

BAIN 50+ CENTER

January-February-March 2020

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



**5470 Ruth Keeton Way
Columbia, MD 21044**

**Front Desk
410-313-7213**

Building Hours

Monday - Wednesday

8:30 am - 4:30 pm

Thursday

8:30 am - 8:30 pm

Friday

8:30 am - 4:30 pm

Center Email

bain50@

howardcountymd.gov

Newsletters Online

www.howardcountymd.gov/bain50

Volunteer Website

www.hocovolunteer.org

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Beautiful Updates Coming Soon...

The Bain 50+ Center renovations have commenced and once completed, a new fitness center, an expanded exercise studio and an additional classroom will be created. The projected completion is late summer 2020. During this improvement process, some classes and programs have relocated to other places.

- AARP Tax Assistance, which operates February 3 through April 15th, will be at other 50+ Centers and community locations, including Kahler Hall. This service is by appointment.
- Better Balance Class held on Mondays and Wednesdays (1-2 pm) will move to the Slayton House, 10400 Cross Fox Lane on January 6, 2020
- Howard Community College, Pottery Class will be held on Mondays 11 am -1 pm, (1/13-3/30/20) Tuesdays 10 am -12pm, (1/14-3/17/20) and Fridays 11 am -1 pm, (1/17-3/20/20) at North Laurel 50+ Center, 9411 Whiskey Bottom Road
- The Howard Community College Bain 50+ Choir will meet at the Abiding Savior Lutheran Church, 10689 Owen Brown Road 1/29-5/19/20 at 9:30 am -11 am



General Information

50+ Center Staff

Linda Ethridge, Director

lethridge@howardcountymd.gov 410-313-7468

Tammy Wiggins, Assistant Director

twiggins@howardcountymd.gov 410-313-7469

Dawn Perez, Registrar

dperez@howardcountymd.gov 410-313-7213

Collin Fugate, Utility Tech

cfugate@howardcountymd.gov 410-313-7464

Ann Moise, Nutrition Specialist

amoise@howardcountymd.gov 410-313-7390

Earl Saunders, DaJuan Tyler– Curtis Support Staff

Elaine Widom, SeniorsTogether

ewidom@howardcountymd.gov 410-313-7353

INCLEMENT WEATHER PROGRAM LINE

410-313-7777

Bain 50+ Center Council

President: Peter Eisenhut

Vice President: Valerie Hoelz

Secretary: Valarie Hoelz

Treasurer: Sandra Kaiser

Members at Large:

Mary Cooke Fran Martiny

Athena Dalrymple Jim McDiarmid

Jeanne Evans Priscilla Pitts

Annie Foster Shirley Williams

NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call (410) 313-7390 to cancel your lunch reservation if you can not make it. Our lunch number reflects the number of reservations placed, and the County is charged for the number of meals ordered. For members **over** 60 years of age, and their spouses, a confidential donation is requested. Contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal, payable at the front desk. A regular meal is \$4.48, box meals are \$5.01 and special meals are \$5.95. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4:00 pm. Payments may be by cash, credit card, or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website:

<http://apm.activecommunities.com/howardcounty>.

All activities require a reservation or registration.

TRANSPORTATION

Transportation is available to the 50+ Center through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the RTA Customer Service Line at 1 (800) 270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

ADJUSTED HOURS OR BUILDING CLOSURES

Wednesday, January 1

CLOSED (New Year's Day)

Wednesday, January 15

CLOSING at 1:30 pm (Department Meeting)

Monday, January 20

CLOSED (Martin Luther King, Jr. Day)

Monday, February 17

CLOSED (President's Day)

