2022

Howard County RESOURCE GUIDE

FOR OLDER ADULTS, PERSONS WITH DISABILITIES AND CAREGIVERS

410-313-1234

Howard County
Office on Aging & Independence

www.howardcountymd.gov/aging

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- **Our senior discount***
- **FREE home staging consultation and market analysis**
- **FREE use of our fleet of moving trucks***



VICTORIA HATHAWAY, *Director of Silver Group*

REALTOR®, CSA, CSHP, SRES, Past President of COGS

I make it my priority to provide a thorough and specialized assessment regarding every aspect of your unique situation.

To learn all of the ways my team and I will fully support your Senior Move, contact me at 410.979.4284 or SilverGroup@BobLucidoTeam.com!

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ANNE ARUNDEL COUNTY

The Greens at Hammonds Lane: **410-636-1141**
Park View at Furnace Branch: **410-761-4150**
Park View at Severna Park: **410-544-3411**

BALTIMORE CITY

Ednor Apartments I: **410-243-0180**
Ednor Apartments II: **410-243-4301**
The Greens at Irvington Mews: **410-644-4487**
Park Heights Place: **410-578-3445**
Park View at Ashland Terrace: **410-276-6440**
Park View at Coldspring: **410-542-4400**

BALTIMORE COUNTY

Cove Point Apartments I: **410-288-2344**
Cove Point Apartments II: **410-288-1660**
Evergreen Senior Apartments: **410-780-4888**
The Greens at English Consul: **410-789-3000**
The Greens at Liberty Road: **410-655-1100**
The Greens at Logan Field: **410-288-2000**
The Greens at Rolling Road: **410-744-9988**
Park View at Catonsville: **410-719-9464**
Park View at Dundalk: **410-288-5483** • **55 & Better**
Park View at Fullerton: **410-663-0665**
Park View at Miramar Landing: **410-391-8375**
Park View at Randallstown: **410-655-5673**

BALTIMORE COUNTY (CONT.)

Park View at Rosedale: **410-866-1886**
Park View at Taylor: **410-663-0363**
Park View at Towson: **410-828-7185**
Park View at Woodlawn: **410-281-1120**

EASTERN SHORE

Park View at Easton: **410-770-3070**

HARFORD COUNTY

Park View at Bel Air: **410-893-0064**
Park View at Box Hill: **410-515-6115**

HOWARD COUNTY

Park View at Colonial Landing: **410-796-4399**
Park View at Columbia: **410-381-1118**
Park View at Ellicott City: **410-203-9501**
Park View at Ellicott City II: **410-203-2096**
Park View at Emerson: **301-483-3322**
Park View at Snowden River: **410-290-0384**

PRINCE GEORGE'S COUNTY

Park View at Bladensburg: **301-699-9785** • **55 & Better**
Park View at Laurel: **301-490-1526**
Park View at Laurel II: **301-490-9730**

Call the community of interest to you to inquire about eligibility requirements and to arrange a personal tour.

EnterpriseResidential.org

PET-FRIENDLY



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Voted "Best Health System," "Best Elder Care," and "Best Assisted Living!"

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Elkridge
Assisted Living/Skilled Nursing
410.579.2626



Encore
Assisted Living/Skilled Nursing
410.461.7070



Columbia
Skilled Nursing/Dialysis
410.531.5300



Harmony Hall
Assisted Living/Dialysis
410.531.6000

Homehealth Services

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Messages



Dear Friends,

Welcome to our 2021-22 Howard County Resource Guide for Older Adults and Adults with Disabilities, produced by our Department of Community Resources and Services and its Office on Aging and Independence. Within this guide, you will find the most up-to-date information on a variety of aging-in-place programs and disability services offered in Howard County.

These past 18 months have been some of the most challenging for our older adults and those with disabilities, but every day there is more hope and optimism that we're heading in the right direction to end this pandemic. Many of the programs you'll see in this resource guide are designed to keep health and safety at the forefront for our community. In Howard County, we've made incredible progress in vaccinating our residents, but are still providing many hybrid services and virtual offerings for increased accessibility, particularly those who are among our most vulnerable populations.

Lastly, my sincerest gratitude to our Department of Community Resources and Services for its hard work within our communities on behalf of all Howard County residents regardless of age or ability.

Sincerely,



Calvin Ball
Howard County Executive

Howard County Office of County Executive
3430 Courthouse Drive
Ellicott City, MD 21043
www.howardcountymd.gov

Calvin Ball, Howard County Executive
cball@howardcountymd.gov
410-313-2013 Voice/Relay
FAX: 410-313-3051



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- Bathing and dressing

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IMPORTANT HOWARD COUNTY TELEPHONE NUMBERS

BOARD OF ELECTIONS
410-313-5820

COUNTY COUNCIL
410-313-2001

COUNTY EXECUTIVE
410-313-2001

DEPARTMENT OF COMMUNITY RESOURCES
410-313-6400

OFFICE ON AGING & INDEPENDENCE
410-313-6410

HEALTH DEPARTMENT
410-313-6300

OFFICE OF EMERGENCY MANAGEMENT
410-313-6000

GOVERNMENT AND PUBLIC INFORMATION OFFICE
410-313-2022

POLICE
- Non-Emergency
  410-313-2200
- Northern District
  410-313-3200
- Southern District
  410-313-3700

MOBILE CRISIS TEAM
410-531-6677

ADULT PROTECTIVE SERVICES
800-91PREVENT
(800-917-7383)
410-872-8823

ANIMAL CONTROL
410-313-2780

BULK ITEM PICK-UP
410-313-2780

DISTRICT COURT
410-480-7700

CIRCUIT COURT
410-313-2111

DOMESTIC VIOLENCE HOTLINE
410-997-2272

ELDER CARE LOCATOR
800-677-1116

WATER/SEWER EMERGENCY
410-313-4900

DOWNED TRAFFIC SIGNS & SIGNALS
410-313-7450

FLOODING OF COUNTY ROADS OR TREES ACROSS ROADS
410-313-7450

FEMA
800-621-3362

AMERICAN RED CROSS
866-438-4636

BGE TO REPORT POWER LOSS
877-778-2222

INSPECTIONS & PERMITS
410-313-2455

LANDFILL OPERATIONS
trash collection, curb, bulk, and recycling
410-313-6444

WELL & SEPTIC PROGRAM
(Private Wells)
410-313-1771

ADDITIONAL IMPORTANT NUMBERS

FRAUD HOTLINE
855-303-9470

GOVERNORS' OFFICE
410-974-3901

MD ATTORNEY GENERAL
410-576-6300

POISON CONTROL CENTER
800-222-1222

FEDERAL DO NOT CALL REGISTRY
888-382-1222

BGE EMERGENCY
877-778-7798



Howard County
Department of Community Resources & 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
- Disability Services
- Human Trafficking Prevention
- The 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)

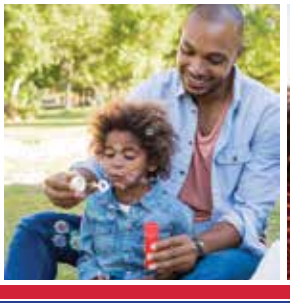
9830 Patuxent Woods Drive
Columbia, MD 21046















Welcome

Howard County is a thriving collection of communities delivering a high quality of life for all of its residents. Families and households led by older adults make up more than 14% of its population, a number that will grow exponentially in the coming years.

To honor the importance and vitality of this group, the county facilitates and supports a Commission on Aging. As members, we proudly serve as the eyes and ears of residents over the age of 50. As commission members, we listen to our associates, relatives, friends, and neighbors for their input regarding aging within Howard County and the state of Maryland at large.

The 2022 Resource Guide is an extraordinarily valuable resource for all of our Howard County friends and neighbors who are seeking resources and support on needs such as healthcare, transportation, finances, tax assistance, and housing. The guide provides a wealth of data on local businesses, non-profits, and government agencies offering programs that support aging with dignity.

The guide is an integral part of the county's Age-Friendly initiative, which is now in its third year. As we continue to collect and share feedback from our communities with county leadership, we hope that this guide is an easy-to-use resource to serve your interests and address individual priorities in helping others to age with dignity and fulfillment.

To learn more about the Commission on Aging and how you can get involved, please visit: https://www.howardcountymd.gov/COA. With your active participation, we can make Howard County a national Age-Friendly model.

Reg Avery
Chair, Commission on Aging
Howard County, Maryland

HOWARD COUNTY COMMISSION ON DISABILITIES

The 15-member Commission on Disabilities is appointed by the County Executive and confirmed by the County Council. Commission members include people with disabilities, service providers, family members of people with disabilities and the community at large. This voluntary citizen group advises county government on issues affecting people with disabilities. The Commission also assist the government with the requirements of Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you would like additional information, please contact the Commission at 410-313-6402 (voice/relay) or at cdi@howardcountymd.gov.

It is our great pleasure to present the 2021-2022 Howard County Resource Guide for Older Adults, Adults Living with Disabilities, and caregivers. This guide is designed to be a comprehensive resource to help identify programs and opportunities which promote healthy, fulfilling aging across our county.

The Department of Community Resources and Services and its Office on Aging and Independence has worked to serve as a trusted partner for older adults in our community. Recognizing the tremendous challenges we all faced over the past year in the fight against the global coronavirus, we adapted our programming and support services to respond to the needs of our residents. As you will see in this year's guide, our programs maintain our commitment to high-quality interactive engagement. Many of our offerings will remain in a hybrid format to provide a broad array of flexible options, including a full return to on-site programming.

As we emerge from this pandemic and look towards new beginnings, we are excited to share that we are moving into the third year of our Age-Friendly Howard County initiative. Our work will continue to demonstrate our commitment to ensuring that our partnerships, services, promotions, and advocacy reflect agency-wide respect for the vibrancy and diversity of older adults of all abilities across every neighborhood in our county. We are working hard to make sure that every program, from our health and wellness offerings and social gathering options to our caregiving support systems, transportation, and assistive health resources reflect a belief that every older adult is deserving of compassion and respect.

We encourage you to learn more by visiting **www.howardcountymd.gov/agefriendly**, our office website at **www.howardcountymd.gov/aging**, or our Facebook page at **www.facebook.com/HoCoCommunity** to learn about our latest offerings around our community. If you need further assistance, please contact our MAP Line at 410-313-1234. Our team stands ready to assist you with accessing the services and resources you need. We look forward to serving you.



Jackie Scott
Director, Dept. of Community Resources and Services



Jenna Crawley
Administrator
Office on Aging and Independence

Office on Aging and Independence

OVERVIEW

At the Howard County Department of Community Resources and Services, our goal is to provide the tools to help you live your best life across the entire lifespan, regardless of physical or mental impairment or financial status. There are myriad programs and opportunities available for older adults and individuals with disabilities within the Office on Aging and Independence. Information about all programs can be obtained by calling Maryland Access Point at 410-313-1234.

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Local, State & Federal Programs BENEFITS

For additional information about these programs, call Maryland Access Point of Howard County (MAP) at 410-313-1234 or 1-800-506-5806. The income and asset eligibility guidelines were effective as of July 1, 2021. However, these guidelines do change. Check with MAP for the latest figures. Assistance in completing applications is available.
For reference, Federal Poverty Income Guidelines: Individuals $1,073.33/month: Couples $1451.67/month.

PROGRAM NAME	MONTHLY INCOME ELIGIBILITY GUIDELINES	ANNUAL ASSET ELIGIBILITY GUIDELINES	PROGRAM DESCRIPTION AND NOTES
TAX CREDITS			
Aging in Place Tax Credit		No test	Must be age 65+ and in the home for 40+ years OR retired military. Tax credit designed to help longtime residents and military retirees remain in Howard County. Filing limited to 5 years. Limited to 20% of taxes. Apply by April 1 of each tax year. Cannot receive concurrent with Senior Tax Credit.
2021 State of Maryland Homeowners' Property Tax Credit Program	Plan is based on relationship between property taxes and income; combined gross household income cannot exceed $60,000.	Net worth is less than $200,000 (excluding property on which you are seeking credit and cash value of IRAs or qualified retirement savings plans).	Allows a credit against the homeowner's 2021 property tax bill if property taxes exceed a fixed percentage of the person's gross income. No age restrictions. Credit applicable only to dwelling that is the person's permanent residence. **Apply before July property tax is due but no later than September 1, 2022.** Homeowners age 70 or older who have not applied for the program previously should call 410-767-4433 or 800-944-7403, or see www.dat.state.md.us
2021 State of Maryland Renters' Tax Credit Program	Plan is based on relationship between rent and income.	Net worth is less than $200,000	Provides tax credit up to $750 a year for renters who meet certain requirements on rent paid in calendar year 2021. For persons age 60 and over, persons who are 100% disabled or persons under age 60 (the latter not in subsidized housing with dependent(s) under age 18 living with you). **Apply no later than September 1, 2022.** For application, call 800-944-7403 or see www.dat.state.md.us.
Howard County, Maryland Senior Tax Credit	Combined gross income less than $87,100 yearly	Your Net Worth (excluding the value of your home, **but including** the value of qualified retirement plans and individual retirement accounts) does not exceed $500,000	Available to residential real property that is owned by and used as the principal residence of an individual who is at least 65 years of age. **Apply no later than September 1, 2022.** Call 410-313-4076 for more information and application.
Livable Homes Tax Credit		No test	Credit for making accessibility adaptations to your home. Can claim up to half the cost per year (max $2,500) and must have prior approval from Dept. of Licensing and Permits.

PROGRAM NAME	MONTHLY INCOME ELIGIBILITY GUIDELINES	ANNUAL ASSET ELIGIBILITY GUIDELINES	PROGRAM DESCRIPTION AND NOTES
FINANCIAL ASSISTANCE PROGRAMS			
Electric Universal Service Program (EUSP)			Provides eligible low-income Marylanders assistance with electric bills. Only one application is required for both EUSP and MEAP. For information or to apply, call Community Action Council of Howard County at 410-313-6440.
Individual	$1,861 or less	No test	
Couple	$2,515	No test	
Maryland Energy Assistance Program (MEAP)			Provides eligible low- income Marylanders assistance with heating bills. Only one application is required for both MEAP and EUSP. For information or to apply, call Community Action Council of Howard County at 410-313-6440.
Individual	$1,878 or less	No test	
Couple	$2,540	No test	
Supplemental Nutrition Assistance Program-SNAP (formerly **Food Stamp Program**)			Assists client in paying for food. A household's first $141/month is not counted in determining eligibility; household vehicles, not counted. There are also medical and housing deductions. For information or to apply, contact the Howard County Dept. of Social Services at 410-872-8700 or https://mydhrbenefits.dhr.state.md.us.
Individual	$1,383	$2,250	
Couple	$1,868	$3,500	
Supplemental Security Income (SSI)			A federal program for people age 65 or older, or blind or disabled, unable to work and also meets income and asset limits. Administered by Social Security Administration. Provides monthly payments. Persons receiving SSI automatically receive Medical Assistance. For information or to apply, call the Social Security Administration at 410-872-4758 or 800-772-1213. **New Benefit: Compassionate Allowance Initiative for individuals with early onset Alzheimer's disease and related dementias, those generally diagnosed under the age of 65 years old.**
Individual	$794	$2,000	
Couple	$1,191	$3,000	
EMPLOYMENT			
Senior Community Service Employment (SCSEP)			Provides employment, training and skills development in public and nonprofit agencies to eligible residents age 55+ who meet income requirements. **Call Center for Workforce Inclusion at (410) 276-1727.**
Individual	$1,329	No test	
Couple	$1,795	No test	

Local, State & Federal Programs *continued from previous page*

PROGRAM NAME	MONTHLY INCOME ELIGIBILITY GUIDELINES	ANNUAL ASSET ELIGIBILITY GUIDELINES	PROGRAM DESCRIPTION AND NOTES
HOME AND COMMUNITY BASED SERVICES			
Community Options Waiver 844-627-5465			Assisted living and in-home services for individuals who meet Medicaid institutional eligibility rules. Medical, financial, and technical eligibility requirements apply.
Individual	Up to $2,349	$2,000 - $3,000 depending on eligibility category	For information, call Maryland Access Point of Howard County at 410-313-1234.
Senior Care Program			Case managed, in-home services program for individuals 65 and older. For information, call Maryland Access Point of Howard County at 410-313-1234.
Individual	$3,121 or less	$11,000	
Couple	$4,081 or less	$14,000	
HOUSING ASSISTANCE PROGRAMS			
Accessible Homes for Seniors			Provides zero-interest loans to modify a home space for an older adult (age 55 or older) living. Loan payments are deferred for 30 years or until the sale or transfer of ownership of the home. If the older adult resides in home of a relative, eligibility is based on the owner's income.
Individual	$55,950 per year	No test	
Couple	$63,950 per year	No test	Program is a joint initiative of the Maryland Dept. of Housing & Community Development and the Maryland Dept of Aging. Application available at https://dhcd.maryland.gov/Residents/Pages/ahsp/default.aspx or by calling 800-756-0119.
Affordable Housing–Howard County Housing Commission	Varies	Varies	www.househoward.org/programs---services.html Clearinghouse of various housing opportunities for seniors, adults with disabilities and the community at large.
Senior Assisted Living Subsidy Program			Provides financial assistance for a limited number of eligible Assisted Living Group Home residents age 62 or older. For information or to apply, call Howard County Office on Aging and Independence at 410-313-1234.
Individual	$3,121 or less	$19,000	
Couple	$4,081 or less	$25,000	

