THE 50+ HC Connection

NEWS and EVENTS from the Howard County Department of Community Resources and Services

A Publication from the Howard County Office on Aging and Independence

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Women's Hall of Fame Welcomes 2018 Inductees

Each year in March, National Women's History Month, the Women's Hall of Fame (WHOF) inducts up to five Howard County women who have made significant contributions to the County, the State of Maryland or the nation. This year the Commission for Women has selected three outstanding Howard County women for induction in the 2018 WHOF: Patricia Emard Greenwald; Debra Ann Slack Katz; and Joan Webb Scornaienchi.

Through leadership, vision, and ingenuity, **Patricia Emard Greenwald** has enriched the lives of thousands of area adults and children through education, horticulture and historic preservation. Shawn Gladden, executive director of the Howard County Historical Society describes Pat as "a dedicated advocate for Historical Education and Preservation and very deserving of this honor." While working as G/T Resource teacher, Pat coordinated her students' efforts to save the Pfeiffer's Corner Schoolhouse from demolition, which sparked her passion for historic preservation. Since then, she has been instrumental in the rehabilitation of three schoolhouses in addition to her own historic home, Salopha, which dates to 1720.

Warren Dorsey, 97, the oldest living graduate of the now-restored Sykesville Colored Schoolhouse, said, "Pat breathed life into the project, awakened our whole community to provide materials and services and helped to relight a beacon of hope for all of us." Youth groups and adults now regularly visit the facility to participate in a variety of meaningful experiences addressing diversity. Currently, Pat is helping to renovate the Second Ellicott Quaker School as a "hands-on" Howard County Children's Museum portraying mill town life.

Debra Ann Slack Katz is the corporate director of Safe Resident Handling at Genesis Health Care. A registered nurse for 43 years, Debbie epitomizes the selflessness, compassion and caring traits of her profession, and has used them to better Howard County. Her family's roots in Howard County can be traced for 13 generations, and her mother, Doris Thompson Slack, was inducted into the Howard County Women's Hall of Fame in 2009.

A consummate volunteer, Debbie was appointed by County Executive Allan Kittleman to chair the Historic Ellicott City Flood Workgroup, co-founded the Ellicott City Historic District Partnership (now the ECP) and is a member of the Ellicott City Master Plan Advisory Committee. Fellow Partnership board member David Myers says, "Debbie's commitment and enthusiasm is infectious; it's the reason I became involved in our Ellicott City community. The information she brings to the table has been a huge benefit in the aftermath of the 2016 flood." ECP co-founder Lexi Levi Milani agrees. "Debbie serves with no other agenda than making her hometown the best it can be and she is incredibly forward-thinking about how to keep Ellicott City vital." A graduate of Leadership Howard County, Debbie has also worked on both County and State political campaigns, as a lobbyist in Washington, DC, and served on over 24 boards and commissions.

It is an honor to recognize this year's inductee class for all that they have done and continue to do to make Howard County a better place. Through their significant contributions to Howard County in historic preservation, public health, leadership, volunteerism and education, these three women are exemplary role models and an inspiration for future generations.

— Allan H. Kittleman
Howard County Executive

Joan Webb Scornaienchi is passionate about mentoring, educating and advocating for women and youth in particular. When she became executive director of HC DrugFree in 2009, she brought a strong background as an educational and grant administrator from the Maryland Department of Education, which, combined with her passion and keen vision, helped create a valuable nonprofit in Howard County and in Maryland. "What makes Joan distinct is her ability and passion for saving lives through education, modeling and being accessible," says Becky Mangus, publisher of The Business Monthly, "She never lets youth feel they are alone when facing substance use and homelessness; and is an ongoing resource for parents and the community."

The recipient of numerous awards for her service to the community, Joan has been named one of Maryland's Top 100 Women three times and was inducted into the Circle of Excellence for sustained achievement and commitment to mentoring. She is the past chair of the Howard County Commission for Women, chair of the Howard County Alcohol and Drug Abuse Advisory Board, vice chair of the Howard County Public School System's Health Council and serves on the HCPSS Mental Health Task Force.

The Howard County Commission for Women will host the Women's Hall of Fame 2018 Induction Ceremony, Thursday, March 22, 7:00 p.m. in the Banneker Room of the George Howard Building in Ellicott City. The event is free and open to the public.

Fibs Your Landlord Might Tell You... Or Forget to Mention

By Rebecca Bowman, Administrator, Howard County Office of Consumer Protection

It can be hard to find an affordable apartment or house, so you may be tempted to jump at a place that fits your budget. But it can cost you more later if you don't take the time to verify a landlord's promises and ask about terms that aren't mentioned. The following "promises" and potential issues are prime examples.

"It's a standard lease; you don't need to read it"

Take the time to read through your lease terms to make sure you're not missing anything. Yes, it'll take some time. And no, it's not particularly fun. But it's more fun than getting caught by surprise with no legal recourse down the line.

"This place is in move-in condition"

Don't sign a lease until you see the property. And, make sure you aren't penalized for a prior tenant's damages by asking the landlord to walk through the unit with you and document (in writing or with pictures) existing damages such as carpet stains or broken floor tiles. Also, look for evidence of pests, rodents or mold. If the landlord promises to make repairs, be sure to get it in writing.

