

WHERE THE MANY FACES OF 50+ MEET!



EVENT PROGRAM

50 PLUS EXPO

Howard County Office On Aging

FRIDAY, OCTOBER 19 • 9 AM - 4 PM

Wilde Lake High School, 5460 Trumpeter Road, Columbia, MD

FREE ADMISSION

Event Parking At The Mall In Columbia With FREE Shuttle Service To EXPO!

IN THE ROUSE THEATRE

Don't miss the 10 AM Johns Hopkins presentation:

Heart to Heart: Taking Care of Your Own Cardiovascular Health

Presented by

Lili A. Barouch, M.D.

Assistant Professor of Medicine, Johns Hopkins Medicine

The Capitol Steps

Performing 2 Hilarious Shows: 12 noon and 2 pm



Find us on  Facebook at www.facebook.com/HoCo50PlusEXPO

410-313-6410

www.howardcountyaging.org

If you need a sign language interpreter or other accommodations to attend this event, call 410-313-5980 (voice/relay) or email: map@howardcountymd.gov by October 15. To request transportation, call HT Ride at 800-270-9553 by October 12.

WELCOME TO THE 14th ANNUAL 50+EXPO



Welcome to the 14th annual 50+EXPO, Howard County's premiere event for older adults age 50 and over, their families, caregivers and friends. This year's EXPO focuses on "where the many faces of 50+ meet" in Howard County, and the Office on Aging has a great day planned.

This year's lineup features 150 exhibitors, ideas and demonstrations on "living green," and life-enriching workshops. Be sure to visit the health fair for flu shots, drop in on one of the seminars on

healthy aging or meet up with friends and enjoy great food and entertainment in the Café 50+. And of course, you don't want to miss the hilarious political satire presented by the famed "Capitol Steps" in the Rouse Theatre with a performance at noon and 2 p.m.!

I want to thank the dedicated staff of the Office on Aging for the amazing work they do, year-in and year-out, to bring you the 50+EXPO and all of the other programs and services designed to meet the needs of Howard County's growing and diverse aging population. I also want to thank this year's sponsors and the dedicated team of volunteers who make this event possible.

Have a wonderful time at the EXPO!

Ken Ulman
Howard County Executive



Lois K. Mikkila

On behalf of the Howard County Department of Citizen Services, and our Office on Aging, we welcome you to the 14th annual 50+EXPO, where the many faces of 50+ meet. Each year, the 50+EXPO showcases the innovative programs and services we offer to help Howard County residents continue to grow, thrive and live with dignity. More than 150 vendors and exhibitors are on hand as well, with resources and information to help you meet your current needs and plan for the future.

Take advantage of the free screenings in our health fair, get a flu shot, and attend a life-enriching workshop, led by local medical professionals and wellness experts. Plus, don't miss the incomparable Capitol Steps in the Jim Rouse Theatre at noon or 2 p.m., and enjoy lunch and all day musical entertainment in the Café 50+.

We would like to thank Wilde Lake High School for their gracious hospitality, our sponsors for their generous support, and our exceptional volunteers for their enthusiastic assistance. Enjoy your day at the 50+EXPO!