PROGRAM NAME	MONTHLY INCOME ELIGIBILITY GUIDELINES	ANNUAL ASSET ELIGIBILITY GUIDELINES	PROGRAM DESCRIPTION AND NOTES
MEDICAL ASSISTANCE AND RELATED PROGRAMS			
Medical Assistance (Medicaid)			Covers physicians, hospital and prescription drug services. Requires documentation of disability. Individuals can "spend down" to this level to be eligible. Call Howard County Department of Social Services at 410-872-8700.
Individual	Up to $350	$2,500	
Couple	Up to $392	$3,000	
Expanded Medical Assistance (for individuals without Medicare)			For more information, contact Door to Healthcare at 855-642-8572 or visit https://www.marylandhealthconnection.gov/.
Individual	$1,387	$2,500	
Couple	$1,867	$3,000	
Employed Individuals with Disabilities (EID) Medical Assistance Program	Less than half of earned income counts, so you may be able to earn much more than these countable income limits.	Less than $10,000 in countable assets for an individual, and less than $15,000 for a married couple. Note: certain types of pension and retirement plans are not counted towards the asset limits.	The EID program provides health insurance to eligible employed individuals who are **age 18 to 64**, and who have a disability that meets Social Security's medical criteria. Individuals with Medicare or private health insurance may still qualify for EID. Participants pay a monthly premium from $0 to $55, depending on income. Certain income and assets that count for other Medical Assistance programs do not count toward EID limits. To apply, contact the Maryland Department of Health and Mental Hygiene at 410-767-7090 or visit the website at https://mmcp.health.maryland.gov/eid
Individual	Up to $3,192		
Couple	Up to $4,311		
MEDICARE RELATED PROGRAMS			
Maryland Senior Prescription Drug Assistance Program (SPDAP)	Gross income:		SPDAP provides **assistance with Medicare Part D (Prescription Drug)** costs for beneficiaries who meet the following requirements: a minimum of 6 month Maryland residency, Medicare beneficiary of any age, and at or below gross income limit (no asset test). SPDAP provides the following benefits (2020): up to $40 monthly premium subsidy, up to $1,000 annual reimbursement for "donut hole" costs, and the ability to change your plan once a year outside of Part C and Part D Open Enrollment. Beneficiaries are not eligible for SPDAP if they receive full Extra Help – see below. For questions or application assistance, contact the Maryland Senior Prescription Drug Assistance Program (SPDAP) at 800-551-5995, or www.marylandspdap.com, or Howard County State Health Insurance Assistance Program at 410-313-7392.
Individual	$3,220/month	No asset test	
Couple	$4,335/month Higher limits for larger household sizes	No test	

Local, State & Federal Programs *continued from previous page*

PROGRAM NAME	MONTHLY INCOME ELIGIBILITY GUIDELINES	ANNUAL ASSET ELIGIBILITY GUIDELINES	PROGRAM DESCRIPTION AND NOTES
MEDICARE RELATED PROGRAMS (CONTINUED)			
Extra Help (also known as **LIS/Limited Income Subsidy**)	Gross Income, with the exception that only a portion of wages and self-employment income are included		Federal program available to Medicare beneficiaries of any age. Provides **assistance with Medicare Part D (Prescription Drug) premiums, deductibles and copays/coinsurance**. Also allows the beneficiary to change Medicare Part D coverage multiple times during the year. Multiple benefit levels depending on income and assets. You are automatically approved for Extra Help if you have Medical Assistance, QMB or SLMB (see below). For questions or application assistance, contact the Social Security Administration at 800-772-1213, or www.ssa.gov, or Howard County State Health Insurance Assistance Program. (SHIP) at 410-313-7392.
Individual	$1,630 monthly	$14,790	
Couple	$2,198 monthly Higher limits for larger household sizes	$29,520	
Medicare Savings Programs	Gross Income, with the exception that only a portion of wages and self-employment income are included		Federal/state programs that provide **assistance with the costs of Medicare Part A (Hospital) and/or Part B (Medical)**. If approved for QMB or SLMB, you are automatically eligible for Extra Help. For questions or application assistance for either program, contact the Howard County Department of Social Services at 410-872-8700 or Howard County SHIP at 410-313-7392.
Qualified Medicare Beneficiary Program (QMB)			• Pays monthly Medicare Part A (if applicable) • Pays monthly Part B premium • Eliminates Part A and Part B deductibles and copays/coinsurance.
Individual	$1,084 monthly	$7,860	
Couple	$1,457 monthly Not available for larger household sizes	$11,860	
Specified Low-Income Medicare Beneficiary Program (SLMB)			• Pays monthly Medicare Part B premium If approved for QMB or SLMB, automatically eligible for Extra Help. For questions or application assistance for either program, contact the Howard County Department of Social Services at 410-872-8700 or Howard County SHIP at 410-313-7392.
Individual	$1,456 monthly	$7,860	
Couple	$1,960 monthly Not available for larger household sizes	$11,800	

BENEFITS CHECKUP

A service of the National Council on Aging

An easy to use web-based tool to find programs that can help pay for prescription drugs, healthcare, meals, utility bills.

www.benefitscheckup.org

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OFFICE ON AGING AND INDEPENDENCE PROGRAM

Senior Care Program
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234
Fax: 410-313-5970
Email: map@howardcountymd.gov
www.howardcountymd.gov/care-options
The goal of Senior Care program is to delay or divert institutionalization by providing interdisciplinary assessment, case management and limited funds for gap filling services to persons 65+, who meet functional and financial guidelines.

Aging Life Care Association
https://www.midatlanticalca.org/
An Aging Life Care Specialist can help families realize cost savings, but the biggest advantage is the emotional peace of mind knowing that a relative or loved one is being cared for with the most appropriate level of care as recommended by the Aging Life Care Specialist.

Allyson Stanton Aging Solutions
8850 Columbia Road, 100 Pkwy, Suite 203
Columbia, MD 21045
Ph: 443-812-1028
Fax: 443-546-4473
Email: abcstanton@gmail.com
www.stantonagingsolutions.com
Experienced Social Worker and Life Care Manager providing 25 years of guidance, navigation and advocacy to older adults and their families. Whether your goal is to age in place, wanting to explore senior housing options or to feel less overwhelmed caring for a loved one, we will partner with you and find the right solutions. Call for a free phone consultation.

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www.gilchristservices.org
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SOCIAL DAY PROGRAMS/ ADULT MEDICAL DAY PROGRAMS

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Connections Social Day Programs
Columbia, MD 21046
Ph: 410-313-5926
Fax: 410-313-6540
Email: bscher@howardcountymd.gov
www.howardcountymd.gov/aging-independence/care-options
Connections Social Day Program is a fee-for-service program that provides engaging therapeutic activities tailored to the ability of adults with mild to moderate cognitive or physical limitations.

- **Connections Social Day Program at Ellicott City**
  9401 Frederick Road
  Ellicott City, MD 20142
  Ph: 410-313-1425

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Columbia, MD 21046
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Fax: 301-725-2388
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Arirang Adult Medical Day Care Center
9170 Rumsey Road, # C5
Columbia, MD 21046
Ph: 410-730-9740
Fax: 410-277-0943

Easter Seals Adult Day Services–Baltimore
7138 Windsor Boulevard
Baltimore, MD 21244
Ph: 410-277-0940
Fax: 410-277-0943
Email: tcarthy@eseal.org
www.eseal.org
At Easter Seals we are deeply committed to the individuals we serve. Our philosophy is to first understand the specific needs of our clients and families. We then focus on effectively managing those needs through a customized approach to care planning that honors and respects the voice of the client, and promotes dignity, inclusion, community and wellness .

Royal Garden Adult Medical DCC
9212 Berger Road, Ste 100
Columbia, MD 21046
Ph: 443-583-3777
Fax: 443-979-7150

Winter Growth, Inc.
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Ph: 410-964-9616
Fax: 410-992-1487
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SUPPORT GROUPS AND SERVICES

OFFICE ON AGING AND INDEPENDENCE PROGRAM

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Columbia, MD 21046
Ph: 410-313-7466
Fax: 410-313-7465
Email: khull@howardcountymd.gov
www.howardcountymd.gov/SeniorsTogether
Age 50 and up peer outreach program designed to foster interaction among older adults, support emotional wellness, develop social networks, and promote a thriving aging process. A variety of groups meet weekly or short-term at Howard County 50+ Centers or virtually on Webex. Links are provided. All groups are facilitated by trained older adults. Each group has a different focus, such as: low vision independence, caregiver support, bereavement, men's connection, staying mentally sharp, or stimulating discussion on current events or other topics. Periodic luncheons are held at area restaurants and seminars/ workshops are presented on a variety of aging topics and include social networking.

Alzheimer's Association, Greater Maryland Chapter
1850 York Road, Suite D
Timonium, MD 21093
Ph: 410-561-9099
Fax: 410-561-3433
www.alz.org/maryland
The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. For info call 800-272-3900 or visit alz.org.



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has a degree in Medical Social Work with a focus on Gerontology and has over 25 years experience working with seniors and families to navigate the health system and find solutions.
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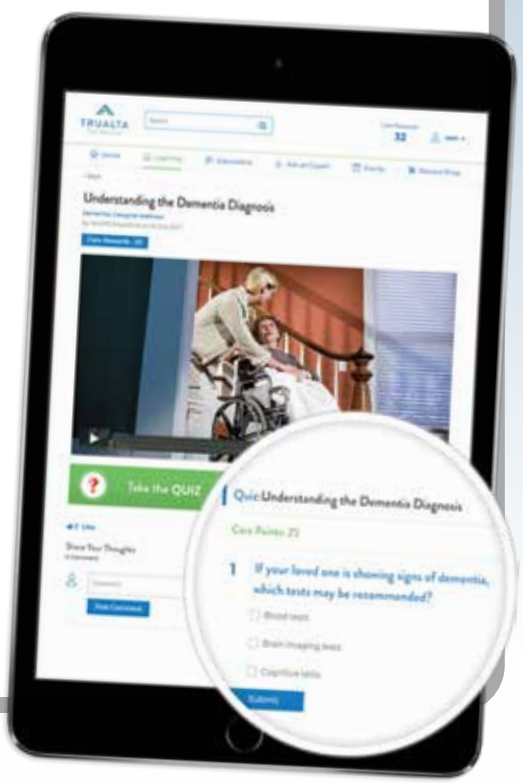
Caregiving and Technology

BY KATHY WEHR, CAREGIVER SUPPORT PROGRAM MANAGER
HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE

The Howard County Caregiver Support Program understands the demands and challenges of caregiving. Caregivers are often thrust into their roles without warning and need a whole new set of skills in order to care for their loved ones. The caregivers need information to be comprehensive yet easy, quick, and readily available. To meet the changing needs of caregivers, the Caregiver Support program has turned to technology as an added support. Our Caregiver Program participants have free access to Trualta, an on-demand web-based e-learning platform designed to help family caregivers reduce stress, find local resources, and learn skills to provide care for their loved ones. Once enrolled, program participants can access the online service 24/7 to learn more about topics like personal care, safety in the home, caregiver wellness, dementia care and much more. As Trualta calls it "Just in time learning because it is there when you need it".

The key to successful caregiver assistance is meeting caregivers where they are. Many caregivers are juggling challenging care situations with full-time jobs, so Trualta's on-demand access gives them flexible opportunities to build confidence, reduce stress, and improve care. This unique e-learning platform teaches in various modalities, including audio, video, tip-sheets, music therapy, and professional-level training, enabling users to select the options that work best for them. Trualta provides practical caregiver tips and techniques that you can start using right away. The learning library can also help you prepare and plan for what the future may bring.

Trualta is just one tool in the caregiving tool box. For more information on the resources and services available, contact Kathy Wehr, Caregiver Support Program Manager at 410-313-5955, or kwehr@howardcountymd.gov.



TRUALTA

CAREGIVER SUPPORT PROGRAM
Howard County Office on Aging and Independence

Alzheimer's Support Group
Ellicott City 50+ Center
9401 Frederick Road
Ellicott City, MD 21042
Ph: 410-736-2217, Danilsa Marciniak
2nd Thursday of every month, 6:30pm to 8pm.

Early-Stage Group for Care Partners and People with Memory Loss
Bain 50 + Center
5470 Ruth Keeton Way
Columbia, MD 21044
Ph: 800-272-3900
Pre-screening required, 2nd Thursday of every month.

Korean Caregiver Support Group
Bain Center
5470 Ruth Keeton Way
Columbia, MD 21044
Ph: 410-313-6538, MJ Engle
2nd Tuesday of every month. 10:30am to 12:00 noon.

Korean Caregiver Support Group
East Columbia 50+ Center
6600 Cradlerock Way
Columbia, MD 21045
Ph: 410-313-6538, MJ Engle
2nd Wednesday of every month. 6:30pm to 8:00pm, currently virtual only

Man to Man Prostate Cancer Support Group
Columbia, MD 21044
Email: gerrygears@gmail.com
Contact Gerry Gears at gerrygears@gmail.com.

Parkinson's & Movement Disorders Center of Maryland
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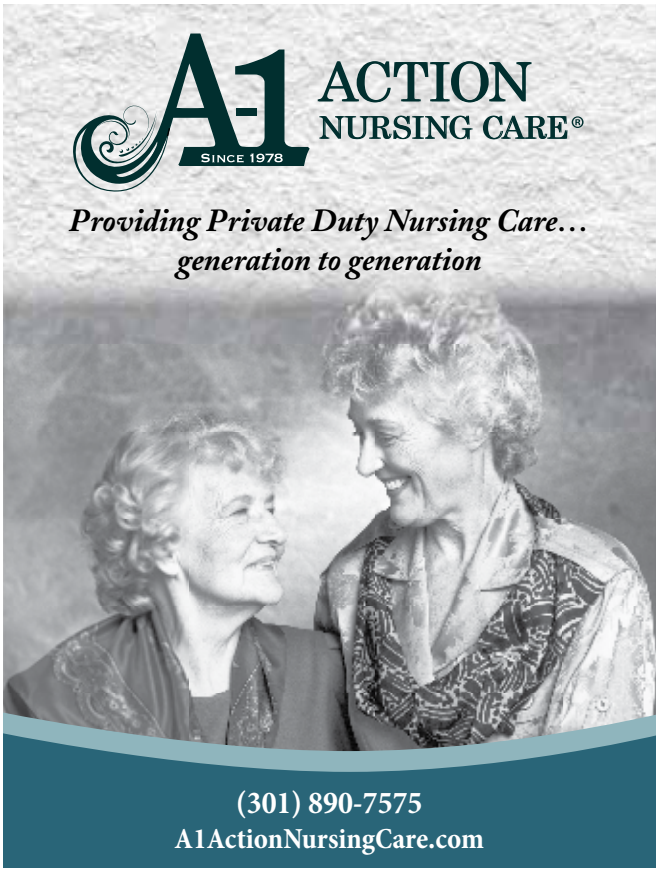
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Digital Equity Initative

The pandemic laid bare a generational and economic digital divide that has long existed. The unprecedented length and nature has exacerbated isolation in vulnerable populations. Helping individuals to overcome barriers to utilizing digital resources became an imperative as the Office on Aging & Independence expanded and increased access to technology for older adults. Virtual programming was developed to engage older adults, but a digital divide for individuals who lacked both devices and access existed. Seizing on this opportunity, the Office on Aging & Independence developed the Digital Equity Initiative, which used County CARES dollars to secure Samsung Tablets to help 100 older adults stay connected. Recipients were qualified to receive a tablet if they did not have access to a functioning computer at home and they had a desire to learn and/or use technology.

The goals of this program were:

- Creating access
- Engaging and skill-building with older adults to effectively use the tablets
- Connecting adults to critical services programs and tools that were life-enhancing

While this successful program was not designed to be a permanent fixture, the Office on Aging & Independence remains committed to Digital Equity. Because remaining connected is so crucial to quality of life, here are some ways to remain engaged:

Schedule virtual visits with friends and family

With numerous free communication tools, there are a lot of ways to see and catch up with family and friends without having to leave your home. The Office on Aging and Independence offers several virtual options that allow you to stay connected with other members of our community. Online discussion groups offer a way for older adults to engage in different topics online. Use these tools to meet other seniors from all over the world and discuss your favorite hobbies. If you're a reader, consider joining an online book club.

Play your favorite games online

Whether you prefer cards or board games, it's easy to now play your favorite games online. Websites offer a variety of card and board games that you can play with others or on your own. You can also download apps on your phone to play games with others.

Stay active in the community from home

It may sound counterintuitive. How can you remain a part of the community if the goal is to separate from the community? But maybe there's a remote option. Many organizations — political parties, faith-based groups, nonprofits — rely on volunteers to make phone calls. You can do that clearly community-based activity right at home. One such program is OAI's Friendly Connections program, where you can make or receive social phone calls from other members of your community. For more info, contact Maryland Access Point at 410-313-1234.

Communicate the old-fashioned way

If you don't have access to smart phones or computers, consider sending a hand-written letter or card to loved ones instead. If you like to volunteer, letter-writing can also be used to spread messages of hope. The nonprofit Letters Against Depression (www.lettersagainst.org/volunteer) gives people an opportunity to write hand-written letters of support to people suffering from depression. This is a simple way to do and feel good, and to connect with others.

Go on a news diet

Stay informed, know what's going on but don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour. But enduring the repetitious pummeling from TV all day long can bring needless anxiety.

In spite of these difficult times, technology has made the world much smaller and made it possible to remain connected with people. If you have any technology questions, your local 50+ Center may have resources to help you. To contact them, see the listing on page 64.

AGING IN PLACE

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Community Living Program
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6446
Fax: 410-313-5970
Email: map@howardcountymd.gov
www.howardcountymd.gov/community-living-program
The Community Living Program provides OT consultations to help identify strategies that promote safety and independence in the home. This program provides strategies to optimize your home environment to promote participation in daily life activities. This may include recommendations for home modifications and durable medical equipment. Consultations provided via phone, virtually or in-person. Eligibility guidelines apply.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Medicaid Supports Planning Services
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234
www.howardcountymd.gov/medicaid-supports
Medicaid long-term services and supports programs enable older adults and individuals with disabilities to access person-centered services and supports in their communities that are designed to improve their quality of life.

