and affordable drug costs for state and local governments. The Board will then propose how to make prescription drugs more affordable for all Marylanders.

I am proud to continue my work with the Maryland Citizens' Health Initiative and leaders from around our state to address affordable pricing for life-saving drugs in the upcoming General Assembly session. I hope you will join me in supporting this important work. If you have a story about how high cost prescription drugs have been a problem for you or your family or friends, please tell your story online at [www.healthcareforall.com/hearmystory](http://www.healthcareforall.com/hearmystory).

I have no greater hope for every resident of Howard County than good health and happiness. My administration is committed to advocate for the best policies and practices to make sure everyone is living their best life. I wish you all holiday cheer and a happy, healthy, blessed New Year.

 **LEARN MORE ABOUT**  
**Age-Friendly**  
**Howard County**

**TUESDAY, JANUARY 2, 11:00 A.M. —**

Elkridge 50+ Center, 6540 Washington Blvd, Elkridge 21075

**FRIDAY, JANUARY 10, 12:30 P.M. —**

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

 Howard County Office on  
**Aging and Independence**

Department of Community Resources and Services

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To join our subscriber list, email [kahenry@howardcountymd.gov](mailto:kahenry@howardcountymd.gov)

9830 Patuxent Woods Drive, Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor • Email: [kahenry@howardcountymd.gov](mailto:kahenry@howardcountymd.gov)

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# AARP Tax-Aide Returns

## Offering FREE 2019 Income Tax Preparation

AARP and the IRS will offer personal income tax preparation for Howard County residents from February 3 through April 15 at Howard County 50+ centers. This service is available to all middle and low-income taxpayers, with emphasis on those age 60 and older. Bring your photo ID, Social Security card, 2018 Federal and Maryland tax returns, and all 2019 tax documents. Self-employment returns with more than \$10,000 in expenses and complex returns are not eligible for this service.

Tax preparation assistance is available at the following Howard County 50+ centers (note that the Bain 50+ Center is closed for renovations; appointments are available at Kahler Hall instead). Appointments are required at all locations; call the listed number (beginning January 15) for specific hours of availability.

## Tax Assistance Sites

### Appointments Required at All Locations

#### **Kahler Hall • 443-741-1220**

5440 Old Tucker Row, Columbia, MD 21044  
Tuesdays/Wednesdays/Thursdays — 10:00 a.m. to 2:00 p.m.

#### **East Columbia 50+ Center • 410-313-7680**

6600 Cradlerock Way, Columbia, MD 21045  
Wednesdays/Fridays/Saturdays — 9:00 a.m. to 1:00 p.m.  
Thursdays — 4:00 to 8:00 p.m.

#### **Elkridge 50+ Center • 410-313-5192**

6540 Washington Boulevard, Elkridge MD 21075  
Mondays — 1:00 to 5:00 p.m.  
Fridays — 10:00 a.m. to 2:00 p.m.

#### **Ellicott City 50+ Fitness Center • 443-741-1220**

9401 Frederick Road, Ellicott City, MD 21042  
Mondays/Fridays — 10:00 a.m. to 2:00 p.m.  
Tuesdays — 4:00 to 8:00 p.m.

#### **Glenwood 50+ Center • 410-313-5440**

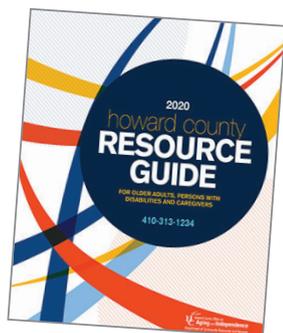
2400 Route 97, Cooksville, MD 21723  
Mondays and Thursdays — 10:00 a.m. to 2:00 p.m.

#### **North Laurel 50+ Center • 410-313-0380**

9411 Whiskey Bottom Rd, Laurel, MD 20723  
Tuesdays/Wednesdays/Fridays — 10:00 a.m. to 4:00 p.m.

## 2020 Resource Guide Now Available!

Howard County's Resource Guide for Older Adults, Persons with Disabilities and Caregivers has been published. Free copies are available at all Howard County 50+ centers and libraries. To have a copy mailed to you, call Maryland Access Point, 410-313-1234 (voice/relay). To request larger quantities for your office or community location, contact the Office on Aging and Independence at 410-313-6410 to arrange for pickup at OAI offices, 9830 Patuxent Woods Drive in Columbia, 21046. The 2020 Resource Guide may also be viewed online at <https://bit.ly/38Bofgx>.



# Kudos to our "Best of Howard" Winners!

The Best of Howard County results are in and the Office on Aging and Independence is a winner twice over! Congratulations to Michelle Rosenfeld who won for Best Personal Trainer, and to the Ellicott City 50+ Fitness Center for winning in the best gym category! Winners and honorable mentions were determined by popular vote; more than 38,000 votes were cast in this year's readers' poll, resulting in a list of the 75 top people to know, places to go and things to do. To contact Michelle Rosenfeld or find out more about the Ellicott City 50+ Fitness Center, call 410-313-1404 (voice/relay).



**Best of Howard** personal trainer **Michelle Rosenfeld** works out with 91-year-old **Ed Wondoloski** at the award-winning Ellicott City 50+ Center.

