

# 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

Volume 10, No. 3 • March 2020

## Learn to Eat Right, Bite by Bite

### March is National Nutrition Month

National Nutrition Month focuses on the importance of making informed food choices, as well as developing sound eating and physical activity habits. The 2020 theme — **Eat Right, Bite by Bite** — promotes eating a variety of nutritious foods every day, planning and creating healthful meals each week and the value of consulting a registered dietitian or nutritionist.

Most older adults know that choosing nutritious foods and getting enough physical activity can make a significant difference in their health; what many do not know is that proper nutrition can also decrease their risk of falling. **Stepping Up Your Nutrition** — a 2.5-hour workshop offered through the Office on Aging and Independence (OAI) — investigates how nutrition impacts this risk.

“Participants learn how to recognize the signs of malnutrition and formulate an action plan to improve their eating habits,” explains Malarie Burgess, of OAI’s Health Promotion and Nutrition Division. “The workshop is great for those who want more information about how to adjust their food intake as they age, as well as for caregivers and others who work with older adults.”

In addition to defining malnutrition and addressing the link between nutrition and falls, the workshop covers topics including muscle loss; protein content in foods; reading food labels; the role of fluids; and how to create a strength-building eating plan. “Stepping Up Your Nutrition is an excellent course,” said Bill, age 86, “Presenters helped us build a plan that was backed by facts, information and research.” The small-group setting adds to the appeal, according to Sandra, age 57, who said, “The facilitators did a great job of creating an open environment that made it comfortable to talk amongst the group.”

#### Offered at

- Howard County 50+ Centers
- places of worship
- assisted living facilities
- independent living facilities
- OAI’s office:  
9830 Patuxent Woods Drive  
Columbia 21046



The next session will be held

**Thursday, March 12 • 10:00 a.m to 12:30 p.m.**  
**North Laurel 50+ Center**

9411 Whiskey Bottom Road  
Laurel, MD 20723

\$5/person includes workshop and educational materials

To register or for more information, contact  
**Malarie Burgess, Exercise Specialist**

410-313-6073 (VOICE/RELAY) or [mburgess@howardcountymd.gov](mailto:mburgess@howardcountymd.gov)

A Message from  
Howard County Executive

### Calvin Ball



March brings excitement and anticipation for the coming warm weather, as we say goodbye to winter and hello to spring. There’s also plenty to learn about, including **Women’s History Month** and the **2020 Census**, which opens online March 12.

The Howard County Historical Society (HCHS) is celebrating an entire **“Year of the Woman”** to honor the 100th anniversary of the 19<sup>th</sup> amendment, which gave women the right to vote. Special HCHS exhibits this month and throughout the year will honor many of the extraordinary women who have lived and worked in Howard County.

Every year during Women’s History Month, the Commission for Women inducts up to five Howard County women into the **Women’s Hall of Fame**. Join me to honor the accomplishments of the 2020 class of inductees on Thursday, March 26 at 7:00 p.m. in the Banneker Room of the George Howard Building, 3430 Court House Drive in Ellicott City. The event is free and open to all.

The **2020 Census** is also heading your way this month. The Census questionnaire can be completed online, by phone, or by mail. It’s important to know the census is easy, it should take just 10 minutes to complete and only asks about 10 questions. It’s also safe – the US Census Bureau must keep all information confidential, including resident’s citizenship, income and other personal data. The Census ensures that Howard County and our community receives the federal funds needed for our population – and supports schools, hospitals, roads and other vital programs and services. Please be sure to complete your census, so that all our residents are counted.

Wishing you a happy and healthy month ahead!

**#HoCoCounts**  
**2020CENSUS**

**The Census is Coming!**  
HERE’S WHAT YOU NEED TO KNOW.

- Check your mail beginning March 2020 for your invitation to complete the Census online.
- All households will have the option of responding online, by mail or by phone.
- You should be counted at your usual residence (where you sleep most of the time).
- If you have a son or daughter away at college, they will be counted there.
- Every member of your household should be counted, including newborns!