Family & Nursing Care
5850 Waterloo Road, Suite 204
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Ph: 410-697-8200
Email: info@familynursingcare.com
www.familynursingcare.com
Family & Nursing Care is the premier resource for in-home care services for older adults, dedicated to and recognized for their passion and commitment to serve. For 50 years, we have supported thousands of older adults and families by referring only the best compassionate, progressive, and reliable caregivers. In 2017, only the top 7% of caregivers who applied met the company's standards- and 98% of clients said they would recommend the organization.

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Fax: 410-313-0369
Email loancloset@howardcountymd.gov
www.howardcountymd.gov/loancloset
The Loan Closet of Howard County is a local clearinghouse of donated medical equipment for temporary use by Howard County residents. We accept donations; both monetary and gently used medical equipment. Provides consultants, referrals, education and training to consumers and professionals on assistive technology and independence.

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Annapolis, MD 21401
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Fax: 410-571-2746
Email: johnnie@response-seniorcare.com
www.response-seniorcare.com
Response Senior Care provides non-medical in-home care. RSC's goal is to assist an individual to remain in their own home.

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https://aging.maryland.gov/Pages/senior-call-check.aspx
Free program for Maryland residents age 65 and older. Every day a telephone call will be placed to a participate at a regularly scheduled time. These calls will take place between 8am and 4pm as close as possibly to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alernative person who is selected by the participant during program enrollment.

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McDonald Law Firm focuses on the areas of law that individuals, families and small business owners need to grow, thrive, and succeed throughout their lifetimes. To that end, the firm concentrates its practice in the areas of estate planning, special needs planning, Medicaid/ long-term care planning, and veterans pension planning, with the goal of meeting clients' immediate legal needs while also helping them plan for a successful future. The philosophy at McDonald Law Firm is to provide creative, knowledgeable, and detail-oriented legal services tailored to the specific needs of each individual client to help preserve their family's legacy.

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HomeCentris Personal Care is licensed as a Residential Service Agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality, License Number R1198R.

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3451 Courthouse Drive
Ellicott City, MD 21043
Ph: 410-480-1057
Fax: 410-480-1076
Email: bcoleman@mdlab.org
www.mdlab.org
Provides advice, referral and legal assistance to Howard County residents over 60. Staff available to speak with groups about legal matters affecting seniors. Outreach sites: East Columbia 50+ Center, Howard county Library-Elkridge Branch and Laurel Multi Service Center.

Simpson Law
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Simpson Law, PA, was founded to provide a compassionate, convenient, and comprehensive way for busy parents and professionals to obtain vitally necessary estate planning and business planning services in Maryland, Virginia and Washington D.C. Working with many clients over the years, Susanne recognizes the spiritual fulfillment her clients experience when they know they have done their very best to provide for their family's safety and security now and into the unknown future.

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www.columbiaassociation.org/annualcharge
If you received a property tax credit from Howard County, you are eligible to receive a proportionate credit on your Columbia Association (CA) annual charge bill. You must notify CA in writing of this credit each year. Please email a copy of the county credit to annualcharge@columbiaassociation.org or mail a copy to the above address, Attn: Annual Charge.

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Howard County Real Property tax credits are available for Homeowners 65+ who meet specified eligibility requirements.

Making Change, Inc.
9770 Patuxent Woods Drive, Suite 307
Columbia, MD 21046
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Fax: 443-518-7659
Email: info@makingchangecenter.org
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Program Areas: Financial education and seminars, financial coaching, housing counseling and free tax preparation.

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Elder Financial Exploitation

Article Contributed by: André Lingham, Elder Justice Advocate

Elder financial exploitation is a major problem in the United States. It is estimated that seniors are scammed out of 36 billion dollars per year in financial exploitation. Over the next 40 years, the number of adults is expected to increase from 56 million in 2020 to 94.7 million in in 2060. The number of adults over the age of 85 is expected to almost triple, from 6.7 million to 19 million over that same time period. With the growing population of seniors, it is expected that financial losses will increase.

All seniors may be potential victims of financial exploitation. Regardless of whether they are rich or poor, undereducated or highly educated, seniors of all demographics may become victims. Seniors are at greater risk for a variety of reasons. Exploiters target them because many have accumulated assets, wealth or have steady incomes from pensions or social security checks. Research has also shown that aging may eventually reduce a person's ability to distinguish legitimate offers from those that are not.

Two common categories of exploitation are predators and opportunists. Predators are individuals who purposefully seek out seniors with the intent to defraud or financially exploit them. Examples of predator crimes are the foreign lottery scam, telemarketing scams, grandparent scam, government impersonation scam and the online romance scam. Opportunists are individuals who establish a relationship and trust of the senior. Opportunistic abuse can be committed by family members, paid in home care providers, financial advisers, spiritual advisers or home improvement contractors. Examples of opportunistic crimes are using the senior's credit card/atm card without their permission, misusing or forging an older person's checks, power of attorney misuse and pressuring the senior to pay for expenses for oneself or others.

Financial exploitation can severely jeopardize the quality of life for seniors, resulting in the decline in their functional or financial status, inability to pay for food or medication, dependency, decline in health, feelings of helplessness and loneliness and increased psychological distress. Many will never recoup what they have lost since most are retired and live on a fixed income. If you suspect that a senior is being, or is about to be, financially exploited there are several places to call for help, including, but not limited to, local police, Adult Protective Services, a private attorney or government agencies that address crimes against seniors.

If you suspect abuse, neglect or exploitation call HCPolice at 410-313-2200 or Adult Protective Services 1-800-332-6347

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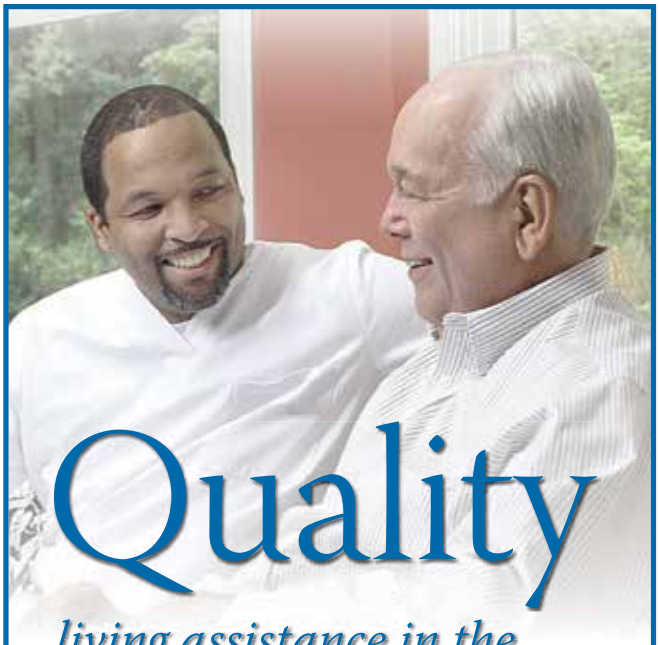
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- ✔ Metal (aluminum & steel cans, EMPTY aerosol cans)
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The Loan Closet of Howard County

Assistive Technology and Resources for All Ages

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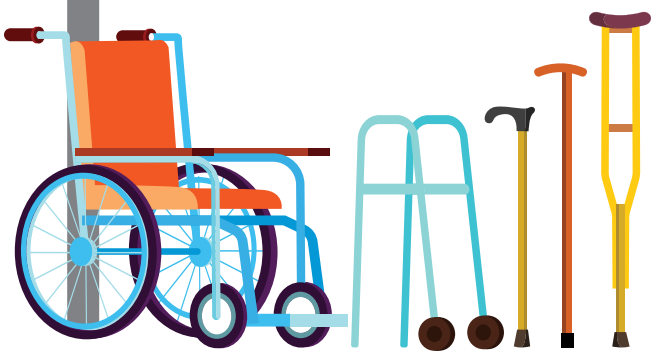
Where is the Loan Closet located?

7125 Riverwood Drive, Suite D1
Columbia MD 21046

Who is eligible to receive equipment from the Loan Closet?

A resident of Howard County is eligible to receive equipment from the Loan Closet.

410-313-0363
www.howardcountymd.gov/loancloset



How can I receive equipment?

An approved health care provider must complete the referral form and fax or e-mail to The Loan Closet. The referral form can be found on the website www.howardcountymd.gov/loancloset. Once the referral is received, staff check our inventory and will contact you to schedule an appointment for pick-up. Appointments are available Monday–Friday 9am–4pm, with staff availability.

When can I return or donate items?

No appointment is needed. We receive donations and returns Tuesday–Thursday 9am–4pm at the back of our facility. Call 410-313-0363 for staff availability on Mondays and Fridays. Or **Alpha Ridge Landfill Resident's Convenience Center** Monday–Saturday 8am–4pm.

**Consumers must be able to load and unload donated and/or received equipment independently. **
The Loan Closet of Howard County DOES NOT accept CPAP Machines or Hospital Beds for donation.

ACCEPTED EQUIPMENT

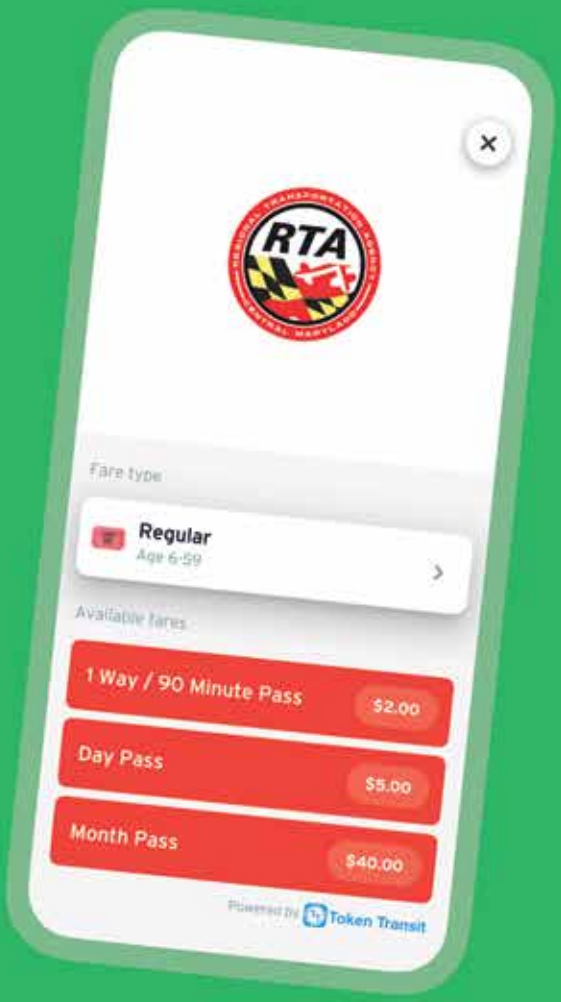
- Bathing Aids
- Canes
- Ramps (Modular/ Portable)
- Shower Aids
- Therapy Aids
- Toilet Aids
- Walkers
- Wheelchairs (manual)

NOT ACCEPTED EQUIPMENT

- Hospital Beds
- Items missing pieces
- Broken Items
- Items that are rusted
- Oxygen Tanks
- Prescription medications
- Expired medical supplies
- Mattresses
- Items containing mercury
- Items requiring calibration
- Items requiring special storage

The Loan Closet of Howard County is operated by Howard County Office on Disabilities.

Exact change? Keep those coins in your piggy bank.



New in Spring 2021, riders can purchase RTA fares in Transit app.

Plan your trip, track your ride, and pay for it, all in the same place.

Download *Transit*,

RTA's officially endorsed app.
Available on Android and iOS.

RTA + transit



FREQUENTLY ASKED QUESTIONS ABOUT

Getting Started *with* Medicare

BY AYSE TOKBAY, MANAGER, HOWARD COUNTY STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Ayse Tokbay manages the State Health Insurance Assistance Program operated by Howard County Office on Aging and Independence, which provides one-on-one counseling services to Medicare beneficiaries of all ages and education to current and future beneficiaries. To contact the SHIP office call 410-313-7392; to learn more go to www.howardcountymd.gov/SHIP.

Medicare can be complex and confusing. New beneficiaries must choose from a wide array of health insurance options to figure out what will best suit their needs while being inundated with information. The Howard County State Health Insurance Assistance Program (SHIP) helps Medicare beneficiaries of any age (or their family/caregivers) understand and navigate Medicare. Whether you are new to Medicare or have had it for some time, SHIP is your local resource for free, confidential and unbiased Medicare counseling.

Here are a few of the most frequently asked questions received in the SHIP office:

1 Do I need to sign up for Medicare if I am still working?

It depends. If the size of the company you, or your spouse, work for has 20 or more employees you can wait. When you retire or lose that coverage, you will be entitled to a Special Enrollment Period to make your Medicare choices without penalty. Unless your current employer coverage is not very good, it's important to know that Medicare is not a very good secondary insurance so if you did sign up for it in this scenario, you'd be paying a premium that wouldn't necessarily be worth the tradeoff. Most individuals who have paid into Medicare, through 40 quarters of work, will take Part A since it would be premium-free, but you should talk to your employer's benefits department first if you have a Health Savings Account (HSA).



2 When can I sign up for Medicare?

It depends. If you are collecting Social Security, you will automatically be enrolled in Part A and/or Part B and receive a card in the mail. If you want to delay the start of Medicare, it is important that you follow the instructions on the card mailed to you to stop the enrollment. Individuals who are not collecting Social Security and want to start taking Medicare will have to sign up during their seven-month initial enrollment period, which begins three months before you turn 65 and ends three months after your birth month (unless you were born the first of the month, in which case your seven-month enrollment window starts a month in advance). If you are still working and want to wait until you or your spouse retire, you will be given a special enrollment window as we discussed in the previous question. There is also a general enrollment period every year from January 1st – March 31st, with coverage starting on July 1st, for individuals who missed their initial enrollment period and are not entitled to a special enrollment period.

3 How do I sign up for Medicare if I'm not automatically enrolled?

It depends. You can sign up for Part A and Part B online at the Social Security website (www.SSA.gov) or visit the Social Security office. If you are interested in signing up for a Part D plan (a stand-alone drug plan) or a Part C plan (a Medicare Advantage Plan), you can use the Plan Finder tool on Medicare.gov, call the plan directly or let SHIP help you. If you are shopping for a Medicare Supplemental Policy, also known as a Medigap policy, you can get a premium guide book from the Maryland Insurance Administration to help you narrow down your options and then call the insurers directly.

As you can tell from these three questions alone, a lot depends on your individual situation, including what rules and deadlines to follow. Through public education presentations and one-on-one counseling, SHIP is here to provide you with information that helps you make informed decisions.

SHIP - 410-313-7392
FREE - CONFIDENTIAL - UNBIASED

Columbia Pro Cantare



SAVE THE DATE!
45TH SEASON CONCERTS:

October 30, 2021
VIVALDI & FRIENDS

December 5, 2021
HANDEL: MESSIAH

December 19, 2021
A CHRISTMAS NOËL

March 6, 2022
LIGHT & SHADOWS
AT FIRST EVANGELICAL LUTHERAN CHURCH

May 14, 2022
AMERICAN VOICES

www.procantare.org

ADVOCACY

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Long-term Care Ombudsman Program

9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6423
Email: MAP@howardcountymd.gov
www.howardcountymd.gov/aging

An ombudsman is an advocate for individuals that reside in nursing homes and assisted living facilities. Howard County's Long-Term Care Ombudsman program investigates concerns and complaints, educates and empowers residents and families, and advocates for residents' health, safety, and welfare.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Public Guardianship Program

9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6063
Fax: 410-313-6540
Email: MAP@howardcountymd.gov
www.howardcountymd.gov/aging

Case management services provided to anyone 65 or older declared incompetent by the court, having no relatives or friends who are willing or able to serve as guardian.

Commission on Aging

Ph: 410-313-6410
Email: coa@howardcountymd.gov
www.howardcountymd.gov/COA

The Howard County Commission on Aging is a 15-member volunteer advisory board to the Howard County Office on Aging and Independence. Appointed by the Howard County Executive and confirmed by the county council for three-year terms, the COA serves as a research and advisory body. The Commission conducts community-wide research what is working well, helps indicate areas that may need improvement and makes other recommendations deemed necessary, which are presented to the county administration, its offices and departments. We believe older adults can and should have the right to live safely and independently and to have the resources and services for active and productive lives. We strive to make Howard County an age-friendly community and work to improve the lives of Howard and Maryland's older adults.

Commission on Disabilities

Ph: 410-313-6402
Email: cdi@howardcountymd.gov
www.howardcountymd.gov/COD

The Howard County Commission on Disabilities was establisedhed by statue in 1988 to increase public awareness of disability related issues serve in an advisory capacity on County Government programs, policies and budget, and Assist County Government to ensure compliance with the requirements of Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. The commission's mission is facilitated through the efforts of its members and its subcommittees.

Senior Medicare Patrol, Howard County

Senior Medicare Patrol

410-313-7392

By Ayse Tokbay, Program Manager

Senior Medicare Patrol (SMP) provides public information to empower and assist Medicare beneficiaries, their families and caregivers to PREVENT, DETECT and REPORT health care fraud, error and abuse.

Here's some helpful tips and information to help protect yourself against fraud

- Your computer, phone, front door and mailbox are all easy entry points for scammers!
- Watch out for scam phone calls. If someone tries to get personal information or pressure you into something, hang up the phone!
- Medicare will never contact anyone for their Medicare Number or other personal information unless the person has given them permission in advance — for example, a person reaches out to CMS for help with a Medicare claim.
- Beneficiaries may get calls from people promising things if they give them a Medicare Number. Don't do it.
- If someone comes to your door and says they are with Medicare, shut the door! Medicare will never visit someone's home.
- Medicare can't enroll anyone over the phone, unless, again, the beneficiary called CMS first.
- Shred unnecessary documents that contain or connect to your personal information. Crooks go through trash!
- Review your Medicare claims for errors and problems, with the services your received, including things like fake charges, double billing, or other fraudulent activity, waste, or abuse.
- Remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.
- Don't let anyone persuade you to receive health care services you don't need, such as genetic testing. Only make these decisions with your doctor.
- Report suspected fraud, errors or abuse!

