

# 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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A Message from  
Howard County Executive

## Calvin Ball



November is a month where we reflect on our blessings and give thanks. I am encouraging all county residents to be especially thankful for our older adults, our family caregivers, and our veterans.

During this “National Family Caregivers Month,” we know that all family caregivers want their older loved ones to have the best care possible. If you are curious about Howard County’s caregiver support programs, visit a 50+ Center this month to find out about available education, resources and assistance programs. We have also expanded the Loan Closet of Howard County to provide refurbished medical equipment and resources to all those in need. Together, we can ensure all our caregivers are ready to support their loved ones during their aging journey.

This month is also dedicated to those who serve, and on November 11 we will celebrate Veterans Day. To honor our military veterans who served this country, we will hold a parade on Sunday, November 10, and work with “Operation Gratitude” to send handmade items of love to those deployed overseas.

In addition, November is “Alzheimer’s Disease Awareness Month.” This is a chance for us to unite as a community and support those who live with Alzheimer’s. As we raise awareness, we will promote ways to help an affected loved one, such as keeping a daily routine, avoiding over-stimulation, and always being reassuring.

Finally, to celebrate this time of Thanksgiving, I hope you will join me for our “Giving Thanks Luncheon and Dance” on November 14 at Ten Oaks Ballroom. This Thanksgiving meal is a wonderful chance to celebrate together as a community, and tickets can be purchased at any of our 50+ Centers.

Throughout November and the whole year long, I am so grateful to live in Howard County and to enjoy a community as caring and supportive as ours.

## Be CARE CURIOUS!

November is National Family Caregiver’s Month and it is a time to celebrate those who care for a spouse, a parent, a friend, a family member or a neighbor. The 2019 national theme is **Be Care Curious**, something all caregivers should take to heart, because being informed about your loved one’s condition will empower you to provide better care.

Because each caregiving situation is unique, the Office on Aging and Independence’s (OAI) Family Caregiver Support program strives to meet caregivers where they are on their journey and provide appropriate supports. OAI resources and services for caregivers include:

- National Family Caregiver Support grants for respite, personal care services or other needs
- Caregiver Education events and ongoing education
- Kindred Spirits and Connections Social Day programs to reduce isolation of loved-ones and provide respite for caregivers
- Long Term Care Options Counseling through Maryland Access Point (MAP)
- The Loan Closet — assistive technology and durable medical equipment
- Community Living Program: home safety assessments/modifications
- Evidence-based and wellness programs to support physical and mental health of caregivers and those for whom they provide care
- Medicare Counseling through Howard County’s State Health Insurance and Assistance Program (SHIP)
- Ombudsman Program — advocating for those living in assisted living facilities and nursing homes

“Caregivers are often unsung heroes, yet they provide essential hands-on care and emotional support for those individuals living with chronic disease, cognitive or functional impairment and aging in our communities,” said OAI Administrator Jenna Crawley. “National Family Caregivers Month is a time to honor, celebrate, and thank caregivers for the tremendous difference they make every day.”

In November, OAI’s Caregiver Education specialists will visit Howard County 50+ Centers to share resource information with caregivers and answer questions. How to be Care Curious:

- **READ ALL YOU CAN** about your loved-one’s condition
- **SHARE THE CARE** — ask family members or others for help
- **PRACTICE SELF-CARE** — proper nutrition/regular medical check-ups
- **AVOID CRISIS** by planning ahead

For more details about OAI’s Family Caregiver Support program, visit [www.howardcountymd.gov/caregiver](http://www.howardcountymd.gov/caregiver) or call 410-313-5955 (voice/relay).

 Howard County Office on  
**Aging and Independence**

Department of Community Resources and Services

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## Thankful for Caregivers • 10:30 a.m. to noon

Learn about the Howard County Family Caregiver Support Program and meet other caregivers. **Register on-site to win a raffle basket!**

- Friday, November 15.....Elkridge 50+ Center
- Monday, November 18.....Bain 50+ Center
- Tuesday, November 19.....East Columbia 50+ Center
- Wednesday, November 20 ....Glenwood 50+ Center
- Thursday, November 21 .....Ellicott City 50+ Center
- Friday, November 22.....North Laurel 50+ Center



# National Information and Referral Services Day

By Christopher Moore, Maryland Access Point Program Manager

The United States Senate first designated November 16 as Information and Referral Services Day in 2011 to raise public awareness and recognize the critical importance of the I&R field.

Information and Referral — or I&R — is the art, science and practice of bringing people and services together and is an integral component of the health and human services sector. People in search of critical services such as shelter, financial assistance, food, jobs, or mental health support may not know where to turn for help, and often get overwhelmed trying to find what they need.

Knowledgeable I&R professionals connect people in need to the services that can help them, significantly reducing their frustration and increasing the speed and efficiency of service delivery. Those who work in the I&R field are like living, breathing encyclopedias, providing answers to a wide range of questions, from, “Where can I get a free meal for my family” to “Who do I call about a horse running loose in my neighborhood?”

