Lunch & Learn Events Offer Age-Friendly Updates

Howard County Executive Calvin Ball is hosting a series of Lunch & Learn events in July for community members to learn more about plans to implement the Age-Friendly Action Plan. The series offers residents an opportunity to share their thoughts on what's needed to move the county toward becoming a more age-friendly community for all.

Dr. Ball kicked off the series at the North Laurel 50+ Center on June 13, and, along with other county representatives and work group members, listened intently as residents discussed their needs and raised concerns about growing older in the county. "Age-Friendly communities foster independence, allowing residents of all ages and abilities to have greater access to our amenities and services," said Ball. "With these discussions, we want the community to know that the action plan addresses many of their concerns. We encourage everyone to get involved in the implementation process."

Participation from across the county and culturally diverse segments of our population will bring the county closer to becoming a more livable, safer and healthier community. "As we make our community more walkable, provide better options to connect and engage with one another, and support more accessible housing – people of all ages will benefit," said Ball.

If you are interested in attending one of the remaining Lunch & Learn sessions in July, email agefriendly@howardcountymd.gov to register. "By attending a Lunch & Learn and/or reviewing the Action Plan, you will find that there is a place for everyone in the implementation process," says Terri Hansen, manager of Age-Friendly Howard County. Groups will begin meeting this month. We encourage you to share your time and talents; sign-up for one or more of the implementation groups at https://bit.ly/agefriendlygroups.

Visit www.howardcountymd.gov/agefriendly to review the Age-Friendly Howard County action plan and/or sign up for one of the implementation groups. Anyone who would like to receive a hard copy of the plan can call Maryland Access Point of Howard County at 410-313-1234 (voice/relay) to have one mailed to them.

A Message from Howard County Executive Calvin Ball

Summer is a great time to enjoy all that Howard County has to offer!

In our approved budget we included record funding of $8.24 million for bike and pedestrian projects, so that more of our residents can safely walk or roll to libraries, 50+ Centers, and grocery stores. Improved walkways will also make it easier for our residents to access our parks and green spaces; we have dedicated $19 million in our budget to improve and expand our recreational facilities.

We've also allocated funding to ensure our new East Columbia 50+ Center is completed by the summer of 2023. The long-awaited 29,600 square foot center will greatly expand the programs and services for the community. It will provide more space to support meal programs, events and community meetings, art programs, fitness rooms, and lounge space, as well as technology for distance learning.

Our budget also invests in local non-profits, like NeighborRide, that provide direct services for older adults. All these efforts put us on track to make Howard County more Age-Friendly. My office will join the Office on Aging and Independence to host a series of Lunch & Learn events this month at 50+ Centers to provide an update on the Age-Friendly Howard County Action Plan. I invite you to attend and find out how you can get involved. For details, visit www.howardcountymd.gov/aging; to register, email agefriendly@howardcountymd.gov and indicate which session you are interested in attending.

Our investments in critical infrastructure and community gathering spaces demonstrates our commitment to providing the best possible quality of life for our residents of all ages and abilities.
Summer Fun at 50+ Centers

Pool Party
Wednesday, July 6 • noon
EAST COLUMBIA 50+ CENTER
Join us poolside — baby pools, that is — for games, music and lunch! Cost: lunch donation (register in advance at the front desk to reserve lunch).

Exercise to Improve Your Mental Health
Wednesday, July 13 • 11:00 a.m.
NORTH LAUREL 50+ CENTER
Exercise can be a powerful tool to combat multiple mental health symptoms and complement other treatment options. Join Exercise Specialist Malarie Burgess to discuss research findings, explore the physiological and psychological benefits of proper exercise and pick up additional resources. FREE.

Asian Brush Art Show and Reception
Monday, July 18 • 10 a.m. to 1:00 p.m.
ELKRIDGE 50+ CENTER
Take in the beauty of art work crafted by students in our Asian Brush Art and Korean Calligraphy classes. Led by Chung Sook Kang, these classes help students create beauty with brushstrokes and ancient artistic writing. FREE; refreshments served.

Jazz and Jeans Luncheon
Wednesday, July 27 • noon
BAIN 50+ CENTER
Join us for an afternoon of live music featuring Franklyn Johnson-Williams (Bonnie Jazz Music) and have lunch, too. Pick up a ticket at the front desk and make your lunch donation in advance. Space is limited.

AARP Smart Driver Course
Wednesday, July 13 • 9 a.m. to noon
ELLIOT CITY 50+ CENTER
Refresh your driving skills and knowledge of the rules of the road, and rediscover proven driving methods to help keep you safe behind the wheel. Call 888-773-7160 to pre-register. Cost: $20 AARP members/$25 non-members (payable to AARP on the day of class).

History of Broadway
Monday, July 18 • 11:00 a.m.
GLENWOOD 50+ CENTER
Join Steve Friedman for his entertaining and informative series on Broadway’s history. Each monthly session focuses on a different era. Enjoy the lecture and sing along! FREE.

JULY: UV SAFETY Awareness Month

Skin Cancer Detection Starts with You
Friday, July 22 • 11:00 a.m.
NORTH LAUREL 50+ CENTER
You play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, a nurse practitioner specializing in Dermatology for over 15 years, will discuss what to look for during self-exams and when to seek the advice of a healthcare professional.

Keep Foods and Family Safe This Summer!
By Carmen Roberts, MS, RD, LDN
Nutritionist, Howard County Office on Aging and Independence

During the summer months, we look forward to family gatherings, cookouts, and trips to the beach. But hot summer temperatures can increase the risk of food poisoning since warmer air causes foodborne germs to multiply quickly. Here are a few simple tips to keep your favorite summer foods safe:

• When grocery shopping or eating outdoors, be sure to refrigerate perishable food within one hour if the outside temperature is 90°F or warmer.
• When preparing food for an outdoor event, divide cooked food into shallow containers and store them immediately in the refrigerator or freezer so that they cool rapidly.
• If you're cooking on the grill, throw out any marinades or sauces that have touched raw meat juices, since they can spread germs to cooked foods. Use clean utensils to remove cooked meat from the grill.
• If you eat food from a food truck at a fair or carnival, make sure that the food handler is wearing gloves and using tongs when preparing and serving food. It’s a good idea to use hand sanitizer or wipes to clean your hands before eating if handwashing areas aren’t available.
• Packing a cooler for the beach? Chill your cooler the night before, pack it with plenty of ice, and freeze any items you can (like grapes and water bottles) to keep the cooler cold. Pack non-perishable foods (like popcorn, canned tuna and fruit, and single-serve peanut butter packets) that can withstand warmer temperatures.

Need help getting on track with your nutrition goals? Schedule a free nutrition consultation with Carmen Roberts. For more information and available dates, contact your nearest 50+ Center or register online at https://bit.ly/HoCoNutrition.