When fraud or abuse is suspected, SMP can assist by making referrals to the appropriate state and federal agencies.

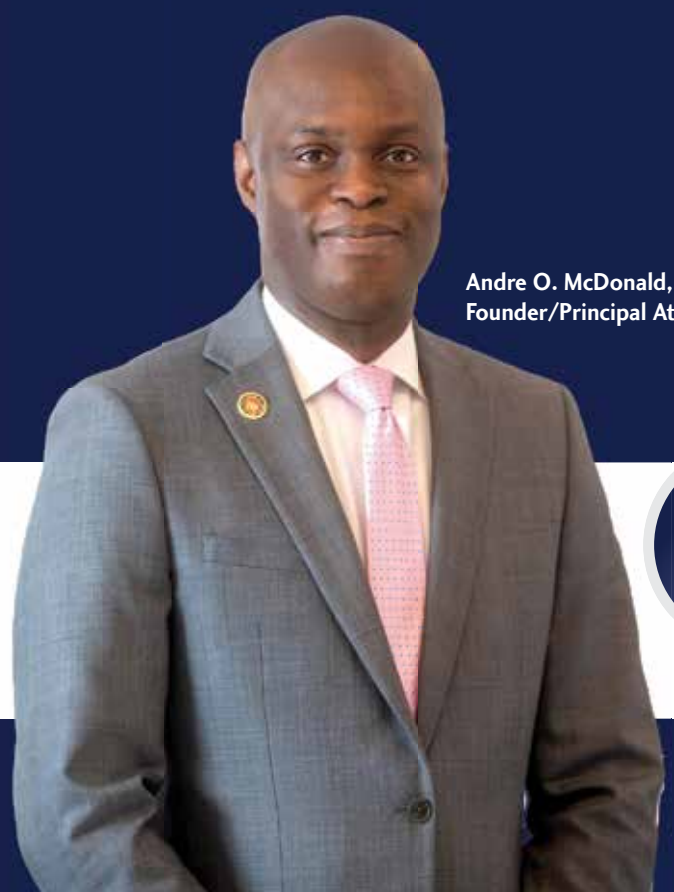
Do you need an Estate Plan?

Yes! Get help today with your Maryland estate planning needs from a dedicated Maryland estate planning attorney. Contact us for advice and assistance on the proper legal strategies in preparing a comprehensive estate plan. We offer an initial consultation and practice throughout Howard County and the surrounding Counties.

WILLS | TRUSTS | POWERS OF ATTORNEY |
ADVANCED MEDICAL DIRECTIVES | PROBATE | SPECIAL NEEDS TRUST

Call to schedule a consultation

410-319-2642



Andre O. McDonald, Esquire
Founder/Principal Attorney



McDonald Law Firm, LLC

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www.mcdonaldesq.com

Howard County Office of Consumer Protection
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6420
Fax: 410-313-6453
Email: consumer@howardcountymd.gov
www.howardcountymd.gov/consumer

Helps protect consumers by providing tips and education on how to make smart purchasing decisions and avoid scams. Mediates disputes between consumers and merchants, and tenants and landlords. Licenses door-to-door salespeople and trespass tow operators.

Human Rights Commission
9820 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6430
Fax: 410-313-6468
Email: ohr@howardcountymd.gov
https://www.howardcountymd.gov/boards-commissions/human-rights-commission

The Human Rights Commission (HRC) was established in 1969. It is comprised of 11 members and a non-voting student member, 18 years old or under. Commissioners must live in Howard County and represent the diversity of county residents. The duties and responsibilities of the Commission are prescribed by law and include recommending a civil rights policy to the County Executive and the County Council. This includes having the authority to conduct surveys and studies concerning civil liberties in order to promote equality in the community. In addition to hosting the annual HRC awards, they support OHRE outreach activities.

Maryland Attorney General's Office, Consumer Protection Division
200 Saint Paul Place, 16th Floor
Baltimore, MD 21202
Ph: 888-743-0023
Email: consumer@oag.state.md.us
heau@oag.state.md.us
idtheft@oag.state.md.us
www.marylandattorneygeneral.gov

The Consumer Protection Division provides free mediation services to consumers to help resolve complaints against businesses and health insurance carriers. The Division offers helpful tools for consumers who have been victims of identity theft. The Consumer Protection Division also pursues asset recovery on behalf of financially exploited senior citizens (aged 68 or older) and vulnerable adults (a person who lacks the physical or mental capacity to provide for their daily needs) by bringing a civil action for damages on their behalf against persons who financially exploited them by way of deception, intimidation, or undue influence. For business disputes, call 410-528-8662. For medical billing and health insurance complaints, call 410-528-1840. For identity theft assistance, call 410-576-6491. For senior asset recovery, call 410-576-6575. En Espanol, 410-230-1712.

Office of Human Rights & Equity
9820 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6430
Fax: 410-313-6468
Email: ohr@howardcountymd.gov
https://www.howardcountymd.gov/OHRE

Enforces the County's human rights law, investigates complaints regarding discrimination in employment, financing,, law enforcement, housing or public accommodations, and responds to inquiries about human rights issues.

CONSUMER RESOURCES

Central Maryland Chapter of the National Federation for the Blind
9013 Nelson Way
Columbia, MD 21045
Ph: 410-715-9596
Email: nfbmdsm@gmail.com
www.nfbmd.org

Offers support, encouragement, information, and referral on blindness and low-vision.



The technology solution for families who value *CONNECTION.*

Now's the time to dial in on your family's communication needs! The Maryland Accessible Telecommunications (MAT) program allows family members to apply for assistive telephone equipment—so no one misses out on important conversations. Calling solutions—like amplified phones, Captioned Telephones, and tablets—help grandparents actively participate in phone calls, parents successfully telecommute, and children engage in distance learning.

**The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.*

Maryland Accessible Telecommunications
Equipment Distribution Program

Tired of missed connections? Apply today:
800-552-7724 | 410-767-6960 (Voice/TTY)
443-453-5970 (Video Phone)
mat.program1@maryland.gov | mdrelay.org

Maryland
DEPARTMENT OF DISABILITIES



Eldercare Locator
Ph: 800-677-1116
Email: eldercarelocation@n4a.org
www.elderare.acl.gov
The Eldercare locator, a free national service, is the first step to finding resources for older adults in any U.S. community.

Howard County Office of Children & Families
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1940
Fax: 410-313-1430
Email: children@howardcountymd.gov
www.howardcountymd.gov/children
Programs/Services include: Child Care Resource Center, Family Institute, Home Visiting, Behavior Consultation, Information and Referral Services/CARE Line), Howard County Early Childhood Advisory Council.

Howard County Board of Elections
P. O. Box 6800
Columbia, MD 21045
Ph: 410-313-5820
Fax: 410-313-5833
Email: gmickley@howardcountymd.gov
www.howardcountymd.gov/board-elections
The Board of Elections provides the following services; voter registration, absentee voting, election management, candidacy and finance. Physical address: 9770 Patuxent Woods Drive, Suite 200, Columbia 21046.

Howard County General Hospital
Physician Referral
Columbia, MD 21044
Ph: 410-740-7750

Howard County MultiService Center
9900 Washington Boulevard
Laurel, MD 20723
Fax: 410-313-0235
Email: mscinfo@howardcountymd.gov
www.howardcountymd.gov/msc
Community residents have access to the resources they need to create meaniful opportunities and lead fulfilling lives from 14 human service organizations.

Howard County Office of Public Information
8930 Stanford Boulevard
Columbia, MD 21045
Ph: 410-313-2022
Email: ask@howardcountymd.gov
www.howardcountymd.gov/PIO
The Office of Public Information provides information about County government services and programs. The office's Information & Referral Service responds to public inquiries and refers callers to appropriate agencies from 8:00am to 5:00pm, Monday through Friday.

Howard County Police Community Outreach Office – Senior Liaison
3410 Courthouse Drive
Ellicott City, MD 21043
Ph: 410-313-6089
Fax: 410-313-6061
Email: HCPDOutreach@howardcountymd.gov
www.hcpd.org
The Police Department partners with the Howard County Office on Aging and Independence and AAA Mid-Atlantic to offer CARFIT to help seniors adapt their vehicles to their changing needs. The Senior Laison also offers educational programs in partnership with the Office of Consumer Protection on theft, shopping safety, personal safety, home security and other topics.

Howard County Police Community Outreach Liaison
Ph: 410-313-2207

Howard County Police TRIAD/S.A.L.T.
Seniors and Law Enforcement Together
3410 Courthouse Drive
Ellicott City, MD 21043
Ph: 410-313-6089
Fax: 410-313-6061
www.hcpd.org
TRIAD is a national community policing initiative within the law enforcement professionals, seniors and community groups working together to meet the crime safety needs of seniors.

Howard County Recycling & Trash
9801 Broken Land Parkway
Columbia, MD 21046
Ph: 410-313-6444
Fax: 410-313-6490
Email: help@howardcountyrecycles.org
www.howardcountyrecycles.org
All Howard County residents can also take recyclables to Alpha Ridge landfill located at 2350 Marriottsville Road, 8am to 4pm, Monday thru Saturday.

League of Women Voters of Howard County, Inc.
5430 Vantage Point Road, Suite C
Columbia, MD 21044
Ph: 410-730-0142
Email: info@howardlwvmd.org
lwvhowardmd.org
The nonpartisan League of Women Voters encourages informed active voter, hold candidate forums, produces voters guides and advocates positions.

Luminus
5999 Harpers Farm Road, Suite E-200
Columbia, MD 21044
Ph: 410-992-1923
Fax: 410-730-0113
Email: info@beluminus.org
https://www.beluminus.org/
Immigration counseling, information and referral, interpreting and translation.

The CARE Line
Howard County Office of Children and Families
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-CARE (2273)
Fax: 410-313-1430
Email: children@howardcountymd.gov
www.howardcountymd.gov/the-care-line
Programs/Services include Child Care Resource Center-Family Institute- Home Visiting-Behavior Consultation-Information and Referral/CARE Line, and Howard County Early Childhood Advisory Council.

The Lapides Group
Jill Lapides- Re/Max 100
10440 Little Patuxent Parkway
Columbia, MD 21044
Ph: 410-715-3361, 410-428-2346 (Cell)
410-730-6100 (Main)
Email: jill@lapidesgroup.com
www.lapidesgroup.com
Compassionate experienced realtor help seniors and their families in home selling and downsizing. Provides clear effective planning of this transition.

DISABILITY SERVICES

Accessible Resources For Independence (ARI)
1406 B Crain Highway S, Suite 206
Glen Burnie, MD 21061
Ph: 410-636-2274
Fax: 443-713-3909
Email: arinow@arinow.org
www.arinow.org
ARI is a non-profit organization committed to providing a wide array of services, many at no cost, to assist individuals with disabilities in living independently.

Division of Rehabilitation Services
7161 Columbia Gateway Drive, Suite D
Columbia, MD 21046
Ph: 410-290-2640
Fax: 410-290-2651
www.dors.state.md.us
Assists eligible individuals with disabilities achieve employment. Services may include vocational guidance & counseling, evaluation, job placement and job coaching.

Maryland Assistive Technology Reuse Center
7125 Riverwood Drive, Suite D1
Columbia, MD 21046
Ph: 443-326-9703
matr@mdtap.org
By appointment only, Maryland Assistive Technology Reuse center provides equipment such as CCTV, Video Magnifiers, Magnifiers, iDevices, Adapted Computer keyboards and mice, Speech Communication Devices, Amplified Telephones, and more. Contact us to make appointments for donations, consultations, or pickup.

Maryland Department of Disabilities
217 E. Redwood Street, Suite 1300
Baltimore, MD 21202
Ph: 410-767-3660, 800-637-4113
http://mdod.maryland.gov/Pages/Home.aspx
MDOD is charge with coordinating and improving the delivery of services to individuals with disabilities in the State of Maryland. By working collaboratively with all State government agencies, MDOD provides advocacy and guidance to ensure that State entities deliver services in the most integrated settings possible, develop consistent policies affecting those with disabilities, and consider the diverse needs of all when making decisions which impact Marylanders.

Maryland Relay
301 W. Preston Street, Suite 1008A
Baltimore, MD 21201
Ph: 800-552-7724 (Voice/TTY)
410-767-6960 (Voice/TTY)
443-453-5970 (Video Phone)
Fax: 410-767-4276
https://doit.maryland.gov/mdrelay
Maryland Relay was established in 1991 to serve Marylanders who have difficulty using a standard telephone. We provide a vast array of solutions to meet the diverse needs of our State, including calling options, telecommunications equipment provided by the state, and community outreach.

Maryland Technology Assistance Program
2301 Argonne Drive, Room T-17
Baltimore, MD 21218
Ph: 800-832-4827
http://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx
MDTAP is a program of the Maryland Department of Disabilities. Our mission is to enhance the lives of all Marylanders with disabilities, older Marylanders, and their families by helping support access to assistive technology (AT) devices and services.

Office of Disabilities Services
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6400
Fax: 410-313-6424
Disability Services coordinates DCRS efforts in the areas of outreach and resource development to the disability community and oversees the Loan Closet.

EMERGENCY RESOURCES

Adult Protective Services
9780 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-872-8823
Fax: 410-872-4303
http://dhs.maryland.gov/local-offices/howard-county
This program serves persons ages 18 or over who lack the physical or mental capacity to provide for their daily needs.

The purpose of the program is to prevent or remedy the abuse, neglect, self-neglect, or exploitation of adults who are unable to protect their own interest and are at risk of immediate harm to their own person or to others. The program provides professional services to protect the health, safety, and welfare of endangered, vulnerable adults.

Community Action Council of Howard County
9820 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6440
Fax: 410-313-6479
Email: info@cac-hc.org
www.cac-hc.org

Grassroots Day Resource Center
10390 Guilford Road, First Floor
Jessup, MD 20794
Ph: 301-776-9900
www.daycenter.org
Services provided: hot meals, food/clothing pantry, showers, laundry, medical clinic, internet, referrals, fellowship. No rent assistance or gas cards.

Howard County Department of Fire and Rescue Services
2201 Warwick Way
Marriotsville, MD 21104
Ph: 410-313-6000
Fax: 410-313-6027
www.hcdfrs.org
HCDFRS is a combination system in that services are provided through a partnership of volunteers and career personnel. Our mission is to educate, protect and serve.

Howard County Police Victim Assistance Section
Southern District
11226 Scaggsville Road
Laurel, MD 20723
Ph: 410-313-3768
Fax: 410-313-4749
Email: lkmaterson@howardcountymd.gov
www.hcpd.org
The Victim Assistance Section works with senior citizens and violent crime victims, providing resources and referrals as well as follow-up information.

Maryland Institute for Emergency Medical Services Systems (MIEMSS)
653 West Pratt Street
Baltimore, MD 21201
Ph: 800-762-7157
410-706-3994
Fax: 410-706-7184
Email: jbrown@miemss.org
www.miemss.org
MIEMSS oversees and coordinates all components of the statewide EMS system. We coordinate the automated external defibrillator (AED) public access program. We license and certify all EMS clinicians in Maryland.

GENERAL INFORMATION

Bain Center Council
5470 Ruth Keeton Way
Columbia, MD 21044
Ph: 410-313-7213
Email: eisenhut@comcast.net
The Bain Center Council is a non-profit organization that raises funds and supports activities of the Bain 50+ Center and other county organizations.

Bon Secours Retreat and Conference Center
1525 Marriottsville Road
Marriottsville, MD 21104
Ph: 410-442-3120
www.rccbonsecours.com
Whether you're exploring Maryland conference and meeting venues for your next business outing or you're searching for the perfect spot to enjoy a personal or spiritual retreat, no place compares to the Bon Secours Retreat & Conference Center, a ministry of the Sisters of Bon Secours. Located just minutes from Baltimore and Washington D.C., our beautiful 300+ acre property provides the perfect setting to accomplish whatever goals you set out to achieve.

COGS



A Network of Professionals Dedicated to Serving Older Adults

- Monthly Networking Meetings
- Social Gatherings
- Directory & Website Advertising
- Professional Development Programming

To review our complete menu of marketing opportunities, visit cogsmd.org.

Prospective members are welcome to attend one meeting as our guest.
To register, email info@cogsmd.org.





KEEP SAFE BY **PREVENTING FALLS**



Falls are a common cause of injury. Fortunately, many of these accidents can be avoided. Learn how to reduce the risks for you and your loved ones so you can enjoy more years of independent living.

LEARNING THE FACTS ABOUT FALLS

1. **Get familiar with the statistics.** One out of three adults 65 years or older falls each year according to the Centers for Disease Control and Prevention. Up to one third of these accidents cause serious injury including broken hips or head trauma and increase the risk of early death.
2. **Recognize your risk factors.** The chance of falling increases with age. People with certain conditions such as Parkinson's disease or high blood pressure are also at higher risk. However, you can control many of the causes by changing your lifestyle and installing simple safety aids in your home.
3. **Know how to get up correctly.** Even if you do fall, you may be able to minimize the damage by training yourself on how to get up appropriately. If you're seriously hurt, call for help and remain still. Otherwise, try to fall on your side or buttocks and then rise to a kneeling position from which you can lift yourself onto a chair.

MAKING BEHAVIORAL CHANGES



Get your vision tested. Poor vision can lead to a tumble. Have your eyes checked at least once a year and wear your glasses as directed.



Exercise regularly. Tai Chi or yoga will improve your balance. Walking just 30 minutes a day will strengthen your legs.