On-going Programs

MONDAY	PROGRAM	ROOM
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—Noon	Project Linus (2nd & 4th Monday)	Community Room *
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry *
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—10 am	Ask the Pharmacist (4th Monday)	Health Room
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—10:50 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10—11:30 am	SeniorsTogether Current Events Discussion	Patuxent Woods *
11—1 pm	Pottery	North Laurel 50+ Center*
10:30 am—12 noon	Tai Chi (Drop-In)	Great Room 1
10:55—11:25 am	Core Strength From A Chair (HCC) (\$)	Exercise Room
11:30am—12:30 pm	Cardio Fusion for Parkinson's Disease	Exercise Room
Noon	Lunch	Great Room 3
12:30 pm—4 pm	Korean American Senior Association	Winter Break
1 pm—2:30 pm	Religion Discussion Group (Drop-In)	Meeting Room *
1 pm—2 pm	Better Balance (\$)	Slayton House *
1 pm—4 pm	Canasta (Drop-In)	Computer Room *
2:30 pm—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45 am—11:45 am	Scrabble (Drop-In)	Great Room 3 *
10 am—Noon	Pottery (HCC) (\$)	North Laurel 50+ Center
10:15 am—11:45 am	Seniors Together Low Vision Group	Meeting Room
10:45 am—11:45 am	Silver Belles (tap dancing)	Exercise Room
Noon	Lunch	Great Room 3

***Impacted by Renovation**

Ongoing Programs

TUESDAY	PROGRAM	ROOM
Noon—4:15 pm	Duplicate Bridge (Bring a partner)	Computer Room *
1 pm—2 pm	Zumba (\$1 Donation)	Cancelled During Phase 2 of Renovations
1 pm—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1:30 pm	Phase 10 card game	Lobby *
2 pm—3:30 pm	Drop-In Jam Session	Great Room 1
WEDNESDAY	PROGRAM	ROOM
8:30 am—10:30 am	Woodworkers Guild Meeting	Great Room 3 *
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—11 am	HCC Bain Senior Choir (\$)	Abiding Savior Lutheran Church *
9 am—3 pm	Massage (\$)	By Appointment
9:30 am—10:50 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
9:30 am—11:30 am	Bingo (\$)	Computer Room *
10 am—11:30 am	Bain “Buzz” Book Club (3rd Wednesday)	Conference Room *
10 am—11:30 am	English as a 2nd Language	Meeting Room *
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry *
12:30 pm—1:30 pm	Bill W. Meetings	Conference Room
1 pm—2 pm	Sit & Be Fit	Cancelled During Phase 2 of Renovations
1 pm—2 pm	Better Balance (\$)	Slayton House *
1 pm—4:15 pm	Drop-In Chess	Lobby *
1 pm—4 pm	Drop-in Mahjongg	Computer Room *
THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/Ping Pong (Drop-In)	Cancelled During Renovations *
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—10 am	Balance “4” All (\$)	Exercise Room
9 am—11:30 am	Wii (Rec.& Parks) Must pre-register in the lobby	Cancelled During Phase 2 of Renovations

***Impacted by Renovation**

Programs and Events

THURSDAY	PROGRAM	ROOM
9:30 am—12 Noon	Artful Journaling (Rec.& Parks) (\$)	Community Room *
9:30 am—11:30 am	Drop-in Pinochle	Lobby
10 am—11 am	Thrive Thursday-Video Fitness	Cancelled During Phase 2 of Renovations
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite *
10 am—11:30 am	Zoom– In Discussion Group	Meeting Room
10:30 am—11:30 am	Coffee With a Howard County Police (3rd Thursday)	Lobby
10:45 am—11:45 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop–In Zumba (\$1 Donation)	Cancelled During Phase 2 of Renovations
Noon	Lunch	Great Room 3
12:30 pm—2 pm	Seniors Together Brain Teasers	Meeting Room
1 pm	Movie	Great Room 1
1 pm—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1 pm—4:15 pm	Drop-In Scrabble & Cards and Games	Computer room *
5 pm—8:30 pm	Massage Therapy (\$)	Health Suite
6:30 pm—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday) September –June	Meeting Room
6:30 pm—8:00 pm	Alzheimer’s Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—3 pm	Massage (\$)	By Appointment Only
9:30 am—10:30 am	Chair Yoga (\$)	Great Room 2
9:30 am—10:45 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10 am—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10 am—11:30 am	SeniorsTogether Trenders	Conference Room
11am—1 pm	Pottery (HCC) (\$)	North Laurel 50 + Center

***Impacted by Renovation**

Programs and Events

FRIDAY	PROGRAM	ROOM
10:55 am—11:25 am	Core Strength From A Chair (HCC) (\$)	Exercise Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Computer Room *
12:30 pm—2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45 pm—3 pm	Drop-in Rummikub and Cards	Computer Room *
1 pm—2:30 pm	Line Dancing (Drop-in)	Exercise Room

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities



Howard County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!



