

# THE 50+ Connection

NEWS and EVENTS from the  
Howard County Office on Aging and Independence

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## Find Fitness Options to Meet YOUR Needs

**"EVERY day is another chance to get stronger, to eat better, to live healthier, and to be the best version of YOU."**

While the author is unknown, this sentiment has been shared many times by fitness experts across the country, including the Office on Aging and Independence's (OAI's) 50+ Fitness Coordinator, Michelle Rosenfeld. During the pandemic, Michelle's guidance inspired many older adults in Howard County to stay fit through virtual classes. Now that the new year is here, she encourages everyone to check out ALL the options OAI has to offer, virtually, and in-person at the 50+ Centers.

If exercising without leaving home appeals to you, the virtual fitness pass offers 19 classes a week for just \$38 a month. View the January virtual program guide at [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters) for class descriptions and sign up instructions. If you enjoy working out with free weights and state-of-the-art equipment in person, the Go50+ Fitness Pass (\$75/year) gives you access to the fitness rooms at the Bain, Elkridge and Ellicott City 50+ Centers, as well as the Gary J. Arthur and North Laurel Community Centers and the Roger Carter Recreation Center.

*For the safety of all, masks must always be worn on-site.*

### We Can Help You Get Started

Free fitness center orientations are offered on the first and third Wednesday of the month at 11:00 a.m. at the Bain 50+ Center, and the second Wednesday of the month at 10:30 a.m. at the Ellicott City 50+ Fitness Center. Registration is required. Beginning this month, **personal training sessions/packages** will also be available at Bain; for more information, contact Michelle Rosenfeld at 410-313-7394.

### Group Exercise Package Resumes

The Ellicott City 50+ **Group Exercise Quarterly Pass Package** returns in January. This package is \$75 for three months of unlimited classes and allows you to participate in any or all of 10 classes offered each week, including All in One, Gentle Yoga, Yoga Fusion, Power, Pilates®, and Zumba Gold®. Instructors teach to mid-level intensity and demonstrate high and low options as well. Interested? Register on-line, sign up at the center or call 410-313-0727 for details.



Malarie Burgess, Exercise Specialist  
Howard County Office on  
Aging and Independence

If you have never exercised before, haven't exercised in a while, are unable to leave home, or feel functionally unable to participate in an exercise program, OAI suggests scheduling an exercise consultation with Malarie Burgess, Exercise Specialist.

**"A one-on-one consultation can help you establish a fitness program that considers the recommendations of your health care provider, your personal goals and the results of your fitness assessment," says Burgess.**

A Message from  
Howard County Executive

### Calvin Ball



Happy New Year Howard County! We ended 2021 on a high note, celebrating the groundbreaking of a new East Columbia 50+ Center, and our efforts to support older residents will continue this year. With the start of 2022, we're thrilled to bring hope and renewal to our community through thoughtful action towards our Age-Friendly Initiative. Just two years ago, we started this journey together to infuse our communities with the resources and supports they need to grow, thrive and live with dignity. More than 100 community members and stakeholders have invested 4,000 hours over the past 15 months, mainly virtually, to prepare our Age-Friendly Action Plan which will be released this month. This plan is a direct result of the hard work and contributions of our community.

Last November, we officially submitted the Action Plan to AARP for approval, with more than 80 recommendations that will guide our progress toward becoming an age-friendly community over the next three years. This plan is a blueprint for our neighbors, corporate and non-profit partners, faith-based and civic organizations, and government agencies to make our home an even greater place in which to grow up and grow older. While Howard County government will lead the effort, it will take input from individual residents, community groups, small and large businesses and non-profit organizations, to truly make our action plan a reality. To learn more, visit [www.howardcountymd.gov/agefriendly](http://www.howardcountymd.gov/agefriendly).

As we all make our resolutions for the year ahead, our focus remains on ensuring all residents can live full, thriving and healthy lives right here in Howard County.

### 30-Minute Consultations Available at Three Centers

**Elkridge 50+ Center — Second Tuesday; 1:00 to 4:00 p.m.**  
6540 Washington Boulevard, Elkridge 21075

**Bain 50+ Center — Third Wednesday; 9:00 to 11:30 a.m.**  
5470 Ruth Keeton Way, Columbia 21044

**North Laurel 50+ Center — Fourth Thursday; 9:00 a.m. to noon**  
9411 Whiskey Bottom Road, Laurel 20723

"A consultation can also benefit those living with a health condition that affects their ability to exercise, those who have been told by a provider to become more active, or those returning to activity after being discharged from therapy," explains Burgess. Interested participants should contact one of the three centers listed above to register.

For more information about HEALTH AND WELLNESS PROGRAMS at Howard County 50+ Centers, call 410-313-5400 (VOICE/RELAY) or visit [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters).