Take care of your bones. Any weight bearing exercise, including walking, will also slow down bone loss. Ensure you get adequate calcium and vitamin D. Talk with your doctor about osteoporosis.



Manage your medications. Some drugs cause drowsiness and dizziness. Make sure your doctor and pharmacist know everything you take including prescriptions and over-the-counter products.



Slow down. Rushing can be dangerous. Get up slowly if you've been sitting or lying down for a while.

Dress safely. Look for supportive shoes with thin rubber soles. Keep your bathrobes and pants hemmed.



Work through your fears. Seniors who restrict their activities because they are afraid of falling put themselves at greater risk by becoming sedentary. Recruit a loved one or a physical therapist to help you learn to move around safely.

MODIFYING YOUR SURROUNDINGS



Install grab bars in your bathroom. Most injuries occur in the bathroom. Add safety bars next to your toilet. Put them in the shower along with a stool.



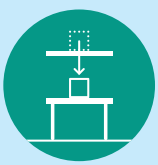
Improve your lighting. Buy some nightlights. Switch to light bulbs with maximum wattage. Keep a lamp next to your bed. Make sure stairs are well lit from top to bottom.



Watch out for slippery floors. Get rid of area rugs or secure them. You can keep them in place with double-sided tape or non-skid mats.



Rework your stairs. Stairs can be another area of concern. Handrails need to run the full length of the stairs. Attach carpet firmly. Add rubber treads or reflective tape to uncarpeted stairs.



Rearrange your cabinets. Move stuff out of the highest cabinets. If you have to reach for anything, buy a sturdy stool or small A-frame ladder to stand on instead of a chair.



Inspect the outside of your home. Falls also happen outdoors. Repair any uneven surfaces. Clear away debris.

If you're concerned about your risk of falling, talk with your doctor. Howard County's Office on Aging & Independence has several programs that can help you to assess your fall risk, including the Community Living Program, Stepping On, and Better Balance. If you are interested in a consultation with these programs, please contact Maryland Access Point at 410-313-1234. There are many practical steps seniors and their caregivers can take to prevent falls around the home or outdoors. Few are very expensive or time consuming, either.

By learning about the facts about falls, you can make changes to increase your safety and prevent falls!

Coalition of Geriatric Services (COGS)
P.O. Box 2131
Ellicott City, MD 21041
Ph: 410-997-0610
Email: info@cogsmd.org
www.cogsmd.org
COGS is a membership organization supporting Senior Care Providers who are committed to delivering life-enriching services to older adults.

Office of ADA Coordination
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6400
Fax: 410-313-6424
Email: ada@howardcountymd.gov
www.howardcountymd.gov/ADA
The Office of ADA Coordination provides technical assistance to County government to ensure that County government complies with the ADA. The ADA Office provides informal guidance to the public regarding disability accessibility issues.

INFORMATION AND REFERRAL SERVICES

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Maryland Access Point (MAP) of Howard County
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234, 844-627-5465
Fax: 410-313-5970
Email: map@howardcountymd.gov
www.howardcountymd.gov/MAP
MAP provides information, referral and assistance to persons 18 years and older with a disability, persons 50 and older, or caregivers regarding community resources or help with long-term care support planning.

LIBRARIES

Howard County Library System – Central Branch
10375 Little Patuxent Parkway
Columbia, MD 21044
Ph: 410-313-7800
Email: askhcls@hclibrary.org
www.hclibrary.org
Delivering high-quality public education for all, the Central Branch features computers with Internet access, free WIFI, classrooms, meeting and conference rooms, and HCLS Project Literacy.

Howard County Library System – East Columbia Branch
6600 Cradlerock Way
Columbia, MD 21045
Ph: 410-313-7700
Email: askhcls@hclibrary.org
www.hclibrary.org
Delivering high-quality public education for all, the East Columbia Branch features computers with Internet access, free WIFI, quiet study areas, meeting rooms, and a dedicated teen center with classrooms, a science lab, and virtual reality studio.

Howard County Library System – Elkridge Branch + DIY Education Center
6540 Washington Boulevard
Elkridge, MD 21075
Ph: 410-313-5077
Email: askhcls@hclibrary.org
www.hclibrary.org
Delivering high-quality public education for all, the Elkridge Branch features computers with Internet access, free WIFI, classrooms, quiet study and meeting room, and DIY collection.

Howard County Library System – Glenwood Branch
2350 State Route 97
Cooksville, MD 21723
Ph: 410-313-5577
Email: askhcls@hclibrary.org
www.hclibrary.org
Delivering high-quality public education for all, the Glenwood Branch features computers with Internet access, free WIFI, children's classroom, and multi-purpose meeting room.

Howard County Library System – Miller Branch
9421 Frederick Road
Ellicott City, MD 21042
Ph: 410-313-1950
Email: askhcls@hclibrary.org
www.hclibrary.org
Delivering high-quality public education for all, the Miller Branch features computers with Internet access, free WIFI, classrooms, quiet study and meeting rooms, Tech lab, Enchanted Garden outdoor classroom, and Historical Center.

Howard County Library System – Savage Branch + STEM Education Center
9525 Durness Lane
Laurel, MD 20723
Ph: 410-313-0760
Email: askhcls@hclibrary.org
www.hclibrary.org
Delivering high-quality public education for all, the Savage Branch centers on science and technology, featuring computers; free WIFI, meeting, conference and study rooms; children's classrooms; and dedicated space for HiTech classes.

LGBTQ RESOURCES

A Healing Place in Columbia
7050 Oakland Mills Road, Suite 140
Columbia, MD 21046
Ph: 443-325-0360
Email: admin@ahealingplaceincolumbia.com
www.ahealingplacecolumbia.com
Individual group and family therapy for people of all ages from infant through adulthood. We are advocates for LGBTQ people.

FreeState Justice
2625 St. Paul Street
Baltimore, MD 21218
Ph: 410-625-LGBT (5428)
Fax: 410-625-7423
Email: info@equalityMaryland.org
www.freestate-justice.org
FreeState Justice is Maryland's statewide advocacy non-profit that seeks to improve the lives of lesbian, gay, bisexual, transgender, and queer ("LGBTQ") Marylanders.

GLBT Hearts and Ears
611 Park Avenue, Suite A
Baltimore, MD 21201
Ph: 410-523-1694
www.heartsandears.org
Hearts & Ears, Inc. is a non-profit organization for Gay, Lesbian, Bisexual, Transgender, Intersex and Questioning individuals with mental health issues and concerns. We run a warmline, a peer-run phone network that allows people that need to talk or receive advice on how to handle difficult experiences related to being LGBTQIA+, behavioral health problems, and daily life. This does not replace crisis hotlines, but is a non-threatening, voluntary resources for people that just need someone to listen and talk to.

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www.lisagordon.com
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Email: info@pflaghoco.org
www.pflaghoco.org
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SPEAK (easy) HOWARD

YOUR LIFE, YOUR CARE, YOUR PEACE

Advance care planning is important, but it can be difficult to talk about a time when you would be unable to decide your own health care. Too often, families find themselves in the difficult situation of not knowing what to do for their loved one during a medical crisis or serious illness. That's why it's so important to name your health care agent - the person you trust to make your medical decisions if a time came when you couldn't speak for yourself.

The Speak(easy) Howard campaign is a Howard County initiative led by the Horizon Foundation that helps residents think through their preferences for care, talk about them with loved ones and name a health care agent. Speak(easy) Howard's goal is to make it easier for every adult in our community to take these steps by offering step-by-step resources, events and the ability for residents to give their loved ones the gift of Peace of Mind.

To help make advance care planning more accessible across the state, the Horizon Foundation recently teamed up with MedChi, the Maryland State Medical Society, the Maryland Hospital Association and AARP Maryland to form the Maryland Honoring Choices Coalition. This statewide group will not only focus on raising awareness about the importance of naming one's agent, but will also educate Marylanders about end-of-life issues and the ability to upload their advance healthcare directive documents electronically for their doctors to access.

Let's make advance care planning easier. Visit speakeasyhoward.org to get started.

HORIZON FOUNDATION

Sean Lare Counseling & Consulting
6851 Oak Hall Lane
Columbia, MD 21045
Ph: 410-689-9074
Email: counseling@seanlare.com
www.seanlare.com
Specializing in LGBTQ affirmative therapy: Transgender variant, and gender non-conforming issues: and identity development for children, teens, adults, couples and families. Sean Lare, LCSW-C.

Susan Silber, Esq.
7000 Carroll Avenue, Suite 200
Takoma Park, MD 20912
Ph: 301-891-2200

The Pride Counseling Center
5116 Dorsey Hall Drive
Ellicott City, MD 21042
Ph: 410-744-4867
Email: contact@pridecounseling.com
www.pridecounseling.com
Provides couples and individual counseling to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) adults. Weekend and weekday appointments are available.

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MEDIA

OFFICE ON AGING AND INDEPENDENCE PROGRAM

The 50+ Connection
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6531
Fax: 410-313-6540
Email: kahenry@howardcountymd.gov
www.howardcountymd.gov/50plusconnection
Published monthly by the Howard County Office on Aging and Independence in the Howard County Beacon, the 50+ Connection provides news and information about upcoming events, programs and services of interest to older adults. Free copies are available at 50+ centers, government offices and various community locations, and online at www.howardcountymd.gov/50Plusconnection.htm.

The Baltimore Sun Media Group
501 N. Calvert Street
Baltimore, MD 21278
Ph: 410-332-6000
Email: editorial@baltimoresun.com
www.baltimoresun.com/howard
The Baltimore Sun Media Group publishes the Howard County Times, Columbia Flier, Laurel Leader and Howard magazine as well as its flagship The Baltimore Sun and www.baltimoresun.com.

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MEDICARE INFORMATION

OFFICE ON AGING AND INDEPENDENCE PROGRAM

SHIP (State Health Insurance Assistance Program)
5470 Ruth Keeton Way
Columbia, MD 21044
Ph: 410-313-7392
www.howardcountymd.gov/SHIP
Free confidential and unbiased information and counseling for Medicare beneficiaries (regardless of age) and /or their families/caregivers.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

SMP (Senior Medicare Patrol)
5470 Ruth Keeton Way
Columbia, MD 21044
Ph: 410-313-7392
www.howardcountymd.gov/SHIP
Free education and counseling to help prevent, detect and report Medicare fraud, errors and abuse.

Medicare
Medicare Contact Center Operations
P.O. Box 1270
Lawrence, KS 66044
Ph: 800-MEDICARE (800-633-4227)
TTY: 877-486-2048
www.medicare.gov

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Home Life Help Services, LLC
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301-974-1318
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www.homelifehelp.net
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5570 Sterrett Place, Suite 102
Columbia, MD 21044
Ph: 410-884-7433
Fax: 410-884-4166
Email: information@neighborride.org
www.neighborride.org
Door-to-Door transportation for medical and personal care appointments, shopping, social outings, and other needs provide by volunteer drivers for ambulatory Howard County residents, age 60 and over. Modest fees based on ability to pay. Volunteer inquiries are welcome.

Regional Transportation Agency (RTA)
Ph: 800-270-9553
Email: info@transitrta.com
www.transitrta.com
RTA is an organization made up of multiple jurisdictions to establish a more effective and efficient public transportation system across Central Maryland. Services include fixed routes and RTA mobility.

RTA Mobility
www.transitrta.com/paratransit/

VETERANS RESOURCES

Howard County Office of Veterans & Military Families
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6400
Email: veterans@howardcountymd.gov
Our office is dedicated to providing guidance, information and access to Howard County veterans, military families, their dependents and survivors.

Veteran's Administration
31 Hopkins Plaza
Baltimore, MD 21201
Ph: 800-827-1000
Email: info@dvnf.org
www.va.gov
Information and resources regarding benefits for veterans and their dependents.

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Howard County

Senior Housing Options







It is important to note that Assisted Living, while offering a high level of care for those in need, is just one of the housing options for older adults in Howard County. Other types of housing include Independent Living (inside structured communities and stand-alone) 55+ Communities, Retirement Communities, Continuing Care Retirement Communities, Memory Care Housing, and Nursing Homes. Some communities provide a combination of levels of care from independent to assisted living to skilled nursing care.

INDEPENDENT LIVING COMMUNITIES

of the stand-alone variety are generally owned and managed by corporations. Many are apartment communities which may offer a variety of services/ extras including ongoing maintenance; age-friendly activities; some offer transportation to shopping; and all provide the benefit of living with peers. Independent living in a structured community, like a retirement community or continuing care retirement community, may also offer availability of meal plans, laundry, and housekeeping services for additional fees. Examples of stand-alone independent living communities include market rate, moderate income, and subsidized apartment complexes. Activities and services vary by community.

55+ COMMUNITIES feature apartments, condos and single-family homes designed for active adults aged 55 and over. Most 55+ communities offer a range of activities and recreational amenities. The communities usually include outdoor property maintenance paid for through monthly fees. Most 55+ communities in Howard County are for-purchase properties. Rental units are less common in 55+ communities. The 55+ communities offer a number of housing options—condominiums, single family detached and single family attached, and all are required to be built following Universal Design Guidelines that ensure first floor living, wider doors and hallways, lever handles, and other elements that promote accessibility and usability and allow people with all levels of ability to live independently. When considering this housing option, it is important to note there is an age restriction that prevents young family members from living with the residents.

CONTINUING CARE RETIREMENT COMMUNITIES

, or CCRCs, offer a wide range of services and activities for their residents. CCRCs offer the independent living stage, the assisted living and skilled nursing levels of care located within the same community or building.



Residents buy into the community, usually starting at the independent level. There is a monthly cost that changes depending on the type of housing/ services used. Meal plans can be purchased as can personal care and housekeeping services. The ability to live independently, choose assisted living, and access nursing care without having to move is seen as a benefit to many. Some CCRCs also include **memory care** as an option.

RETIREMENT COMMUNITIES offer independent and assisted living only with the options and amenities for activities, meal plans, and purchasing assistance with housekeeping, and the like, as noted under CCRCs. They do not offer the nursing home level of care on premises.

ASSISTED LIVING

Facing the task of selecting an assisted living facility can be daunting. Below are a few things to consider when making this important decision. Remember "Don't judge a book by its cover"

1) **LICENSURE** Is the facility licensed? What is the facility's track record?
   a. The state regulatory agency, Office of Health Care Quality, can verify if the facility is licensed as well as share the latest survey data. 410-402-8217 https://health.maryland.gov/ohcq
   b. Contact the Long Term Care Ombudsman, who can provide information on the types of concerns and complaints the program has received about the assisted living facility. Howard County Long Term Care Ombudsman Program 410-313-6423.

2) **COST** – How to pay for assisted living? Most assisted living facility costs are private pay. Although there may be some additional options:
   a. Long Term Care Insurance
   b. Senior Assisted Living Subsidy-for eligibility and more information call Maryland Access Point of Howard County at 410-313-1234 or visit https://www.howardcountymd.gov/aging-independence/resource/paying-supportive-housing-options
   c. Medicaid Community Options Waiver – for more information visit https://health.maryland.gov/mmcp/waiverprograms/Pages/Home.aspx
   d. Consider a Reverse Mortgage

3) **SERVICES**
   a. Inquire about what services are included in the rate you will pay and the cost of additional services offered at the facility.
      i. Request a copy of the facility's Uniform Disclosure Statement/Form which outlines the services provided.
      ii. Request a copy of the contract or agreement. Review it carefully.
      iii. Inquire about what happens if your money runs out; does the facility participate in the Medicaid program.
   b. Discuss your needs, preferences and routines (for example shower at night vs morning).
   c. Inquire who determines when you need more services or when the services can no longer meet your needs.
   d. Activities: on-site and off-site; request an activities calendar or schedule.
   e. Transportation: Inquire if this service is included; does the facility have a vehicle or van to transport residents.

4) **STAFF**
   a. What services nurses provide? How many hours/days are registered nurses (RN) or licensed practical nurses (LPN) on site?
   b. Inquire about staff-to-resident ratios.

c. Inquire about the different levels of care and
d. Are background checks conducted on all staff?
e. What type of education, training and experience do the staff have?

5) **VISIT** –

a. Visit the Assisted Living Facility a few times
b. Take a formal tour; eat a meal to check out the food.
c. Make unannounced visits to include mealtimes, evening and weekends
d. How far is it from your friends and family? Will it be easy for them to visit?
e. Speak with current residents and family when visiting

MEMORY CARE housing is defined by AARP as a form of senior living that provides intensive, specialized care for people with memory issues. Some assisted living facilities and nursing homes have separate memory care units for those residents with a diagnosis of dementia. There are also independent memory care facilities in Howard County.

NURSING HOMES provide the highest level of long-term care services. Nursing homes provide advanced medical and custodial care beyond the level provided in an assisted living facility. Persons in need of nursing home care do not need to be in the hospital but cannot fully care for themselves. Nurses are on-site 24 hours a day to provide medical, or skilled, care and residents receive assistance with activities of daily living. This includes bathing, feeding, and dressing. There are stand-alone nursing facilities, most of which also provide short-term rehabilitation, and nursing home units within continuing care retirement communities (CCRC) for those who entered the CCRC at the independent or assisted living level.

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

Uncertain what kind of housing is right for you? Want to discuss your options in greater detail?

Contact the Information Specialists at Maryland Access Point of Howard County at **410-313-1234** or **MAP@howardcountymd.gov** .