[howardcountymd.gov/census2020](http://howardcountymd.gov/census2020)  
[census2020@howardcountymd.gov](mailto:census2020@howardcountymd.gov) • 410-313-6325 (VOICE/RELAY)

Calvin Ball, Howard County Executive • Jackie Scott, Director, Department of Community Resources and Services

**EVERYONE IN HOWARD COUNTY COUNTS!**

# OAI Celebrates Social Work Month 2020

By Erica Mollet, OAI Social Work Intern

The 2020 theme of National Social Work Month — **Generations Strong!** — honors the powerful, positive impact the social work profession has had on our society for generations. The National Association of Social Workers defines the profession as “the professional activity of helping individuals, families, groups or communities enhance or restore their capacity for social functioning or creating societal conditions favorable to that goal.” Since the early 1900s, social workers have been pioneers for social justice for all, improving access to community resources for those in need.

Social workers of all ages strive to make a positive impact for individuals regardless of their age, meeting people where they are and helping them live to their fullest potential. Currently, the Office on Aging and Independence staff includes 14 social work professionals and three social work interns, ranging from MAP resource specialists, case managers and ombudsmen to administrators and program managers. These social workers educate residents about aging services within Howard County, connect older adults and their caregivers and families to those resources, and coordinate services to best fit the needs of their clients.

*“It is hard to put into words my appreciation for all you’ve done for our family. You’ve been an invaluable resource and a great listener. Thank you again from the bottom of my heart. Howard County is SO lucky to have such a caring employee!”*

- Maryland Access Point client

OAI’s social workers strive to empower their clients by actively listening to their stories, treating each person with dignity, and providing tools that older adults and their families can use to improve their daily lives.

**Thank you to our devoted social work professionals... and HAPPY NATIONAL SOCIAL WORK MONTH!**

To learn more or request assistance, contact Maryland Access Point of Howard County at [map@howardcountymd.gov](mailto:map@howardcountymd.gov) or 410-313-1234 (voice/relay).

A 2020 Studio Collaborative

## THE MOSAIC PROJECT

Space is limited • \$30/person

You must be a 50+ Center member to participate

Attendance at all sessions is expected as techniques are progressively taught during the course of the program.

**North Laurel 50+ Center**

9411 Whiskey Bottom Road, Laurel 20723

**April 16, 23 and 30**

Thursdays • 9 am to Noon

FOR MORE INFORMATION OR TO REGISTER, CONTACT

Cathy Burkett at the North Laurel 50+ Center

410-313-0380 (VOICE/RELAY) OR [cburkett@howardcountymd.gov](mailto:cburkett@howardcountymd.gov)

A partnership between Howard County Office on Aging and Independence, the American Visionary Arts Museum, Howard County Arts Council and Howard County Department of Recreation and Parks

# Center Highlights

EAT RIGHT



**BITE BY BITE**

National Nutrition Month®  
March 2020

Academy of Nutrition  
and Dietetics

## Cooking for One or Two: Tips for Simple Meal Preparation

Thursday, March 5 • 11:15 a.m.

Elkridge 50+ Center

Wednesday, March 11 • 12:15 p.m.

Ellicott City 50+ Center

Learn how to create healthy, simple meals for one or two with registered dietician, Carmen Roberts. FREE; register at Ellicott City (410-313-1400) or Elkridge (410-313-5192).

## General Nutrition Overview

Tuesday, March 10 • 10:15 to 11:15 a.m.

Elkridge 50+ Center

Carmen Roberts joins our Nutrition Specialist, Marcus Hockaday, for a nutrition overview of food and drink topics. Register at 410-313-5192.

## Nutrition Consultation

Wednesday, March 11 • 1:15 p.m.

Ellicott City 50+ Center

Schedule an individual consultation with Carmen Roberts, RD, LDN, to discuss your dietary concerns. Appointments are limited; register at front desk.

## Fresh Conversations: Vitamin D Deficiency

Tuesday, March 24 • 10:15 to 11:15 a.m.

Elkridge 50+ Center

Learn about the key role vitamin D plays throughout the body. FREE; sponsored by the UM Extension program. Register at 410-313-5192.

**SAVE THE DATE!**

*Women's Hall of Fame*

**24<sup>TH</sup> ANNUAL INDUCTION CEREMONY**

Thursday, March 26, 2020 • 7:00 PM

George Howard Building, The Banneker Room  
3430 Court House Drive, Ellicott City 21043



410-313-6400 (voice/relay) • [women@howardcountymd.gov](mailto:women@howardcountymd.gov)  
[www.howardcountymd.gov/cfw](http://www.howardcountymd.gov/cfw)

Howard County Office on  
**Aging and Independence**

Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. 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)

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.