## Healthy Start 2020

This New Year, do you want to increase your physical activity but unsure how to kickstart it? Whether you're trying to start a new exercise routine or shake up an existing one, a one-on-one Exercise Consultation can help you build an individualized plan tailored to your goals, needs and interests. These sessions are perfect for those age 50+ who are new to exercise, just returning to exercise or simply want to know what fitness options are available in Howard County.

Consultations are offered every second Monday at the Elkridge 50+ Center and every third Tuesday at the North Laurel 50+ Center. When you arrive for your appointment come prepared to share your fitness history, learn how to build a new routine, and get hands-on practice with any equipment you may be curious about. Best of all, you will leave with a personalized fitness action plan and resources in hand to support it.

**Together, Malarie and I developed a goal-oriented plan to gradually increase my exercises until I was able to walk one mile and increase my flexibility and balance. With her help, I found an exercise program that is low-cost and fits into my schedule.**

— Elaine, age 76

To get started, call your preferred location to set up a 30-minute, one-on-one consultation with an Exercise Specialist (\$15 fee applies). For more information about consultations or other fitness opportunities contact Malarie Burgess at [mburgess@howardcountymd.gov](mailto:mburgess@howardcountymd.gov) or 410-313-6073 (voice/relay).

# Bain 50+ Center Renovations Underway

The Bain 50+ Center expansion has begun! Slated for completion in late summer 2020, the project will include the renovation of the multipurpose and meeting spaces, classrooms, lounge, game rooms, offices and existing bathrooms, and the addition of two new ADA accessible bathrooms and a state-of-the-art fitness and exercise room.

**These renovations will provide much needed upgrades and increase access to resources and programs that promote healthy aging. They also represent an investment in the future, ensuring opportunities to gather as a community for generations to come.**

— Jenna Crawley, Administrator  
OFFICE ON AGING AND INDEPENDENCE

The center will remain open during construction, but some classes and programs will be temporarily relocated, including:

- **AARP's Tax-Aide Assistance** — which runs February 3 through April 15 — will be held at other Howard County 50+ Centers and community locations, including nearby Kahler Hall.
- **The Better Balance Class** — held on Mondays and Wednesdays from 1:00 to 2:00 p.m. — will move to Slayton House, 10400 Cross Fox Lane beginning January 6. We'd like to thank the Wilde Lake Community Association for hosting the class at Slayton House.

- **Howard Community College's Pottery Class** will move to the North Laurel 50+ Center, 9411 Whiskey Bottom Road in Laurel 20723. Starting January 13, the Monday classes will be held 11 a.m. to 1 p.m.; Tuesday classes will begin January 14, and held 10 a.m. to noon; and Friday classes will run from 11 a.m. to 1 p.m., beginning January 17.
- From January 29 through May 19, the **Howard Community College Bain 50+ Choir** will meet at the Abiding Savior Lutheran Church, 10689 Owen Brown Road, Columbia, 21044, from 9:30 to 11:00 a.m.

For more information about the renovation or Bain 50+ Center programs, call 410-313-7213 (voice/relay).

## Low-Vision Program Facilitator Needed

The SeniorsTogether program is looking for a volunteer to co-facilitate a low-vision group. This volunteer will provide leadership, prepare for weekly discussions, and reach out to the members. Facilitator candidates should be flexible and reliable, enjoy interacting with people and have excellent listening skills. In addition, the low-vision facilitator would ideally have some experience working with adults with low-vision, blindness, or other health concerns.

SeniorsTogether provides confidential, small group settings where men and women feel comfortable sharing their concerns, insights and ideas. The low-vision group meets weekly on Tuesdays from 10:15 to 11:45 a.m. at the Bain 50+ Center in Columbia. For more information, contact Karen Hull at 410-313-7466 (voice/relay) or khull@howardcountymd.gov.



## THE HOWARD COUNTY Child Care and Preschool INFORMATION FAIR

**Saturday, February 1 • 1:00 to 4:00 pm**

**Ten Oaks Ballroom**

5000 Signal Bell Lane, Clarksville 21029

**FREE ADMISSION!**

*Please bring a non-perishable food item or a pack of new diapers for the Howard County Food Bank*



[howardcountymd.gov/children](http://howardcountymd.gov/children)

**BACK BY POPULAR DEMAND!**

Beginning at 12:30 pm, Parents as Teachers will present a brief, informational session on *How to Choose an Early Childhood Program*

410-313-1940 (VOICE/RELAY)  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)

## Are You & Your Pet Ready to Share Your Hearts?

**Paws4Comfort** fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to receive a **FREE** evaluation for your pet, contact us today

**Ingrid Gleysteen**

PROGRAM COORDINATOR

PHONE 410-313-7461 (voice/relay)

EMAIL [igleysteen@howardcountymd.gov](mailto:igleysteen@howardcountymd.gov)

**PET EVALUATIONS** are held at 7:00 PM on the 1<sup>st</sup> Thursday of each month

JAN 9	MAY 7	SEP 3
FEB 6	JUN 4	OCT 1
MAR 5	JUL 2	NOV 5
APR 2	AUG 6	DEC 3

**Bain 50+ Center**

5470 Ruth Keeton Way  
Columbia 21044

[www.howardcountymd.gov/paws](http://www.howardcountymd.gov/paws)