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Ellicott City, MD 21043
Ph: 410-480-1960

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Woodstock, MD 21163
Ph: 410-750-7415

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Ellicott City, MD 21043
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Enclave at Ellicott Station
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Ellicott City, MD 21042
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www.communicarehealth.com/facility/ellicott-city-healthcare-center/

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10711 Harding Rd.
Laurel, MD 20723

Kenwood Care, Autumn Hill
12401 Lime Kiln Rd.
Fulton, MD 20759

Kenwood Care, Pine Hill
8455 Murphy Rd.
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Email: howardcenter@wintergrowthinc.org
www.wintergrowthinc.org
Community- based Medical Day, Memory Care, Assisted Living and Respite Care programs that empower seniors and adults with disabilities to live their best lives. Rehabilitation services on-site. Overnight respite care also available with a one-week minimum. All-inclusive pricing and NO entrance fees

CONTINUING CARE RETIREMENT COMMUNITIES

Brooke Grove Retirement Village
18100 Slade School Road
Sandy Spring, MD 20860
Ph: 301-260-2320, 301-924-2811
www.bgf.org

Lutheran Village at Miller's Grant
9000 Fathers Legacy
Ellicott City, MD 21042
Ph: 410-696-6700
www.millersgrant.org
A Senior Living Community that brings out the BEST in everyone.

Residences at Vantage Point
5400 Vantage Point Road
Columbia, MD 21044
Ph: (410) 964-5454

HOUSING FOR PERSONS WITH DISABILITIES

Adoptive Living
11089 Swansfield Road
Columbia, MD 21044
Ph: 410-730-1289
Provides 3 homes for residents in Columbia. Residents must be 18, work during the day and a desire to live w/ peers, gain skills and experience in independent living. ALI is managed by volunteers with strong representation of parents and family members. Population serves adults 18 to 60 with developmental disabilities.

The ARC of Howard County
11735 Homewood Road
Ellicott City, MD 21042
Ph: 410-730-0638
www.archoward.org

Athelas Institute
9104 Red Branch Road, Suite S
Columbia, MD 21045
Ph: 410-964-1241
www.athelasinst.org

Center for Social Change
6600 Amberton Drive
Elkridge, MD 21075
Ph: 410-579-6789
www.centerforsocialchange.org

Creative Options
9601 Pulaski Park Dr, Suite 416
Middle River, MD 21220
Ph: 410-780-4095

Emerge, Inc.
9180 Rumsey Road, Suite D2
Columbia, MD 21045
Ph: 410-884-4420





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Ph: 410-381-7171, 888-374-8342
www.humanim.com

Jewish Family Services
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Baltimore, MD 21215
Ph: 410-466-9200
www.jfs.org

Kennedy Krieger Institute
707 N. Broadway
Baltimore, MD 21205
Ph: 800-873-3377, 443-923-9200
www.kennedykrieger.org

LIFE, Inc.
2822 Hollins Ferry Road
Baltimore, MD 21227
Ph: 410-788-4570
www.lifeinc.org

Linwood Center, Inc.
3421 Martha Bush Drive
Ellicott City, MD 21043
Ph: 410-465-1352
www.linwoodcenter.org

Project Home
9780 Patuxent Woods Drive
Columbia, MD 21046
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Richcroft, Inc.
11350 McCormick Rd, Suite 700
Hunt Valley, MD 21031
Ph: 410-785-3274
www.richcroft.com

Starflight Enterprises, Inc.
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Elkridge, MD 21075
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301-596-0600
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www.ucp.org

HOUSING INFORMATION

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Assisted Living Program/Senior Assisted Living Subsidy
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234
www.howardcountymd.gov/aging
The Housing Unit within the Office on Aging and Independence, in conjunction with the Office of Health Care Quality, is responsible for monitoring the small Assisted Living facilities in Howard County for compliance with COMAR10.07.14, the state regulations governing assisted living. These facilities range from 1 to 16 beds and generally provide a more "home-like" atmosphere. Small facilities are eligible to apply for approval as providers under the Senior Assisted Living Subsidy (SALS) which provides a maximum, state funded subsidy of $650 monthly to defray the cost of assisted living fees under COMAR 32.03.03. Eligible applicants must be at least 62 years of age, admitted to an approved ALF and qualify financially.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Maryland Access Point (MAP) of Howard County
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234
Email: map@howardcountymd.gov
www.howardcountymd.gov/MAP
The Office on Aging and Independence provides trained information specialists who assist callers in exploring available housing options, based on individual needs.

Abilities Network Move Management Services
8503 Lasalle Road
Towson, MD 21286
Ph: 410-828-7700, 800-492-2523
hmurphy@abilitiesnetwork.org
www.abilitiesnetwork.org
Abilities Network's professional staff assist with down sizing and/ or move coordination including: packing, mover oversight, unpacking and resettling of new home.

Bridges to Housing Stability
9520 Berger Road, Suite 311
Columbia, MD 21046
Ph: 410-312-5760
infor@bridges2hs.org
www.bridges2hs.org
Counsels Howard County persons to prevent homelessness. Assists Howard County homeless persons with transitional housing and services to build self-sufficiency. Volunteers for client support, publicity, donations, property maintenance are welcome.

Columbia Housing Corporation
9150 Rumsey Road, Suite A1
Columbia, MD 21045
Ph: 410-730-9554, 301-730-3433
gmorris@columbiahousing.org
www.columbiahousing.org
CHC provides high quality, affordable housing for rent or purchase to low or moderate-income families or others with special needs.

DitmanBarshook of Long & Foster Real Estate
10805 Hickory Ridge Road
Columbia, MD 21045
Ph: 410-730-3456
www.ditmanbarshook.com

EPIK Home Group of Keller Williams Realty Centre
6250 Old Dobbin Ln, Suite 140
Columbia, MD 21045
Ph: 240-389-EPIK (3745)
ellie@epikhomegroup.com
www.EPIKHomeGroup.com
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Ph: 443-741-2985
www.glseniorcare.com
Graceful Living Senior Care Advisors specialize in helping our senior clients throughout Maryland find the right assisted living home and/or senior care options that are tailored to their unique needs and desires. Our team of expert advisors conducts regular surveys of assisted living homes, nursing homes, senior living communities and other senior care options to to help our clients find the best care solutions.

Grassroots Crisis Center Shelter Services
6700 Freetown Road
Columbia, MD 21046
Ph: 410-531-6006
https://grassrootscrisis.org/services/shelter-services
Grassroots operates the only general emergency shelter in Howard County. The program has 33 beds for families and single adult women experiencing a shelter crisis.All clients are accepted into the emergency shelter program on a provisional basis for a period of no more than three months. As a back-up to Emergency Shelter, Grassroots has a capacity to house up to three families for up to fifteen days in motel when the shelter is full and there are no immediate alternatives. The Randy Sands Men's Shelter can serve up to 18 single adult men. The program serves about 55–75 men per year. The cold weather shelter is a partnership with the faith community and Howard County government which provides overflow shelter from November through March. Congregations host the shelter for one or two weeks and provide volunteers for transportation, meals, laundry and to work shifts in the shelter.

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PACE AWARDS

Howard County Department of Housing and Community Development
9820 Patuxent Woods Dr, Ste 224
Columbia, MD 21046
Ph: 410-313-6318
https://www.howardcountymd.gov/housing-community-development
The Department of Housing and Community Development works to provide affordable housing opportunities for low and moderate income residents of Howard County. The Department administers a range of Federal, State, and County funded programs providing opportunities for affordable home ownership, loans and grants for special needs housing programs, rental assistance, community facilities, and programs. The Department also provides loans for downpayment and closing cost assistance, assists in homeownership preparedness and manages the Community Development Block Grant, Community Legacy, and the HOME programs.

Howard County Housing Commission
9770 Patuxent Woods Drive, Suite 100
Columbia, MD 21046
Ph: 443-518-7800
www.househoward.org
Offers rental programs and assistance with housing purchases. Call for information and income restrictions.

Keller Williams Lucido Agency (KWLA)
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Ph: 410-979-4284
victoria@boblucidoteam.com
www.boblucidoteam.com
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410-730-6100 (Main)
Email: jill@lapidesgroup.com
www.lapidesgroup.com
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Columbia, MD 21045
Ph: 410-730-1922

Autumn Woods Apartments
8305 Ari Court
Jessup, MD 20794
Ph: 410-792-7090
301-498-5800

Avalon Cedar Place
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Columbia, MD 21044
Ph: 410-730-8383
866-393-6454

Avalon Columbia
5320 Cedar Lane
Columbia, MD 21044
Ph: 410-964-8402

Avalon Fairway Hills
5441 Columbia Road
Columbia, MD 21044
Ph: 410-997-7272

Avalon Symphony Woods
10300 Hickory Ridge Road
Columbia, MD 21044
Ph: 410-992-4499

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Columbia, MD 21046
Ph: 410-381-0310

Belmont Station Apartments
Elkridge, MD 21075
Ph: 866-668-8268

Berkshires of Columbia Apartments
5361 Brook Way, Suite 3
Columbia, MD 21044
Ph: 410-730-1727
866-605-9152

Bluffs at Clary's Forest
12100 Little Patuxent Parkway, Suite H
Columbia, MD 21044
Ph: 410-995-0900
www.henwebb.com

Bluffs at Fairway Hills
4965 Columbia Road
Columbia, MD 21044
Ph: 410-720-0037
www.henwebb.com

Bluffs at Hawthorn
10401 Hickory Ridge Rd, Suite H
Columbia, MD 21044
Ph: 301-596-3233
www.henwebb.com

Bowling Brook Apartments
9000 Stebbing Way
Laurel, MD 20723
Ph: 410-792-7579

Camden at Kendall Ridge
8399 Tamar Drive
Columbia, MD 21045
Ph: 410-740-9074

Charlestown Manor Apartments
3182 Normandy Woods Drive
Ellicott City, MD 21043
Ph: 410-465-8600

Chatham Garden Apartments
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Ellicott City, MD 21042
Ph: 410-465-7598
www.chathamgardenapts.com

Chimneys of Cradlerock
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Columbia, MD 21045
Ph: 410-381-1906

Clary's Crossing
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Columbia, MD 21044
Ph: 410-964-5557

Club Merion
Columbia, MD 21044
Ph: 888-595-6821

Columbia Commons
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Columbia, MD 21046
Ph: 410-792-7927

Columbia Landing Apartments
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Columbia, MD 21045
Ph: 410-997-0696

Columbia Town Center
Columbia, MD 21044
Ph: 888-344-0258

Country Meadows
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Laurel, MD 20723
Ph: 410-792-0062

Deep Run Mobile Home Park
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Elkridge, MD 21075
Ph: 410-799-7522,
410-799-4877

Dominion at Eden Brook
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Columbia, MD 21046
Ph: 410-381-5511
www.edenbrookapt.com

Dominion at Kings Place
7525 Murray Hill Road
Columbia, MD 21046
Ph: 410-724-0220

Eaves Columbia Town Center
Columbia, MD 21044
Ph: 443-577-4214

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5505 Waterloo Rd
Ellicott City, MD 21043
Ph: 800-579-1011

Ellicott Grove Apartments
3005 Oak Green Circle
Ellicott City, MD 21043
Ph: 410-465-6500

Ellicott Terrace Apartments
3574 Court House Drive
Ellicott City, MD 21043
Ph: 410-461-5221

The Elms at Mont Joy
4841 Joy Full Way
Ellicott City, MD 21043
Ph: 410-772-7991

Fenland Field Apartments
5351 Harpers Farm Road, Suite 4
Columbia, MD 21044
Ph: 410-730-2953

Gateway Village
9978 Guilford Road
Jessup, MD 20794
Ph: 410-880-4700

Gramercy at Town Center
10601 Gramercy Place
Columbia, MD 21044
Ph: 410-715-0067

Grand Pointe Apartments
5764 Stevens Forest Road
Columbia, MD 21045
Ph: 410-730-3000

The Greens at Columbia
12215 Little Patuxent Parkway
Columbia, MD 21044
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Ph: 410-792-4441

Huntington Downs
9705 Clocktower Lane, Suite 104
Columbia, MD 21046
Ph: 410-792-9955

Island Club
5331 Columbia Road
Columbia, MD 21044
Ph: 410-992-0095

Kaiser Park
8120 Randolph Way
Ellicott City, MD 21043
Ph: 410-465-2524

King's Crossing
8909 Early April Way
Columbia, MD 21046
Ph: 410-381-7030

Lawyers Hill Apartments
7234 Montgomery Road
Elkridge, MD 21075
Ph: 410-379-1555

Lazy Hollow Apartments
8782 Cloudleap Court
Columbia, MD 21045
Ph: 410-997-4500

The Merion
12290 Green Meadow Drive
Columbia, MD 21044
Ph: 410-730-9520

Mission Place Apartments
8152 Washington Boulevard
Jessup, MD 20794
Ph: 410-799-3069
Some Apartments are low income.

Monarch Mills
7333 Oakland Mills Road
Columbia, MD 21046
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Oella Mills
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Orchard Club
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Elkridge, MD 21075
Ph: 410-796-0222

Orchard Crossing Apartments
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Columbia, MD 21045
Ph: 410-992-7178

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Ellicott City, MD 21042
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Columbia, MD 21044
Ph: 410-964-2700

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Columbia, MD 21044
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Savage, MD 20763
Ph: 301-470-0450

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Ph: 301-490-2200

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6731 Old Waterloo Road
Elkridge, MD 21075
Ph: 410-799-8142

Southgate Crossing
10200 Hickory Ridge Rd, Ste 201
Columbia, MD 21044
Ph: 410-730-6363

Tamar Meadow
8600 Cobblefield Drive
Columbia, MD 21045
Ph: 410-992-4242
www.tamarmeadow.com

TGM Stonehaven Apartments
Columbia, MD 21046
Ph: 888-507-9483

Verona at Oakland Mills Apartments
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Ph: 410-730-3870

Windsor at Pine Ridge
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Columbia, MD 21044
Ph: 443-850-4779
www.bryantwoodsmanor.com

Ivy Manor Normandy
2928 Normandy Drive
Ellicott City, MD 21043
Ph: 443-831-1147
www.ivymanornormandy.net

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5330 Dorsey Hall Road
Ellicott City, MD 21042
Ph: 888-619-1797
www.morningsidehouse.com
Assisted living community, Stepping Stones program, a special care center for Alzheimer's & related memory disorders. Some pets accepted.

Shangri-La
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Ellicott City, MD 21043
Ph: 443-574-2040
www.shangralaliving.com

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Fax: 410-992-1487
Email: howardcenter@wintergrowthinc.org
www.wintergrowthinc.org
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marketing@homecrest.org
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9950 Guilford Road
Jessup, MD 20794
Ph: 410-880-5850

Park View at Colonial Landing
6391 Rowanberry Drive
Elkridge, MD 21075
Ph: 410-796-4399
info@enterpriseresidential.org

Park View at Columbia
7070 Cradlerock Way
Columbia, MD 21045
Ph: 410-381-1118
info@enterpriseresidential.org

Park View at Ellicott City
8720 Ridge Road
Ellicott City, MD 21043
Ph: 410-203-9501

Park View at Emerson
9870 Palace Hall Drive
Laurel, MD 20723
Ph: 888-586-6407, 301-483-3322

Park View at Snowden River
8610 Snowden River Parkway
Columbia, MD 21045
Ph: 410-290-0384

Selborne House of Dorsey Hall
5320 Dorsey Hall Drive
Ellicott City, MD 21042
Ph: 410-992-4909

Tiber Hudson
3120 Burgess Mill Way
Ellicott City, MD 21043
Ph: 410-988-5900

SUBSIDIZED HOUSING

Forest Ridge
5866 Stevens Forest Road
Columbia, MD 21045
Ph: 410-730-6222

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5495 Cedar Lane
Columbia, MD 21044
Ph: 410-730-3430

Hickory Ridge Place
10799 Hickory Ridge Road
Columbia, MD 21044
Ph: 410-730-6611
www.sheltergrp.com

Longwood Apartments
6150 Foreland Garth
Columbia, MD 21045
Ph: 410-997-5356

Owen Brown Place
7080 Cradlerock Way
Columbia, MD 21045
Ph: 410-381-9544

Shalom Square
6240 Foreland Garth
Columbia, MD 21045
Ph: 410-992-5868
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Sierra Woods Apartments
8712 Airybrink Lane, Suite 104
Columbia, MD 21045
Ph: 410-730-2350

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5890 Stevens Forest Road, Apt 2
Columbia, MD 21045
Ph: 410-730-6222

Waverly Gardens
10801 Enfield Drive
Woodstock, MD 21163
Ph: 443-274-6825

For a full listing of assisted living and nursing homes in Howard County, visit **www.howardcountymd.gov/seniorhousing**

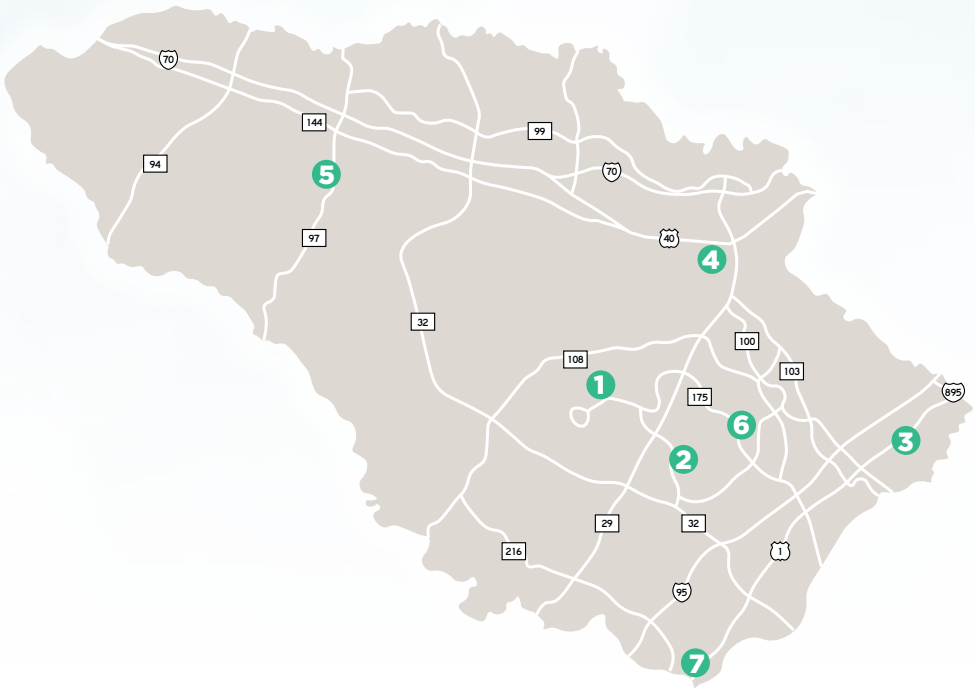
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2 **East Columbia 50+ Center**
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Columbia, MD 21045
Ph: 410-313-7680
Email: eastcolumbia50@howardcountymd.gov

3 **Elkridge 50+ Center**
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Elkridge, MD 21075
Ph: 410-313-5192
Email: elkridge50@howardcountymd.gov

4 **Ellicott City 50+ Center**
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Ellicott City, MD 21042
Ph: 410-313-1400
Fitness Center: 410-313-0727
Email: ellicottcity50@howardcountymd.gov

5 **Glenwood 50+ Center**
2400 Route 97
Cooksville, MD 21723
Ph: 410-313-5440
Email: glenwood50@howardcountymd.gov

6 **Longwood Nutrition Site**
6150 Foreland Garth
Columbia, MD 21045
Ph: 410-313-7217
Email: longwood50@howardcountymd.gov

7 **North Laurel 50+ Center**
9411 Whiskey Bottom Road
Laurel, MD 20723
Ph: 410-313-0380
Email: nlaurel50@howardcountymd.gov

ENGAGE AS YOU AGE

Howard County's network of six 50+ Centers have long been the identifiable places in the community where older adults can explore a myriad of programs, from lifelong learning to health and wellness and fitness opportunities.

