

OLDER ADULTS:
LOCAL
RESOURCES FOR
THRIVING
DURING THE
PANDEMIC



Jenna Crawley, Administrator
December 8, 2020

HOWARD COUNTY OFFICE ON AGING & INDEPENDENCE

- Designated Area Agency on Aging (AAA) for Howard County
- Mission - Ensure Howard County older adults and persons with disabilities have the resources they need to grow, thrive, and live with dignity
- OAI Vision - To provide person-centered, community-based programs, supports, and resources that empower individuals, serve as an Aging & Disability Resource Center, reduce social isolation, advocate for at risk groups, and promote the ability to age in place

COVID-19 & HOWARD COUNTY OAI

- Older adults identified as high risk population
- March 2020 – Department of Community Resources quickly mobilized to take all operations 100% remote
- Needed to identify and determine new ways to continue to deliver services
- Teams & the community began to learn how to use new technology and platforms to share information, to connect and engage with each other
- Response more protracted than initially anticipated
- December 2020 – Continue to operate nearly all programs & services virtually

OLDER ADULT PRIORITY AREAS

- **Food Access**
 - Congregate meals shuttered
 - Concerns going to grocery stores
- **Information & Referral**
 - Inquiries regarding supports & services
- **Advocacy**
 - Ensuring resident rights
 - Access to community-based supports
- **Social Connectedness & Engagement**
 - Older adults identified as high risk population
 - Stay at Home Orders
 - 50+ Centers closed
 - Advised to limit in-person contact with friends and family outside of immediate household

GRAB & GO MEALS

- Congregate meal program transformed to a Grab & Go meal distribution to include both pick-up and delivery
- Weekly distribution of 7 meals/per person
- Available to anyone 60+ & spouses of any age
- Standard & Korean meals available
- **38,770** meals have been served since 3/26/20

FOR OLDER ADULTS IN NEED DURING THE COVID-19 PANDEMIC
(lack of transportation, mobility issues, illness, have a disability or quarantined)



Each seven-pack box includes seven different individual entrées, seven cartons of milk, and a variety of fruit cups, apple sauce and bread products.

PICK-UP LOCATION —

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, MD 21042
Every Thursday • 11:00 a.m. to 12:30 p.m.

REGISTER TODAY
**LIMITED
AVAILABILITY!**

PRE-REGISTRATION IS REQUIRED —

To register, contact Maryland Access Point of Howard County
410-313-1234 (voice/relay) • map@howardcountymd.gov

Order must be received by 12:00 noon on Monday to receive a meal kit for the following week. Eligible individuals must be 60 years and older; spouses of any age are welcome to participate. Program funding made possible through the Senior Nutrition Program of the Older Americans Act of 1965.

SUGGESTED DONATION —

\$47.32 PER SEVEN-PACK MEAL KIT (\$6.76/MEAL)

Donations ensure the continued viability of the program; a donation envelope is provided with each kit.

PRESENTED IN PARTNERSHIP WITH —

 Howard County Office on
Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov/aging
[Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)



If you need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

MARYLAND ACCESS POINT

- Information & referral specialists available to provide options counseling, support and referral to services
- During COVID, inquiries have been around health, caregiving, and food needs

Be Strong. Be Bold.
AGE WELL.

Aging is not lost youth, but a new stage of opportunity and strength.

— Betty Friedan —

HOWARD COUNTY'S PREMIER RESOURCE
for Dynamic, Quality-of-Life Programs,
Services and Supports for All Ages of Adulthood

INFORMATION, ASSISTANCE and REFERRALS
for all of the **REAL-LIFE** moments

When you have questions, we have answers.

410-313-1234 (VOICE/RELAY)



Howard County Office on
Aging and Independence

Department of Community Resources and Services

EMAIL aging@howardcountymd.gov

howardcountymd.gov/aging

facebook.com/HoCoCommunity

SOCIAL ISOLATION: RISKS EXACERBATED

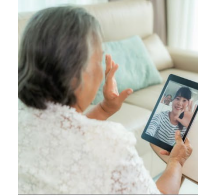
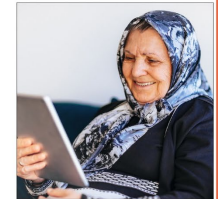
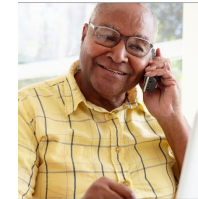
- Pre-pandemic, older adults were at risk for social isolation
- Negative ramifications of social isolation and low social connectivity have been equated to the health risks of high blood pressure, physical inactivity, obesity, or smoking 15 cigarettes a day
- OAI created programming & services to increase social connectedness

TELEPHONIC SUPPORT

- Establishing a peer-to-peer phone support program
- Weekly social opportunity for connection
- Low-tech option

Phone A Senior

— A VOLUNTEER OPPORTUNITY —



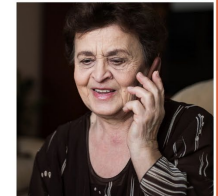
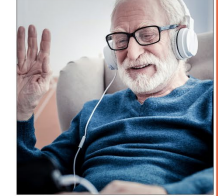
BECOME
someone's lifeline.