"This is a great neighborhood"

Your prospective landlord probably won't mention that the house next door is occupied by loud, obnoxious people who never seem to go to work or go to bed. Similarly, he probably won't tell you if the neighborhood has traffic problems or is a high crime area. Before signing a lease, do some research and visit the property at different times of the day and night. You may also get good information by talking with people you see walking a dog or going to work in the corner store.

When will the landlord drop by?

Obviously, a landlord needs access to the property to make repairs and to ensure that you are properly maintaining the unit. But you'll want some advance notice for non-emergency visits. Make sure the lease states when and under what circumstances the landlord can enter the property.

Are they visitors or roommates?

Some landlords are very strict about the number of people who live in their properties. Extra people can cause parking or noise issues and additional wear and tear. Don't assume your apartment can be your friend's second home. Review the lease and ask your landlord about any restrictions on how many and how often you can have others stay with you.

"No pets" REALLY means no pets!

Dogs and cats (ferrets, snakes, and birds) can cause major damage to a rental property, which is why some landlords don't allow them. Others charge pet deposits or extra rent to protect themselves. Check the lease and don't assume that your pet will go unnoticed.

Visit us at www.howardcountymd.gov/landlordtenant or contact us at consumer@howardcountymd.gov or 410-313-6420.

CONNECTIONS
Social Day Program at Ellicott City

Connections Social Day Programs offer adults who need guidance and supervision a place to stay active, have fun, and remain connected to the community. Want to see for yourself what Connections is all about? Connect with the Connections Social Day Program at Ellicott City on March 2, from 11:00 a.m. to noon as our members create works of art with the help of a ceramics instructor (small fee applies). Each month a new, fun program will be available. For more information or to register, call 410-313-1425.

Howard County Office on **Aging** and **Independence**

Department of Community Resources and Services

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This publication is available in alternate formats upon request.
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National Consumer Protection Week
March 4-10, 2018

SHRED iD Theft!

Saturday, March 3

East Columbia Library, 6600 Cradlerock Way, Columbia

Learn How to Identify ID Theft & Scams!
10:30 to 11:30 a.m.

How to select a tax preparer, find free tax preparation services and avoid tax-related scams and ID theft.

FREE Document Shredding
11:00 am to 2:00 p.m.

Register NOW at
https://aarp.cvent.com/HoCoshred

AARP Real Possibilities Maryland

Howard County Office of **Consumer Protection**
Department of Community Resources and Services

HOWARD COUNTY LIBRARY SYSTEM
Public Education for All

www.howardcountymd.gov/consumer

Eating Right Can Reduce Fall Risks for Older Adults

Eating well and staying active can make a dramatic difference in the quality of life for older adults. In fact, you are never too old to enjoy the benefits of improved nutrition and fitness. As you get older, your food choices become even more important to your health. *Source: eatright.org*

March is National Nutrition Month

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month® to reinforce the importance of developing sound eating and physical activity habits. "Go Further with Food" — the theme for 2018 — encourages us to achieve the numerous benefits healthy eating habits offer, while urging us to cut back on food waste.

When it comes to nutrition, older adults in particular need to focus on food quality, not quantity. Aim for a diet with fewer total calories, with more nutrients per calorie, especially protein, B-vitamins and calcium. In other words, make every calorie count. For a healthy eating plan, visit www.eatright.org or attend a free nutritional workshop, offered at most Howard County 50+ centers.

Nutrition also plays an important role in fall prevention, according to Carla Johnston, of the Howard County Office on Aging and Independence (OAI). Eating the right amount of protein helps older adults preserve muscle mass, fight infections, recover from injury or surgery, reduce falls, and maintain independence. "If the body is deprived of essential nutrients, especially protein, it is considered malnourished," she explains, "Malnutrition can lead to decreased lean muscle mass and diminished muscle strength, which can increase your fall risk." Johnston suggests talking to your health care provider or a registered dietitian about your Recommended Dietary Allowance (RDA) to find the amount of dietary protein that's right for you.

OAI's new evidence-based program, **Stepping Up Your Nutrition** can help older adults better understand the correlation between nutrition and fall risk. This nutritional approach to fall prevention helps participants explore their eating habits to determine whether they are contributing to, or protecting against their risk of falling. The next session will be held at the Elkridge 50+ Center on Tuesday, March 27, from 1:00 to 3:30 p.m. There is a fee of $5 to participate.

For more information or to register, contact Carla Johnston at cjohnston@howardcountymd.gov or 410-313-3506.

You're Getting a New Medicare Card!

Medicare will mail new Medicare cards between April 2018 – April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit **ssa.gov/myaccount** or call 1-800-772-1213 (TTY:1-800-325-0778) to correct your mailing address.

Visit **Medicare.gov** for the latest updates.

CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES

CMS Product No. 12006
August 2017

Living Well with HYPERTENSION

The Village in Howard

6061 Stevens Forest Road
Columbia, MD 21045

Friday, March 16
10:00 AM to 12:30 PM

$5 fee covers course cost and all materials for this 2 1/2 hour workshop

Living Well with CHRONIC CONDITIONS

Columbia Association

6310 Hillside Court, Suite 100
Columbia, MD 21046

Wednesdays • 6:00 – 8:30 PM
March 7, 14, 21, 28 • April 4, 11

Course materials will be provided, and can be purchased on-site for a nominal fee.

To achieve the most benefits from this program, we encourage a commitment to attend all six sessions.

To register or for more information, contact: **Carla Johnston, Health and Wellness Coordinator**
Howard County Office on Aging and Independence
cjohnston@howardcountymd.gov • 410-313-3506 (VOICE/RELAY)

FOR DETAILS ABOUT THESE PROGRAMS, VISIT US AT
www.howardcountymd.gov/livingwell

Howard County 50+ Centers

SPOTLIGHT ON THE NEWLY RENOVATED ELKRIDGE 50+CENTER!

www.howardcountymd.gov/50pluscenters for all 50+ Center events

Long-Awaited Elkridge 50+ Center Opens Its Doors

By Terri Hansen, Howard County Office on Aging and Independence

In September 2014, County officials began meeting with architects from Grimm + Parker to plan a new 50+ Center and Library in Elkridge. After more than a year of planning and public meetings, Howard County broke ground for the new Charles I. Ecker campus. Over the past 18 months, county officials have worked with the architects and the builder, Costello Construction, to bring the Elkridge community two fabulous new buildings in one — the Elkridge 50+ Center and the Elkridge branch of the Howard County Library System.

All are welcome to join County Executive Allan H. Kittleman for the official ribbon-cutting ceremony for the 50+ Center and Library on Saturday, March 10 at 9:45 a.m. There will be opportunities to tour both sites and learn what each has to offer. The 50+ Center will be open for tours starting at 10 a.m. and the library will be open during regular Saturday hours.

Don't miss this very exciting occasion... it's definitely one for the Elkridge history books!

Can't wait to see the new Elkridge 50+ Center? **Join us for a "before the ribbon-cutting" preview on Monday, March 5, beginning at 8 a.m.** The Elkridge center staff has planned a full slate of events for Monday, March 5 through Friday, March 9 to introduce the community to the newly-expanded facility. Opening week events include health and wellness presentations and demonstrations, tours of the facility, tasting events and equipment orientations in the new 50+ Fitness Center. Those interested in joining the center or renewing their membership can register and receive a new picture ID membership card.

Five times the size of the original center, the new Elkridge 50+ Center boasts a comfortable lounge with a fireplace, two classrooms and a multi-purpose room for large events which can be divided into two medium-sized classrooms. Wi-Fi is available throughout the building, with several areas designed for laptop users; if you don't have your own laptop, you can borrow one for use in the building.

The Fitness Center offers a full range of equipment, including treadmills, recumbent bikes, elliptical machines, ADA-compliant total body recumbent steppers, a leg press and seated rowing machine, a functional trainer and free-weights for strength building. Members interested in using the Fitness Center can either pay a $5 per day drop-in fee or join the GO50+ program ($75 per year for Howard County residents and $100 per year for non residents). GO50+ members can use the fitness facilities at the Elkridge and Ellicott City 50+ Centers, as well the Gary J. Arthur, North Laurel and Roger Carter Community Centers.

Visit the new Elkridge 50+ Center soon to learn about all the new programs and enrichment opportunities. Sign up for a fitness or art class, register for classes offered by Howard Community College; meet with information specialists from Maryland Access Point of Howard County; and learn about all the services provided by the Office on Aging and Independence and other offices of the Department of Community Resources and Services.

For a list of Elkridge opening week events, see below, or call 410-313-5192 for details or to register.

Elkridge 50+ Center Grand Re-Opening!

Monday, March 5 • 8:30 a.m.
6540 Washington Blvd., Elkridge 21075

OPENING WEEK EVENTS

MONDAY, MARCH 5
9:30 -12:30 ..... Posture Screenings
12:00 noon..... Tasting Event
1:00 - 4:30..... Maryland Insurance Administration

TUESDAY, MARCH 6
9:00 - 10:00..... Agewell Exercise Class
11:00 - noon ..... Qi Gong Demonstration
11:00 - noon ..... Seated Massages
11:30 - 1:00..... Lunch & Learn: Health & Wellness Programs
12:30 - 3:30..... Fitness Center Orientation (register in advance)

WEDNESDAY, MARCH 7
9:30-12:30..... Posture Screenings
10:00 - 12:00..... Fitness Evaluations
10:00 - 11:00..... Art with Pastels
12:00 noon..... Tasting Event

THURSDAY, MARCH 8
9:00 - 10:00..... Agewell Exercise Class
9:30-12:30..... Posture Screenings
12:00 noon..... Tasting Event
2:00 - 4:00..... Seated Massages

FRIDAY, MARCH 9
10:00 - 12:00..... Mental Health Screening
10:00 - 11:00..... Yoga Demonstration
12:00 noon..... Tasting Event
12:30 - 3:30..... Fitness Center Orientations
(register in advance)