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

410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov

www.howardcountymd.gov/aging



Howard County Department of
Community Resources and Services

Providing vital human services through programs, services and referrals to ensure everyone in the community has the opportunity to **GROW, THRIVE and LIVE with DIGNITY**

How Can Our Offices Serve YOU Today?

- ADA Coordination
- Aging and Independence
- Children and Families
- Consumer Protection
- Community Partnerships
- Human Trafficking Prevention
- Local Children's Board
- Veterans and Military Families

**HOWARD COUNTY
Community Resources Campus**

www.howardcountymd.gov/communityresources
communityresources@howardcountymd.gov
www.facebook.com/HoCoCommunity

410-313-6400 (VOICE/RELAY)

9830 Patuxent Woods Drive
Columbia, MD 21046



Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-7213** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Programs and Events

The Bain “Buzz” Book Club

10–11:30 am / Free

January 15— The Other Woman by Sandie Jones

February 19— The Chalk Man by C. J. Tudor

March 18— Eleanor Oliphant is Completely Fine by Gail Honeyman

Please note that titles may be switched based on the availability at the library. Please call the front desk for additional information.

Toss Across Fridays

(except the last Friday of the month)

10:30-11:30 am/ FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!). Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am/ FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am/ FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction. New players are always welcome!

Bain 50+ Movie Schedule

1 pm / Free

Reservations Requested

January 2—*The Aftermath* (Featuring Keira Knightley, Alexander Skarsgard,)

January 9—*Amazing Grace* (Featuring Aretha Franklin)

January 16—*All Is True* (Featuring Kenneth Branagh, Judi Dench, Ian McKellen)

January 23—*Maudie* (Featuring Sally Hawkins, Ethan Hawke, Kari Matchett)

January 30 —*Once Upon a Time In Hollywood* (Featuring Leonardo DiCaprio, Brad Pitt)

February 6—*Where’s My Roy Cohn?* (Featuring Roy M. Cohn, Barbara Walters)

February 13—*Downtown Abbey* (Featuring Hugh Bonneville, Jim Carter)

February 20—*Before You Know It* (Featuring Hannah Pearl Utt, Jen Tullock, Judith Light)

February 27—*Judy* (Featuring Renee Zellweger, Jessie Buckley, Finn Wittrock)

March 5—*Britt-Marie Was Here* (Featuring Pernilla August, Peter Haber, Anders Mossling)

March 12—*Main Street* (Featuring Ellen Burstyn, Collin Firth, Patricia Clarkson)

The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging and Independence, Howard County Government, or their officials and employees.

To assure adequate seating, please sign up at the Front Desk for all events & activities.

Programs/ Health & Wellness

Man to Man Prostate Cancer Support Group

Thursdays, 6:30–8:15 pm

January 16

February 20

March 19

Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners, and survivors, who address issues related to treatment options, side effects, and practical guidance. Meets 3rd Thursday every month from September-June. For information, contact Gerry Gears at gerrygears@gmail.com.

Alzheimer's Caregiver Support Group

Thursdays

6:30-8 pm/ Free

January 9, February 13, March 12

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education and problem solving skills around dementia-related issues. For more information, contact Danilsa Marciniak at (410)736-2217.

Ask The Pharmacist

Mondays 9–10 am/ Free

Jan. 27, Feb. 24 & Mar. 23

Pharmacist Don Hamilton will provide individual answers to your medication questions. With the allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

Blood Pressure Screenings

Thursdays, 10 am–Noon/ Free

January 2, February 6, March 5

High blood pressure is a “silent killer.” Know your numbers! Albertha Workman, RN will take your blood pressure to help you to maintain good overall health.

Essential Touch Massage Therapy

Wednesdays & Fridays 9 am-3 pm

Thursdays 5–8 pm

Cost: \$58 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. Relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

Nutrition Education

Thursdays, 9:30–11:30 am

January, February, & March

Individual sessions by appointment only. Must be 60+ to sign up Nutritionist, Carmen Roberts, MS, RD, LDN. Sign-up at the front desk or call 410-313-7213.