ENGAGE
in community connections.

SHARE
hope and laughter.

ENJOY
friendly conversations.

CONNECT
with a weekly call.



— FOR MORE INFORMATION ON VOLUNTEERING, CONTACT US TODAY —

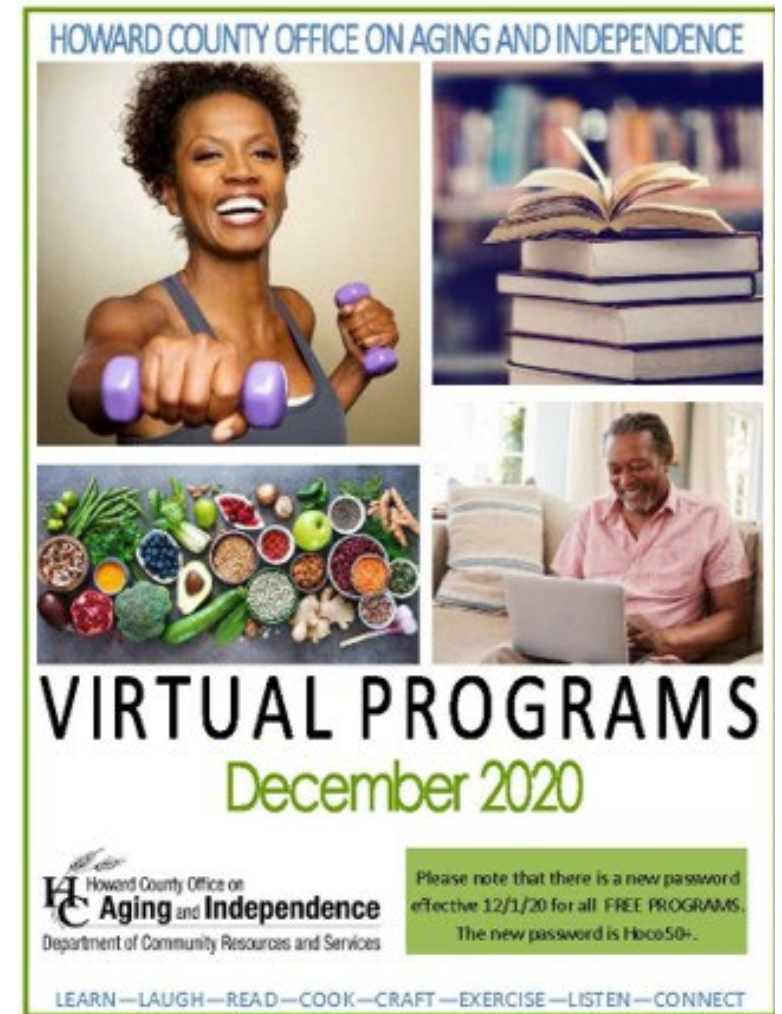
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map@howardcountymd.gov
www.howardcountymd.gov/aging

If you need this publication in an alternate format, contact MAP at the phone number or email listed above.

VIRTUAL 50+ CENTER

- County 50+ Centers closed March 16th due to Major Disaster Declaration
- Pivoted to virtual model
- 200+ programs per month to engage, inspire & motivate
 - Exercise, DIY, Lifelong Learning, Social & Support Groups
 - Monthly fitness pass with access to 20 classes/week
- Partnered with Korean American Senior Association (KASA) to deliver programs in Korean



BEACON & OAI VIRTUAL EXPO

- Due to COVID, annual OAI Master Aging (formerly known as 50+ Expo) was canceled
- Partnered with The Beacon to provide a virtual 50+ Expo
- Online Event through 1/31/2021
- More than 20 demonstrations/classes on tai chi, yoga, Zumba, cooking, meditation
- Expert speakers addressing health and wellness, legal matters and estate planning, money and investments, retirement housing options
- Entertainment ranges from stand-up comedy and Broadway show tunes, to dance lessons, classical music and jazz piano.
- Over 100 informative exhibitors, including government agencies, nonprofits and area businesses offering products and services to older adults and their families across the Baltimore region



PRESENTED BY



This online event will feature a variety of expert speakers on health and financial topics; engaging classes; entertainment; and informative exhibits. The 50+EXPO runs November 1, 2020, through January 31, 2021. You can visit all programs at any time during the three month event.

thebeaconnewspapers.com/virtual-expo

POWERFUL TOOLS FOR CAREGIVERS

- Evidence-based course designed with the caregiver's well-being in mind.
- Multi-week course that helps caregivers develop a wealth of self-care tools
- Now delivered virtually

Join this WebEx Class in the **Comfort** and **Safety** of Your Own Home!