Within the Department of Community Resources and Services (DCRS), information and referral for older adults, adults with disabilities, and their caregivers is provided by the Office on Aging and Independence’s Maryland Access Point (MAP) program, 410-313-1234. DCRS’ Office of Children and Families provides I&R services to children and families through the CARE (Child and Adolescent Resources and Education) Line, 410-313-CARE (2273). All services are provided free of charge and are confidential.

To acknowledge National Information & Referral Services Day, CARE Line and MAP staff will present a screening of a 1969 classic I&R film entitled *Tell Me Where to Turn* on Friday, November 15 from 1:00 to 2:00 p.m. at the Department of Community Resources and Services, 9830 Patuxent Woods Drive, Columbia. A Q&A session will follow; RSVP to MAP@howardcountymd.gov to reserve your seat.

## FLU SHOT CLINIC!

### Bain 50+Center

5470 Ruth Keeton Way, Columbia 21044

**THURSDAY, NOVEMBER 7**  
**9:30 a.m. to 1:30 p.m.**

Individuals 6 months and older are eligible to receive a Flu Shot. Standard dose protects against four flu viruses. No high dose flu vaccine, flu mist or pneumococcal vaccines available. Vaccines are subject to availability and will be administered on a first come, first served basis.



## The Loan Closet of Howard County

Assistive Technology and Resources for All Ages

The Loan Closet of Howard County has moved to a new location and has expanded to better serve the needs of all residents!

**7125 Riverwood Drive, Suite D1**  
**Columbia, MD 21046**

— CALL AHEAD FOR EQUIPMENT OR DONATION INFORMATION —

PHONE 410-313-0363 (voice/relay) • FAX 410-313-0369

Find the Latest Updates at [howardcountymd.gov/loan closet](http://howardcountymd.gov/loan closet)

# November Highlights

## Focus on Fitness

Get a FREE balance and strength fitness assessment by a certified fitness professional on Monday, November 4, from 10:00 a.m. to 12:30 p.m. at The Village in Howard, 6061 Stevens Forest Road in Columbia 21046. Call 410-313-6073 (voice/relay) to make an appointment. Co-sponsored by The Village in Howard.

## Medicare Open Enrollment

Medicare Parts C and D Open Enrollment runs through December 7. If you need assistance, Howard County’s State Health Insurance and Assistance Program (SHIP) counselors are ready to help.

SHIP has 26 counselors trained as Part D Specialists to assist Medicare recipients during the Open Enrollment Period (OEP). To make an appointment with a SHIP counselor, call 410-313-7392 (voice/relay). For a list of Medicare education events in Howard County, visit [www.howardcountymd.gov/SHIP](http://www.howardcountymd.gov/SHIP).

## Kudos & Awards!

**CONGRATULATIONS** to the **Ellicott City 50+ Center** for being named by Baltimore Style magazine as the **Best Senior Center** in the 2019 Reader’s Choice awards. This is a significant recognition as these awards encompass not only Howard County but the entire Baltimore metropolitan area.

**CONGRATULATIONS** to the **Ellicott City 50+ Fitness Center** and to personal trainer **Michelle Rosenfeld**, who were both nominated in the **Best Gym** and **Best Personal Trainer** categories, respectively, in Howard Magazine’s “Best of Howard Awards.”

**CONGRATULATIONS** to **Kathy Wehr**, OAI’s Caregiver Support Program Manager and her team from the Howard Health Partnership – Consumer and Family/Caregiver Engagement Workgroup, who were selected as one of nine finalists in the Horizon Foundation Changemaker Challenge! Their proposal is to offer in-person “Practical Skills for Caregivers” classes in Howard County as well as produce a video series to give caregivers the option of learning on-line. Kathy’s team will present their “Big Idea” for the Changemaker Challenge on Monday, November 11. Good luck!



## Show Your Support

**OPERATION GRATITUDE** — Show your support for the men and women currently serving in our military by knitting or crocheting a scarf or hat. Hats should fit an adult-sized head; scarves can be 4 to 6 inches wide and 48 to 50 inches long (no fringe). Items may be made of wool or acrylic yarn (attach a tag to indicate fiber content) or non-flammable fleece, in neutral colors. Feel free to include a personal note for the recipient, and drop off completed items at any Howard County 50+ Center or Postal Xpress N More in Ellicott City by Friday, November 8.

**VETERANS PARADE** — Show your support for our veterans by attending the Howard County Veterans Parade on Sunday, November 10, sponsored by the Howard County Veterans Foundation and the Columbia Association. The 5<sup>th</sup> annual parade honors all branches of the US Military, the National Guard, first responders, and their families and will feature marching bands, military units and plenty of hometown heroes. The parade steps off at 9:30 a.m. from Merriweather Post Pavilion, travels along Little Patuxent Parkway and ends at the future site of the Howard County Veterans Monument at Lake Kittamaquidi. For more information, call 410-313-0821 (voice/relay).