To assure adequate seating, please sign up at the Front Desk for all events & activities.

Programs

Thrive-Thursdays Low Impact Cardio 10–10:45am/ Free

Let's Get Moving! Join us in Great Room 1 and get ready to burn calories and shed those pounds. DVD's will be alternated.

This class will be cancelled during the Phase 2 of the renovations.

Sit & Get Fit Wednesdays 1–2 pm /Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors blends activity and relaxation by adding circular movements and natural breathing.

Inclement Weather Policy

In the event of inclement weather, the public is advised to call the status line at **(410-313-7777)** to find out if the 50+ Centers are operating normally, have a delayed opening, or are closed.

If **HOWARD COUNTY SCHOOLS** status is:

1 HOUR DELAY— Center will open with programming as usual.

2 HOUR DELAY— Classes or programs led by an instructor/presenter that begin at 11 am or after will be held. Classes that begin before 11 am are cancelled.

CLOSED—All classes and programs led by an instructor/presenter are cancelled.

AFTERNOON & EVENING ACTIVITIES

CANCELLED— The Center will not hold any classes, programs or rentals after 4:30 pm.

Drop-In Jam Session Tuesdays, 2-3:30 pm/ Free

Join a group of "seasoned" musicians who enjoy playing old time tunes such as the Waltz, Reels, and Irish Dance tunes. Stop-in to listen, dance, or play.

Drop-In Games Mondays 1-4 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games such as Canasta, Scrabble, or other card games. No supplies or instruction provided.

Coffee Service Monday-Friday 9 am-12:30 pm

Coffee service is available in the Great Room daily. A donation box is provided and your contribution is appreciated.

Mah Jongg Wednesdays 1-4 pm

Mahjong is a tile-based game that was developed in China, but has become popular in Western countries. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Stop by and join the fun.

Poker Wednesday, Friday 11am-4 pm

Stop by and join the group as they combine strategy and different skills to become the winner of each hand.

Exercise Instructional Classes

Register early! Exercise classes in progress may be full. Inquire at the front desk.
All exercise classes are scheduled to run between 45 and 55 minutes in duration.

BALANCE "4" ALL

Thursdays

January 2–March 26

9 am

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

13 classes for \$69 (A01424.600)

Functional Fitness

Fridays January 3–March 27

11:30 am

Take a class that gives you a work-out to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance, and muscle tone.

13 classes (A01709.600)

Better Balance

Monday & Wednesday

January 6–March 30

1 pm

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program, to ensure program viability. Those participants under age 60 pay the fee listed below. A pre-screening is required by calling Malarie Burgess at 410-313-6073. Internet registration NOT available for this class.

22 classes for \$70 (A01445.600)

Arthritis Exercise

Tuesday & Thursday

January 2–March 31

9:30 am

Learn basic functional exercises either seated or standing to help increase joint flexibility, range of motion and muscular strength. Proper technique within your limitations is emphasized so you can better reach your fitness goals.

26 classes for \$83 (A01404.600)

Yoga

Mondays

January 3–March 30

11 classes for \$59

(A01441.600)

Wednesdays

11 am

January 8–March 25 Cost: \$64

12 classes for \$64

(A01440.600)

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.

No class: 1/1, 1/6, 1/15, 2/17



2:30 pm

Chair Yoga

Fridays

January 3–March 27

9:30 am

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being.

13 classes for \$69 (A01425.600)

Registration for Winter classes opened on Friday, December 6, 2019.

Registration for Spring classes will open Friday, March 6 at 8:30 am in-person & on-line.

Exercise Instructional Classes/ Programs

Cardio Fusion for Parkinson's Disease Mondays

January 6-March 30

11:30 am- 12:30 pm

This program focus on exercises that can help improve endurance, muscular control, and balance. This class is a great fit for those who are confident on their feet as they will be guided through various walking patterns and dance-infused footwork combinations.



Drop-in Tap Dance

Instructor: Diane Andrews

Tuesdays 10:45-11:45 am/ Free

Have fun while tap dancing your way to health.

Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

Age Friendly Presentation

Friday, January 10

12:30 pm

Learn about the Age-Friendly Howard County initiative launched on December 3rd. Howard County has joined more than 400 communities nationwide in an effort to make our county a healthy, safe community for people to grow older in. An age-friendly community will benefit people of all ages and in all stages in life.

Write Your Memoir- Write to be Heard

Tuesday, September 4 & October 2

10 am-12 noon/ Free

Join those among us who love to write. Many of us have stories stacked up in the libraries of our minds just waiting to be spoken aloud and transcribed to paper. Now is your time to join with others who also have wonderful stories to tell.

Table Tennis

Will Resume after renovations are complete
1-4 pm

All levels of play are welcome to drop-in for doubles play. Improve hand-eye coordination as well as posture. Two tables provided; bring a paddle and table tennis balls.

Duplicate Bridge

Tuesdays

12-4 pm

Interested, new participants should stop in and speak with the facilitator to assure space availability. No instruction provided. May need to bring a partner.

Pinochle

Thursdays

9:30 -11:30 am

Stop by and join the group as they engage in this trick-taking card game. Do your best to form combinations of cards into melds and make quick friends!

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Menu Notes

How to Boost Vitamin D in Your Diet

Vitamin D – also called “the sunshine vitamin”- is essential for your body to absorb calcium and maintain healthy bones. Without vitamin D, bones can become thin and brittle. Vitamin D also plays a role in other body functions, such as immune and neuromuscular function. Vitamin D deficiency has been linked to an increased risk of cancer (particularly breast, colon, and prostate), heart disease, and depression.

The Recommended Daily Allowance (RDA) for adults ages 50-70 is 600 international units (IU) of vitamin D daily, while adults over 70 need 800 IU. Our bodies need sunlight in order to produce the active form of vitamin D. You may have higher individual needs of vitamin D based on your age, the amount of sunlight exposure you receive, or if you have certain risk factors for osteoporosis. Vitamin D is found in very few foods, so try to incorporate some of these vitamin D-rich foods into your diet to make sure you’re getting enough:

Fish: A three ounce piece of grilled salmon has about 450 IU of vitamin D. You can boost this number by buying canned salmon with bones (about 900 IU). A similar serving of Atlantic herring has about 1600 IU of vitamin D. Catfish will offer you 500 IU per serving. Other fish that are good sources of vitamin D include halibut, steelhead trout, mackerel, and pickled herring.

Fortified juices: You should eat fresh fruits to get the benefits of nutrients, vitamins, and fiber, but one cup of fortified orange juice can be part of a healthy balanced diet. One cup offers about 137 IU of vitamin D. Consider making a smoothie with fortified orange juice, fortified milk, and frozen berries for a bigger boost of vitamin D.

Mushrooms: Mushrooms have numerous health benefits. The amount of vitamin D in mushrooms can vary, so read labels carefully. Mushrooms treated with UV light can offer between 400-700 IU per serving. Add mushrooms to salads, soups, and omelets, or try a veggie burger made with Portobello mushrooms.

Breakfast cereals: Many cereals are fortified with calcium and vitamin D. Read labels to check the amount of vitamin D per serving. Consider mixing your cereal with yogurt to get a double dose of vitamin D.

Milk and milk alternatives: A cup of milk contains about 125 IU of vitamin D, while some milk alternatives (such as soy and almond milk) contain up to 200 IU. Make sure you check the labels of milk alternative products to ensure that they are supplemented with calcium and vitamin D.

Tofu:

Fortified tofu has about 580 IU of vitamin D per serving. Cubed, firm, light tofu works well in soups and in a stir fry. Silken tofu is perfect for making cream soups or in smoothies. Remember that tofu acts like a sponge and has a mild taste, so marinate it first before using in certain dishes.

Do I need a vitamin D supplement? While a diet lacking in vitamin D is the primary cause of vitamin D deficiency, you may become vitamin D deficient due to impaired absorption of this vitamin, increased requirement of vitamin D, or increased excretion by your body. Make sure that your health care provider is monitoring your vitamin D levels regularly. Seek guidance from your physician or registered dietitian if you need help with improving dietary sources of vitamin D or need advice on how to supplement your diet.

Nutritionist, Carmen Roberts, MS,

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.