Powerful Tools OR Caregivers

The Powerful Tools for Caregivers (PTC) series is comprised of 10-minute classes offering a supportive environment covering a comprehensive array of topics and self-care tools designed to help:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions
- better understand dementia

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

COURTESY OF
 Howard County Office on
Aging and Independence
Department of Community Resources and Services

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

- Materials and access to the class will be provided prior to start date.
- Classes are taught via WebEx format; computer and internet access required.
- Enjoy this educational opportunity in the comfort of your own home.

**Stay
HOME
stay
CONNECTED**

An **ONLINE** Program for Your Health and Safety!
WINTER 2020

PTC is Now Offering a **SPECIAL** Bonus
Class to Better Understand Dementia:
SESSION ZERO

January 13 THRU February 24
6:00 TO 7:30 pm

SEVEN CONSECUTIVE WEDNESDAYS

If you are a caregiver, we encourage you to register for this dynamic self-care program. We are here to help you!

There is NO CHARGE to attend these self-care classes!

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov

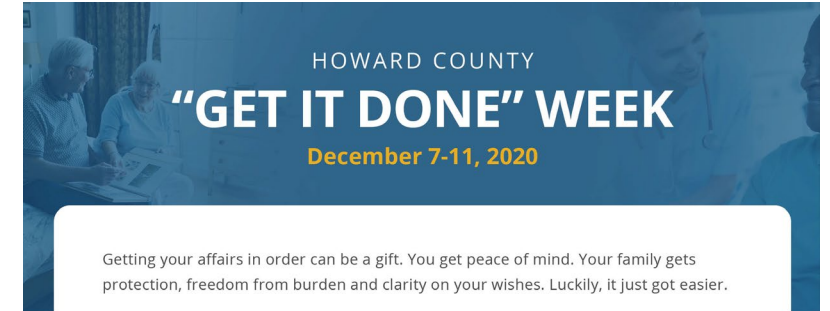
NUTRITION & EXERCISE CONSULTATIONS

- Registered Dietitian will answer questions about diet, nutrition, and the impact of food on your health
 - No fee to participate in a 30 minute session
- Exercise Specialist will provide guidance on starting or changing an exercise routine
 - Will work together to tailor a fitness plan best suited to your needs from the comfort of your own home.
 - There is a \$15 fee to participate in a 30 minute session
- Registration details available in Virtual 50+ Center eblast



GET IT DONE WEEK WITH HORIZON FOUNDATION

- Partnership with Horizon Foundation to provide informational sessions on future planning
- Opportunity to receive virtual one-on-one help to get your future plans in place
- Running now through December 11th



Getting your affairs in order can be a gift. You get peace of mind. Your family gets protection, freedom from burden and clarity on your wishes. Luckily, it just got easier.

During "Get It Done" Week, sign up for one-on-one help or informational sessions with local experts ready to help you get your future plans in place. All sessions are virtual and totally free.

Sign up for one-on-one help or a group informational session
at SpeakEasyHoward.org/GetItDone

TOPICS INCLUDE:

- **Financial and Long-Term Care Insurance Planning**December 7
- **Caregiving**December 8
- **Retirement Living, Assisted Care, and Housing Options as You Age**December 8
- **Health Insurance Basics**December 9
- **Advance Care Planning**December 10
- **Conflict Resolution**December 10
- **Wills, Trusts, Powers of Attorney and Estates**December 11

AGE-FRIENDLY HOWARD COUNTY

- An age-friendly community is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services
- Community-led initiative to help to create a “livable” community which ensures that Howard County is a great place for all to grow up and grow older
- Focuses on eight domains of livability
- Welcome additional community engagement

Age-Friendly Communities Support People of All Ages by Focusing on the

8 DOMAINS OF LIVABILITY



Outdoor Spaces and Buildings

Public places to gather — indoors and out — and accessible buildings



Transportation Options

Sidewalks and safe, crossable streets for pedestrians; dedicated bicycle lanes; and public transit options



Housing

Housing options to meet the needs of those with differing incomes, ages and life stages



Social Participation

Access to a variety of affordable activities to combat social isolation



Respect and Social Inclusion

Intergenerational activities for young people and older adults to interact with and learn to value one another



Work and Civic Engagement

Opportunities for active community engagement through paid employment and meaningful volunteer options



Communication and Information

Information sharing through a variety of delivery methods, with respect for cultural and age-related differences



Community and Health Services

Assistance and affordable care options available for all ages



www.howardcountymd.gov/agefriendly

Office on Aging & Independence

- Remain available & ready to serve
- During this time, goals are to:
 - Share information
 - Build supports
 - Facilitate connection
 - Create engagement opportunities
 - Provide the right resources at the right time
- Connect with us:
 - www.howardcountymd.gov/aging
 - www.howardcountymd.gov/agefriendly
 - Facebook.com/HoCoCommunity
 - Maryland Access Point (MAP) 410-313-1234