Open up your web browser and expand your horizons with our new virtual offerings. With so many options, the possibilities are endless!

Our online offerings are designed to engage, inspire and motivate. Discover our virtual programs and how to register each month at https://www.howardcountymd.gov/50pluscenters



Exercise is Self-Care

WRITTEN BY MALARIE BURGESS, EXERCISE SPECIALIST
OFFICE ON AGING & INDEPENDENCE

We have all heard "no pain, no gain" at some point in our lives. The belief that exercise is punishment could not be further from the truth. Exercise is not just about punishing your body for food or because of how it looks. Nor is it only about aesthetic changes like weight loss, muscle-building or "toning". While exercise is a tool to facilitate with body modification, it offers so many other benefits outside of your appearance:

- **Regular exercise improves strength and balance.** *As we age, our bodies will decrease in muscle mass and functionality. Exercise works against that process. Resistance training helps to maintain muscle and increase balance. When you are stronger, you maintain an independent lifestyle longer. Integrate dedicated strength and balance training into your fitness routine to feel these benefits.*

- **It improves mental health symptoms.** *Exercise has researched benefits to improving brain function and mood. Exercise increases blood flow throughout the body, including the brain. The areas of the brain most impacted by this are associated with hormones that contribute to our mood and stress levels. There are demonstrable improvements to not just mood, but motivation, confidence and sounder sleep with routine exercise.*

- **Better sleep.** *Specifically, slow wave sleep. This type of sleep is the deeper cycle of sleep which leads to an improved sleep quality. Older adults tend to experience lower amounts of this particular sleep cycle. Adding in consistent, moderate levels of any type of physical activity has shown to increase slow wave sleep cycles. Shoot for about 30-minutes of moderate physical activity to reap these benefits.*

self-care:

the practice of taking an active role in protecting one's own well-being and happiness, especially during periods of stress

"Do what you can, with what you have, where you are."

~Theodore Roosevelt

Is there a type of exercise that is best? The one you do consistently & enjoy the most! Fitness has four primary components: strength, cardiovascular, balance and flexibility. Striving to achieve a little bit of each is ideal, and many forms of movement have some level of each. Instead of trying to be the best at exercise, why not shoot for moving a little (or a lot) each day?

Reframing exercise as self-care and not punishment enables us to enjoy movement for movement's sake. There's no rule that you must be the biggest, fastest, strongest or thinnest. You are allowed to move in a variety of ways that you find enjoyable. Whether your goal is to complete a triathlon or go for a 10-minute walk: both are valid, and both help build a better relationship between you and exercise.





Internal Medicine 410-964-5300



Family Practice 410-964-6200



Pediatrics 410-964-6300



Gynecology
410-964-4600



Rheumatology
410-964-6139

COLUMBIA MEDICAL PRACTICE

Complete Primary Care Services at One Central Location

- Allergy & Immunotherapy
- Lab Services
- Evening and Saturday Hours
- Same Day Appointments

Medicare Beneficiaries

You are entitled to a "Welcome to Medicare Exam" with Initial Medicare Enrollment at 65 and an annual Wellness Exam each year after that.

Appointments

Internal Medicine	410-964-5300
Family Practice	410-964-6200

Participating In:

CareFirst Primary Care Medical Home; PCMH

Johns Hopkins Medical Alliance for Patients, LLC

Awards:

National Committee for Quality Assurance

National Medical Group Management Association

5450 Knoll North Drive, Columbia, Maryland 21045
Just off US Rt 29 and Rt 175
General Information · 410-964-8500
www.cmpractice.com

FITNESS

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Cycle2Health
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6073
Fax: 410-313-5950
Email: mburgess@howardcountymd.gov
www.howardcountymd.gov/map

A noncompetive, peer-led, bicycling program. Rides vary in length and difficulty and depart from various locations. Adults of all ages and riding abilities are welcome to participate. Modest fee. For more information , visit www.howardcountymd.gov/c2h.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Specialty Exercise Programs
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6073
Fax: 410-313-5950
Email: mburgess@howardcountymd.gov
https://www.howardcountymd.gov/healthpromotion

Explore exercise classes and programs to help improve endurance, strength, flexibility, and balance. Regular exercise can help improve mobility and reduce fall risk often associated with certain chronic conditions including Arthritis, Parkinson's Disease, Stroke, and more. Call with questions on how to get started.

Columbia Association
6310 Hillside Court
Columbia, MD 21046
Ph: 410-715-3000
Email: cmsc@columbiaassociation.org
www.columbiaassociation.org

Provides programs and services for seniors and advocacy on needs and interests of seniors.

Go50+ Fitness Membership
Membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works, and plays in Howard County. Live longer, healthier lives...join today!

50+ Centers

Membership includes access to Gary J. Arthur, Ellicott City 50+ Fitness Center and North Laurel Community Centers and all Howard County 50+ Centers, including game room areas, gymnasiums, walking tracks, and wellness programs.

Go50+Fitness

Membership includes all 50+ Center benefits, plus fitness rooms and dance/aerobics studios, where available. Resident cost: $75 per year. Nonresident cost $100 per year.

Go50+Pool

All Go50+Fitness benefits, plus pool access during open swim hours.

Visit a location below for more information.

- **Bain 50+ Center**
  5470 Ruth Keeton Way
  Columbia, MD 21044
  Ph: 410-313-7213
  Email: bain50@howardcountymd.gov
- **Ellicott City 50+ Fitness Center**
  9411 Frederick Road
  Ellicott City, MD 21042
  Ph: 410-313-0727
- **Elkridge 50+ Fitness Center**
  6540 Washington Boulevard
  Elkridge MD, 21075
  Ph: 410-313-5192
- **Gary J. Arthur Community Center**
  2400 Route 97
  Cooksville, MD 21723
  Ph: 410-313-4840
- **North Laurel Community Center**
  9411 Whiskey Bottom Road
  Laurel, MD 20723
  Ph: 410-313-0390
- **Roger Carter Center**
  3000 Milltown Drive
  Ellicott City, MD 21043
  Ph: 410-313-2764

MEDICAL

Affordable Dentures
7351 Assateague Drive, Suite 480
Jessup, MD 20794
Ph: 443-755-0751
Fax: 443-755-0753
Email: kelly.bacon@affordabledentures.com
www.affordabledentures.com

Dentures and extractions.

Chase Brexton Health Services
5500 Knoll North, Suites 370 and 400
Columbia, MD 21045
Ph: 410-837-2050
www.chasebrexton.org

Chase Brexton Health Care Columbia Center's fantastic team includes medical, dental, behavioral, pharmacy, and social service professions. Our services include: Primary Care, Behavioral Health, Dental for all ages, Social Work and Outreach Services.

Clarity Audiology and Hearing Solutions
3290 North Ridge Road, Suite 125
Ellicott City, MD 21043
Ph: 410-696-2890
Fax: 410-696-2886
Email: support@clarityhearing.com
www.clarityhearing.com

Our highly trained doctors of audiology provide services at a reduced cost to low income individuals, hearing evaluations and customized treatment options, including hearing aids.

Columbia Medical Practice
5450 Knoll North Drive
Columbia, MD 21045
Ph: 410-964-8500
Email: customerservice@cmpractice.com
www.cmpractice.com
www.cmpractice.com

CMP is the largest multi-specialty primary practice in Howard County with 25 doctors and nurse practitions in 5 clinical departments. Family Practice, Gyn, Internal Medicine and Rheumatology. Services on site include: Lab, Pharmacy, Radiology and a broad range of ancillary services.

Designer Audiology, LLC
13364A Clarksville Pike
Highland, MD 20777
Ph: 301-854-1410
Fax: 443-276-6546
Email: info@designeraudiology.com
www.designeraudiology.com

Designer Audiology offers comprehensive hearing and balance evaluations, hearing aids, cochlear implant services, tinnuitus evaluations and treatment, custom earmolds/hearing proetctions, and ear/wax cleanings.

Eye Care America
655 Beach Street
San Francisco, CA 94109
Ph: 877-887-6327
Fax: 415-561-8567
Email: eyecareamerica@aao.org
www.aao.org/eyecareamerica

Nationwide program provides eye care to medically under served seniors and those who are at increased risk for eye disease at no out-of-pocket cost to those eligible.

Home Physical Therapy Services
3130 Evergreen Way
Ellicott City, MD 21042
Ph: 410-530-5105
Email: monicamorales0902@gmail.com

We provide physical therapy in client's home. Medicare certified. Serving Howard County for 30 years.

HomeBound Dentures
8182 Lark Brown Road, Suite 101
Elkridge, MD 21075
Ph: 443-286-5552
Fax: 410-799-3931
Email: prohygien@aol.com
www.homebounddentures.com

Dentures, partials, repairs at bedside. At home or in facility.

Padder Health Services

Comprehensive Multi-Specialty Care

Our Specialists:

Primary Care • Internal Medicine • Family Practice • Cardiology

Sleep Medicine • Pediatrics • Travel Medicine • Allergy Clinic

4 Convenient Locations

COLUMBIA
8850 Columbia 100 Pkwy.
Suite 301 & 308
Columbia, MD 21045

8860 Columbia 100 Pkwy.
Suite 212
Columbia, MD 21045

10792 Hickory Ridge Rd.
Columbia, MD 21044
410-964-3611

LAUREL
7350 Van Dusen Rd.
Suite 130
Laurel, MD 20707

Accepting All Insurances

Services Include But Are Not Limited To:

- Diabetes Care
- Treatment of Hypertension
- Men's Health Care
- Well Women's Care
- Same-Day Sick Visits
- Echocardiogram
- Cardiac Stress Test
- Nuclear Stress Test
- Angioplasty
- Cardiac Catheterization
- Sleep Studies
- Pediatric Well Visits and Vaccinations
- Sports Physicals
- Allergy Testing & Treatment

301-560-4PHS (747) | www.padderhealth.com

Caring for *Our Community*



HCGH.org

HOWARD COUNTY GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

Howard Community College Dental Hygiene Center
10901 Little Patuxent Parkway
Health Sciences Building, HSB168
Columbia, MD 21044
Ph: 443-518-1570
Email: dentalcenter@howardcc.edu
www.howardcc.edu/programs-courses/academics/academic-divisions/health-sciences/dental-hygiene/dental-hygiene-center.html
The Dental Hygiene Center provides high quality affordable dental hygiene care. Patient volunteers are cared for by Howard Community College Dental Hygiene program students, under the supervision of a clinic dentist (DMD), for a small materials fee. Because the Center does not accept insurance plan payments, it is a good option for those who do not have dental insurance coverage or who desire care beyond what their plan provides.

Howard County General Hospital
A Member of John Hopkins Medicine
5755 Cedar Lane
Columbia, MD 21044
Ph: 410-740-7890
www.hcgh.org
A full-service community hospital offering high quality elective surgery, rehabilitation, testing, emergency care and other medical services for seniors.

Howard County Health Department
8930 Stanford Boulevard
Columbia, MD 21045
Ph: 410-313-6300
Fax: 410-313-6303
Email: askhealth@howardcountymd.gov
www.hchealth.org
Provide public health services in the areas of environment health, behavioral health, access to healthcare and clinical services.

Howard County Health Department Adult Evaluation and Review Services (AERS)
8930 Stanford Boulevard
Columbia, MD 21045
Ph: 410-313-6437
Fax: 410-313-6108
The AERS program in-home comprehensive assessments at no charge to any Howard County resident seeking services.

Howard County Health Department Community Personal Assistance Services (CPAS)
8930 Stanford Boulevard
Columbia, MD 21045
Ph: 410-313-6437
Fax: 410-313-6108
CPAS is a program which provides home-based services to persons who meet eligibility criteria.

Maryland Foundation of Dentistry for the Handicapped
8901 Herrmann Drive
Columbia, MD 21045
Ph: 410-964-1944
Fax: 410-964-9987
www.mfdh-dds.org
Provide comprehensive dental care to those with disabilities, lack of adequate income to pay for needed dental care.

Medical Eye Center, PA
8860 Columbia Parkway, Suite 101
Columbia, MD 21045
Ph: 410-997-9900
Fax: 410-997-4498
Email: medicaleyecenterservices@gmail.com
www.medicaleyecentermd.com
Specializing in: comprehensive eye exams, laser surgery, cataracts, contact lenses, glaucoma, macular degeneration, dry/red eyes, diabetic eye care and lid procedures, Visit our other location in Olney, Maryland, 301-774-2750.

Metropolitan Washington Ear
12061 Tech Road
Silver Spring, MD 20904
Ph: 301-681-6636
Fax: 301-681-1986
Email: volunteermanager@washear.org
www.washear.org
The Metropolitan Washington Ear provides free news and information services for blind, visually-impaired and physically disable residents of Maryland, Virginia and the District of Columbia.

Miracle-Ear of Columbia
8801 Centre Park Drive, Suite 4
Columbia, MD 21045
Ph: 410-992-0445
Fax: 410-992-0384
Email: jim.orban@miracle-ear-md.com
www.miracle-ear-columbiamd.com
Serving all of Howard County, Miracle-Ear offers free hearing tests, hearing assistive devices, after-care and repair; tinnitus management therapy.

Mobile Eyewear Services, LLC
4015 Log Trail Way
Reisterstown, MD 21136
Ph: 410-929-8900
Fax: 410-363-1979
Email: jjbro2@yahoo.com
mobile4eyes.com
The optical store delivered to your door.

Padder Health Care
Ph: 301-560-4PHS(747), 410-964-3611
Email: portal@padderhealth.com
www.padderhealth.com
Offers comprehensive multi-specialty care in Cardiology, Family Medicine, Internal Medicine, Pediatrics, and Sleep Medicine.

Pivot Physical Therapy
10039 Baltimore National Pike, Suite L
Ellicott City, MD 21042
Ph: 410-988-4319
Fax: 410-844-0289
pivotphysicaltherapy.com
www.pivotphysicaltherapy.com
Specializing in physical therapy for orthopedics, total joint replacement, pre and post-operative care back/spine rehab. Call for other locations in Howard County.

Pro Hygiene
8182 Lark Brown Road, Suite 101
Elkridge, MD 21075
Ph: 443-286-5552
Fax: 410-799-3931
Email: prohygiene@aol.com
www.homebounddentures.com
Mobile Dentures for the Homebound and Healthcare facilities.

MENTAL HEALTH

Howard County Health Department Bureau of Behavioral Health
8930 Stanford Boulevard
Columbia, MD 21045
Ph: 410-313-6202
Fax: 410-313-6212
www.howardcountymd.gov/gethelp

Ime Behavioral Health
8840 Stanford Blvd., Suite 1600
Columbia, MD 21045
Ph: 240-512-0141
Fax: 240-512-0151
www.imebehavioralhealth.com
We are a group practice that provides therapy and psychiatric services to individuals and families across the lifespan. Our clinicians specialize in working with children and adolescents, adults, and older adults. We are confident that together we can work to help equip you with the necessary tools to help you achieve your goals, overcome these struggles, and live a more fulfilling and meaningful life. Accept some insurances. Services include office, telehealth, and in-home therapy.

NAMI – National Alliance on Mental Illness, Howard County
9650 Santiago Road, Suite I
Columbia, MD 21045
Ph: 410-772-9300
Fax: 410-772-9307
Email: info.namihc@gmail.com
www.namihowardcounty.org
A non-profit organization providing support, education and advocacy to improve the lives of individuals with mental illness and their families, and to increase awareness of mental illness throughout the community.

10 THINGS TO DISCUSS WITH YOUR DOCTOR

ADAPTED FROM
THE SCAN FOUNDATION,
WWW.THESCANFOUNDATION.ORG

1 **If you have Medicare, discuss scheduling an annual wellness visit with your doctor.** Medicare allows for a free annual wellness visit to discuss your overall health.

2 **Discuss your medications.** Keep a current list of medications. Ask questions about the reason for new prescriptions and any side effects.

3 **Discuss your daily activities.** Discuss your ability to do different activities of daily living such as bathing, cooking, and cleaning.

4 **Discuss ways to prevent falls.** Ask your doctor to assess your risk due to vision and balance problems and medications that you're taking.