# HAPPY NEW YEAR

## Set Your Nutrition Goals!

by Carmen Roberts, MS, RD, LDN  
Nutritionist, Howard County Office on Aging and Independence

This New Year, make a resolution to improve your health and wellness in 2022. Start the New Year off on a healthy note by trying one or more of the following steps to help reach your goals.

- 1) Pick just one.** It can be overwhelming to try too many new things all at once — you may not know where to start and end up giving up too quickly. Instead, pick just one goal and write it down. Putting it on paper (like any “to-do” list) is a good way to start.
- 2) Make a plan.** Instead of setting an *impossible* goal to lose 50 pounds in two months, start with a more *realistic* goal to lose one pound each week by reducing your calorie intake by 500 calories a day. Then, plan how you will reduce those calories (by eliminating added sugar in your coffee or replacing calorie-laden desserts or snacks with healthier options). Writing down what you eat each day will help you stay focused on your goal.
- 3) Start small.** First, look at your current health habits: are you eating out too frequently, or not getting enough exercise? Then, set small, achievable goals. If you usually grab fast food for dinner on the way home, prep meals the night before instead, then use the time to take a 30-minute walk outside when you get home. You will save hundreds of calories by eating a healthier meal at home, and you can burn over 100 calories by taking a brisk walk. These small changes alone could yield a weight loss of at least a pound a week.
- 4) Get others involved.** Communicate your goals to your friends and family so that they can help you along the way. Invite a friend to go on a morning walk with you or swap healthy recipes with a neighbor. If you’re caring for your grandkids, get them involved in cooking with you. As a bonus, you will create wonderful shared memories!
- 5) Reward yourself.** Celebrate your success by rewarding yourself. Create rewards that support your healthier lifestyle, like buying new athletic shoes or a pedometer to track your daily steps.

If you would like to receive help getting on track with your nutrition goals, schedule a **free in-person or virtual nutrition consultation** with Carmen Roberts. For more information and available dates, contact your nearest 50+ Center or visit [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters).

# Medicare Advantage Open Enrollment



January 1 through March 31 is the **Medicare Advantage Open Enrollment period for individuals enrolled in a Part C plan** as of January 1, 2022. If you’re unhappy with your current plan or want to explore other options, during this time you can:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans or go back to Original Medicare (with or without a Medicare drug plan), your new coverage will start the first day of the month after your new plan gets your request for coverage. Keep in mind, if you go back to Original Medicare now, you may not be able to buy a Medicare Supplement Insurance (Medigap) policy.

Please note: the Medicare Advantage Open Enrollment Period is NOT for those who already have Original Medicare.

**Howard County State Health Insurance Program (SHIP) can help you navigate your coverage options. Call 410-313-7392 (VOICE/RELAY) to schedule a remote counseling appointment with a Certified SHIP Counselor.**

## January Events

### Stop Exercising to Lose Weight

**Virtual Webinar via Webex • Monday, January 10 • 2:00 p.m.**

Join OAI’s Exercise Specialist, Malarie Burgess, to learn more about the many benefits of regular exercise that have nothing to do with your appearance. View the webinar via Webex at <https://bit.ly/3yf5s84> and use password HPN2022.

### Explaining the Process:

### How OAI Supports Our Caregivers, Our Heroes

**Online via Webex • Tuesday, January 18 • 10 a.m. to noon**

Learn about caregiver support options and resources available through the Office on Aging and Independence Caregiver Support Program and Home and Community-Based Services Teams. FREE; pre-registration is requested at <https://oicaregiverwebinar2022.eventbrite.com>. Webex login information will be emailed to all registrants. For more information, call 410-313-5955.

### Seasoned Sisters

**Wednesdays beginning January 26 • Noon to 1:30 p.m.**

East Columbia 50+ Center, 6600 Cradlerock Way, Columbia 21045

Come laugh, learn and grow with women who have lived a little, laughed a lot, and are seasoned by life experiences. SeniorsTogether’s new group is led by a trained facilitator and welcomes women interested in sharing thoughts, lifting up and connecting with one another. RSVP by January 24 to Karen Hull at 410-313-7466 or [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov).

### 2022 Howard County Child Care Fair

**Saturday, January 22 • 10 a.m. to 2 p.m.**

North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel 20723

Coordinated by the Office of Children and Families, the Child Care Fair provides parents, guardians, grandparents and child care personnel with a one-stop-shop for information on child care, pre-school and summer programs. Admission is free but pre-registration is encouraged at <https://2022childcarefair.eventbrite.com>. For more info, call 410-313-1940.

### Beacon Virtual 50+ EXPO

Through January 31, join the Office on Aging and Independence (OAI) online for the Beacon Virtual 50+ EXPO, featuring informative OAI videos, plus keynote speakers, classes, entertainment, and exhibitors. Visit the EXPO 24/7 at [www.beacon50expo.com](http://www.beacon50expo.com). Special thanks to OAI’s Bronze Sponsors, Maryland Vascular Specialists and Lorien Health, for their event support.

## Howard County

Office on Aging & Independence

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