5 **Discuss your appetite and healthy eating.**

6 **Discuss your ability to concentrate and how you are feeling.** We all have "moments of forgetfulness." However if forgetting people, places, and things becomes more common, or if you often feel confused, tell your doctor as soon as possible. There may be an underlying health reason if it is occurring frequently.

7 **Discuss possible specialty care for ongoing health conditions.** If you have an ongoing health condition that is affecting your daily life (such as diabetes or arthritis), talk with your doctor about a specialist or specialty services that may help.

8 **If you are in the hospital...** If you find yourself in the hospital unexpectedly, make sure that the hospital care team keeps your regular doctor informed about your care and plans for returning home. Be sure to ask the following questions when planning to leave the hospital:

- ☐ Will I need any follow-up care? If I need follow-up care, what, when, with whom, and how often will I need this care?
- ☐ Will my medication change when I leave? If so, how and what should I take/not take going forward?
- ☐ Are there any warning signs I should watch out for when returning home, and what should I do if these occur?

9 **Discuss your health care preferences and choices in case you cannot make decisions for** It is important for your doctor to know about your care preferences, so they can work with you to create the best plan for your health and wellbeing if you lose the ability to make decisions on your own behalf. If you have filled out a legal document known as a Durable Power of Attorney for Healthcare Decisions that designates another person to make health care decisions on your behalf, make sure your doctor has a copy. Advanced Directives are available from the Office on Aging & Independence by calling MAP at 410-313-1234.

10 **Discuss services in your community that may help** In addition to the services outlined in this resource guide, your doctor may know about classes or community programs that help people with specific health conditions, such as diabetes management or cancer support groups. Your doctor may also have staff who is knowledgeable about the range of services in your community, so keep your doctor aware of your needs as they change in order to stay well and live actively.

Sheppard Pratt at Howard County
9030 Route 108, Suite A
Columbia, MD 21044
Ph: 410-740-1901
Fax: 410-740-8237
Email: info@sheppardpratt.org
www.waystationinc.org
We provide comprehensive outpatient mental health services, including individual, family, and group therapy, for children, adolescents, adults, and older adults.

Sheppard Pratt Health System: Ellicott City Campus
4100 College Avenue
Ellicott City, MD 21043
Ph: 443-364-5500
Fax: 443-364-5501
Email: info@sheppardpratt.org
www.sheppardpratt.org
Psychiatric health system offering services for all diagnoses, including geriatric inpatient/outpatient services for Dementia, Alzheimer's, depression and more.

Sheppard Pratt Health System: Towson Campus
6501 N. Charles Street
Baltimore, MD 21204
Ph: 410-938-3000
Fax: 410-938-3159
Email: info@sheppardpratt.org
www.sheppardpratt.org
Psychiatric health system offering services for all diagnoses, including geriatric inpatient/outpatient services for Dementia, Alzheimer's, depression and more.

NUTRITION

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Congregate Meal Program
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234
Email: map@howardcountymd.gov
www.howardcountymd.gov/aging
The Congregate Meal Program provides nutrition services, meals, including emergency meal kits, to persons 60 years and older and their spouses, regardless of their age. For more information or to locate a cogregate meal site, contact MAP at 410-313-1234.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Stepping Up Your Nutrition
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6073
Fax: 410-313-5950
Email: map@howardcountymd.gov
www.howardcountymd.gov/healthpromotion
This 2.5-hour malnutrition awareness workshop teaches participants about the correlation between nutrition, muscle strength, and fall risk. Topics include the importance of protein and fluids, recommended daily allowance, and how to set goals for behavior change to improve nutritional status and muscle health. Modest fee covers all materials: call to register for next session.

Howard County Farmers' Market
Ph: 410-313-6500
Go to www.howardcountyfarmersmarkets.com for locations and hours.

Howard County Food Bank
Community Action Council of Howard County
9385 Gerwig Lane
Columbia, MD 21046
Ph: 410-313-6185
www.cac-hc.org
Hours of operation: Walk-in Hours: Tuesdays, Wednesdays and Thursdays 1pm to 4pm. Sign in begins at 12 noon. Appointment only hours: Wednesday evening and Saturday mornings. Call to schedule an appointment.

Meals on Wheels of Central Maryland/Howard County
5305 Village Center Drive, Suite 214
Columbia, MD 21044
Ph: 410-730-9476
Fax: 443-573-0971
Email: swoffice@mowcm.org
www.mealsonwheelsmd.org
Provides two meals each weekday delivered to homebound people of any age or economic status who are unable to shop or prepare meals for themselves.

The Roving Radish
3430 Court House Drive
Ellicott City, MD 21043
Ph: 410-992-4029
Email: Jzoller@howardcountymd.gov
www.rovingradish.com
The Roving Radish is a Howard County Government program dedicated to promoting healthy farm to table eating habits to our community, while creating sustainable markets for our local and regional farms. We achieve this by selling healthy meal kits, sourced from local and regional farms, to our community. The meal kits are made available to all Howard County residents, and are offered at a discounted price to those in need.

University of Maryland Extension – Howard County
3300 N. Ridge Road, Suite 240
Ellicott City, MD 21043
Ph: 410-313-2707
Fax: 410-313-2712
Email: rwalter3@umd.edu
www.extension.umd.edu/howard-county
Information and group education on healthy eating, active lifestyles and food safety.

PREVENTION

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Chronic Disease Self Management Education
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-5940
Fax: 410-313-5950
Email: jlee@howardcountymd.gov
www.howardcountymd.gov/healthpromotion
Chronic Disease Self-Management Education (CDSME) programs are geared towards improving self-management skills when facing chronic conditions such as diabetes, hypertension, and chronic pain. Programs are free, open to anyone 18+ years. Must pre-register.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Stepping On
9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-6073
Fax: 410-313-5950
Email: map@howardcountymd.gov
www.howardcountymd.gov/healthpromotion
Reduce your risk of falling by over 30% by completing this 7-week, evidence-based program. Increase your confidence, strength, and balance with the guidance of health and wellness professionals. Modest fee covers all materials: call to register for the next session.

Dr. Stephen Levy
9501 Old Annapolis Road, Suite 309
Ellicott City, MD 21042
Ph: 410-964-9816
Fax: 410-964-9226
Email: ellicottcitysmilecare@gmail.com
www.dentistellicottcity.com
$69.00 new patient special. This includes all x-rays, doctor exam & a comprehensive treatment plan. Does not include cleanings.

Signs of Malnutrition in Older Adults



BY CARMEN ROBERTS, MS, RD, LDN
NUTRITIONIST, HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE

Poor nutrition is common among older adults, and if a person has recently been hospitalized or is recovering from an illness or surgery, they are at an even greater risk. It's important to recognize the signs of malnutrition since early intervention is important in helping with recovery:

Unplanned weight loss: A BMI below 18.5, rapid weight loss, and unintentional weight loss are all signs of malnutrition. Communicate any weight loss concerns immediately with the primary care provider.

Bone loss: Low bone density diagnosed by a physician, bone fractures, or a low intake of calcium and vitamin D are all signs of bone loss, putting a person at greater risk for falls and future fractures. Discuss dietary intake and possible supplementation with the provider.

Limited food access: If you notice that your loved one has an empty refrigerator, shelves, or kitchen cabinets, they are likely not getting enough food to support good nutrition. You may also notice that there is more convenience and junk food in their pantry, which is typically limited in essential nutrients.

Decreased cognitive status and functional status: This can limit a person's ability to plan meals, buy groceries, and prepare food. A reduced income may also limit access to healthy food.

Decreased appetite: Some older adults experience nausea, decreased hunger, difficulty chewing due to poor dentition, problems with swallowing, and a reduced sense of taste, which can significantly impact the ability to eat a variety of nutritious foods.

Mood changes & fatigue: Depression and anxiety, which can occur with aging, may contribute to a lack of appetite. Fatigue, shortness of breath, and lack of mobility may also be related to poor nutrition.

Social environment: Older adults may become socially isolated due to loss of their spouse, family members, or close friends. They may have previously depended on those individuals to cook meals. Living alone and being homebound makes food preparation even more difficult.

Chronic disease & multiple medications: Some chronic conditions require a restrictive diet that may reduce food intake, which can increase the loss of muscle mass and reduce the absorption of nutrients into the body. Certain medication side effects may reduce appetite or interact with food and nutrients.

Take action: If you or a loved one have experienced any of these conditions, seek help from your primary care provider or a registered dietitian. Also, consider participating in a Congregate Meal Program or registering for home-delivered meals through Meals on Wheels of Central Maryland. Malnutrition puts a person at greater risk for illness and hospitalization, so it's important to take action as soon as possible to prevent a further decline in health.

SOCIAL ENGAGEMENT AND EDUCATION

OFFICE ON AGING AND INDEPENDENCE PROGRAM

50+ Centers

To reach the 50+ Centers Central Line, call 410-313-5400 (voice/relay)

- **Bain 50+ Center**
  5470 Ruth Keeton Way
  Columbia, MD 21044
  Ph: 410-313-7213
  Email: bain50@howardcountymd.gov
- **East Columbia 50+ Center**
  6600 Cradlerock Way
  Columbia, MD 21045
  Ph: 410-313-7680
  Email: eastcolumbia50@howardcountymd.gov
- **Elkridge 50+ Center**
  6540 Washington Boulevard
  Elkridge, MD 21075
  Ph: 410-313-5192
  Email: elkridge50@howardcountymd.gov
- **Ellicott City 50+ Center**
  9401 Frederick Road & 9411 Frederick Road
  Ellicott City, MD 21042
  Ph: 410-313-1400
  Fitness Center: 410-313-0727
  Email: ellicottcity50@howardcountymd.gov
- **Glenwood 50+ Center**
  2400 Route 97
  Cooksville, MD 21723
  Ph: 410-313-5440
  Email: glenwood50@howardcountymd.gov
- **Longwood Nutrition Site**
  6150 Foreland Garth
  Columbia, MD 21045
  Ph: 410-313-7217
  Email: longwood50@howardcountymd.gov
- **North Laurel 50+ Center**
  9411 Whiskey Bottom Road
  Laurel, MD 20723
  Ph: 410-313-0380
  Email: nlaurel50@howardcountymd.gov

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Friendly Connection-Phone a Senior

9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-1234
Fax: 410-313-5970
Email: map@howardcountymd.gov
www.howardcountymd.gov/aging

A program designed for isolated older adults over the age of 50, who live alone in the community, with limited social connections due to chronic health issues limiting travel and are seeking social connections.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Howard County Paws4Comfort

9830 Patuxent Woods Drive
Columbia, MD 21046
Ph: 410-313-7461
Fax: 410-313-5950
Email: igleysteen@howardcountymd.gov
www.howardcountymd.gov/paws

The Paws4Comfort program composed of volunteers and their pets fosters special bonds between owners, their pets, and the County residents they visit. The unique, therapeutic program is a rewarding and life-enhancing experience for all involved.

OFFICE ON AGING AND INDEPENDENCE PROGRAM

Volunteer Programs

9830 Patuxent Woods Drive
Columbia, MD 21046
www.hocovolunteer.org

The volunteer program recruits, places and supports volunteers within the Department of Community Resources and Services. We accept individuals age 13 and up who are interesting working in direct services, special events, and administrative positions. Positions and times vary. Please go to www.hocovolunteer.org to view current volunteer opportunities.

African Art Museum of Maryland

11711 E. Market Place, Maple Lawn Community
Fulton, MD 20759
Ph: 301-490-6070
Email: africanartmuseumofmd@verizon.net
www.africanartmuseum.org

The African Art Museum of Maryland encourages broader understanding of cultures and artistic expressions of people of the African continent.

Blind Industries & Services of Maryland (BISM)

3345 Washington Boulevard
Baltimore, MD 21227
Ph: 410-737-2600, 888-322-4567
Fax: 410-737-2665
Email: cdavis@bism.org
www.bism.org

BISM helps blind and low vision seniors achieve independence through home visits, center based training and support groups.

Clarksville Seniors

C/O Edward Dress
8125 Yellow Pine Drive
Ellicott City, MD 21043
Ph: 410-461-7810
Email: syledance@yahoo.com

Senior organization since 1982. Meets monthly at Clarksville Fire Hall. Social activities, trips, entertaining programs. Annual membership fee four dollars

Columbia Pro Cantare

8510 High Ridge Road, Studio 17
Ellicott City, MD 21043
Ph: 410-696-2888, 410-916-0744, 301-854-0107
Fax: 410-696-2591
Email: chorus@procantare.org
www.procantare.org

The Columbia Pro Cantare is a mixed chorus of over 100 volunteer singers which seeks to present the finest choral music to a growing regional audience. Since the Spring of 1977, the Columbia Pro Cantare has delighted Howard County and metro area audiences with its concerts of music ranging from the classics of opera, oratorio, and the concert stage to American and European folk and spiritual music. Founded by Director Frances Motyca Dawson, as a professionally trained volunteer chorus to sing nine times with the Baltimore Symphony Orchestra at its Howard County concerts and to bring high quality musical experiences to local audiences with its own independent performances, CPC has more than fulfilled its purpose.

Gary J Arthur Community Center

2400 Route 97
Glenwood, MD 21738
Ph: 410-313-4840, 410-313-4845
Fax: 410-313-4846
www.howardcountymd.gov/GJACC

Multi-purpose community center managed by the Howard County Department of Recreation and Parks. State of the art fitness room, recreation, programs and classes. Room rental opportunities available. Call for hours.

Howard Community College

10901 Little Patuxent Parkway
Columbia, MD 21044
Ph: 443-518-4971
Fax: 443-518-4333
Email: lfarb@howardcc.edu
www.howardcc.edu

Large variety of classes at discounted rate for persons 60+. Classes meet at 50+ Centers, campus and

community locations.

Howard County Department of Recreation and Parks
7120 Oakland Mills Road
Columbia, MD 21046
Ph: 410-313-4700
Fax: 410-313-7465
www.howardcountymd.gov/rap
Senior adults, age 55+; program and trip fees vary seasonally and are offered year round. Programs include leisure -based activities.

Howard County Department of Recreation and Parks Encore Showcase (55yr+)
7120 Oakland Mills Road
Columbia, MD 21046
Ph: 410-313-7311, 410-313-7279
Fax: 410-313-7465
www.howardcountymd.gov/rap
Recreation and leisure opportunities that include trips, fitness, socials, dance, art and educational/ instructional classes.

North Laurel Community Center
9411 Whiskey Bottom Road
Laurel, MD 20723
Ph: 410-313-0390
Fax: 240-568-3030
www.howardcountymd.gov/NLCC
Features include a fitness room, commercial kitchen, double gymnasium, pre-school classrooms, multi purpose rooms, senior activity room and much more. Hours of operation: 8am to 9pm Monday thru Saturday, 9am to 6pm Sundays.

Roger Carter Community Center
3000 Milltowne Road
Ellicott City, MD 21043
Ph: 410-313-2764
Fax: 410-313-2746
www.howardcountymd.gov/rccc
Center Hours:
6am-10pm, Monday-Friday
7am-10pm, Saturday
7am-9pm, Sunday

Volunteer Center Serving Howard County
6310 Hillside Court
Columbia, MD 21046
Ph: 410-715-3172, 410-715-3179
Email: info@volunteerhoward.org
www.volunteerhoward.org

THANK YOU
Howard County Volunteers!



Thanks to all the volunteers who have stepped up to serve the Howard County Community! A special thank you to all the volunteers who supported the Department of Community Resources and Services through a very challenging and demanding year.

As a show of gratitude, the Howard County community united by participating in the "Volunteers Rock" campaign which was presented by the Howard County Office on Aging and Independence and Howard County Department of Recreation and Parks. Please stop by to see all the beautiful gratitude rocks that the community painted in honor of Howard County's dedicated, supportive, and resilient volunteers, at any of these three "rock garden" locations.

Ellicott City 50+ Center
9401 Frederick Road
Ellicott City 21042

Gary J. Arthur Community Center
2400 Route 97
Cooksville 21723

North Laurel Community Center
9411 Whiskey Bottom Road
Laurel 20723

If you would like to volunteer, please go to our volunteer website at **www.hocovolunteer.org**

Contact Information:
Darlene Vaselaros, Volunteer Coordinator
Department of Community Resources & Services; Office on Aging & Independence
410-313-5951 | dcrsvolunteer@howardcountymd.gov

CONSUMER PROTECTION

DO YOU KNOW HOW TO SPOT A SCAM?

- Have you **RECEIVED A CALL** from someone who needs help and claims to be your grandchild or other family member?
- Have you **RECEIVED AN EMAIL** from someone who has claimed to be from the Social Security Administration?
- Have you **HAD AN ISSUE** with a business or contractor regarding a purchase or service you requested?

If you have experienced these issues; need answers about possible scams; or seek other consumer tips, contact us today. **We are here to help!**

Howard County
Office of Consumer Protection

410-313-6420 (VOICE/RELAY)
consumer@howardcountymd.gov

If you need this information in an alternative format, contact us at 410-313-6420 (VOICE/RELAY) or consumer@howardcountymd.gov

www.howardcountymd.gov/consumer



1 in 4

Howard County residents need a helping hand.

CAC provides:

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Energy Assistance
Food Assistance
Housing Assistance

HELPING PEOPLE. CHANGING LIVES.

If you are a Howard County resident in need of assistance, we are here to help. To access our services, please contact us:

410-313-6440 • www.cac-hc.org



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

410-313-1234

Need Help Finding Services?

SERVICES WHERE YOU ARE

- By telephone 410-313-1234
- By computer www.howardcountymd.gov/aging
- By email map@howardcountymd.gov
- In person at 50+ Centers or at 9830 Patuxent Woods Drive, Columbia

MAP CAN HELP!

- Options Counseling for long-term services and supports
- Information & Assistance
- Resources for older adults, adults with disabilities, and caregivers
- Application Assistance

Howard County
Office on Aging & Independence

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