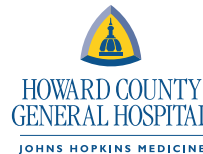


Dayna M. Brown

Lois K. Mikkila
Director
Howard County
Department of Citizen Services

Dayna M. Brown
Administrator
Howard County Office on Aging

PLATINUM SPONSORS



GOLD SPONSORS



MEDIA SPONSORS



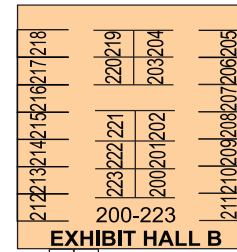
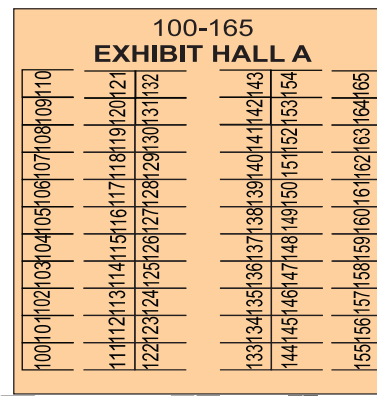
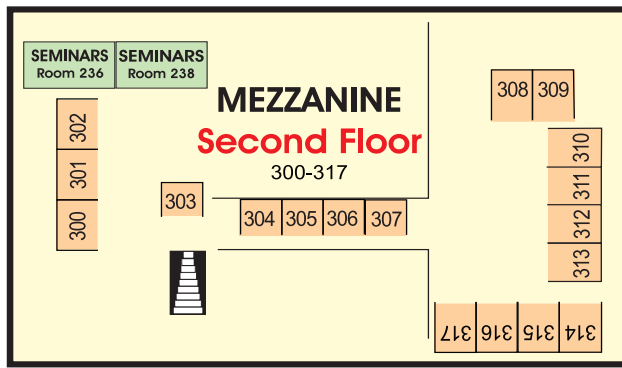
2012 50+EXPO Scheduled Events

The Jim Rouse THEATRE	Speaker Series SEMINARS	Healthy Aging WORKSHOPS	Sr. Center Showcase DANCE, MOVE, SING!
<p>10:00 am • JRT HEART TO HEART: TAKING CARE OF YOUR OWN CARDIOVASCULAR HEALTH Lili A. Barouch, MD Johns Hopkins Medicine</p> <p>11:30 am Theatre Doors Open for Seating</p> <p>12:00 noon • JRT THE CAPITOL STEPS Tickets Available at Ticket Booth</p> <p>1:30 pm Theatre Doors Open for Seating</p> <p>2:00 pm • JRT THE CAPITOL STEPS Tickets Available at Ticket Booth</p>	<p>11:00 am • ROOM 138 MANAGING DIABETES AND NON-HEALING WOUNDS Summit Gupta, MD Howard County General Hospital A Member of Johns Hopkins Medicine</p> <p>1:00 pm • ROOM 138 PAIN MANAGEMENT Mark Matsunaga, MD Howard County General Hospital A Member of Johns Hopkins Medicine</p> <p>2:00 pm • ROOM 138 COMMON GASTROINTESTINAL CONDITIONS Preston Kim, MD Howard County General Hospital A Member of Johns Hopkins Medicine</p>	<p>12:00 noon • ROOM 236 ALTERNATIVE WAYS TO REDUCE STRESS AND ANXIETY Devorah Walder, MAc WisdomWell</p> <p>12:00 noon • ROOM 238 MEN'S HEALTH: PROACTIVE MEASURES Robert Ammlung, MD</p> <p>1:00 pm • ROOM 238 THE HEALING POWER OF FOODS Nicole Gordon, MA, HHC, CT WisdomWell</p> <p>2:00 pm • ROOM 236 ANCIENT SECRETS FOR LONGEVITY Joseph Roberson WisdomWell</p>	<p>10:00 am • Café 50+ BALLET MOBILE</p> <p>10:30 am • Café 50+ PING MAO'S TAI CHI with Sword</p> <p>11:00 am • Café 50+ THE CHERELLES</p> <p>11:30 am • Café 50+ ZUMBA GOLD by ANI MURACH</p> <p>12:00 noon • Café 50+ ELLIS WOODWARD ENTERTAINS</p> <p>1:00 pm • Café 50+ THE GOLDEN GIRLS</p> <p>1:30 pm • Café 50+ STERLING DORN Maryland Senior Idol 2011</p> <p>2:00 pm • Café 50+ SOUL LINE DANCING with JESSIE BARNES</p> <p>2:45 pm • Café 50+ LEO BIANCO</p>

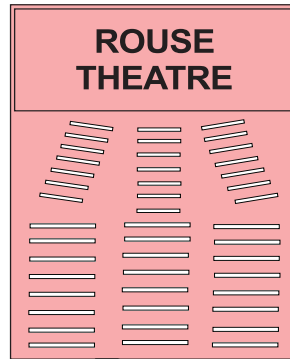
Theatre will be cleared following presentations. Sign language provided for theatre presentations.

See page 6 for additional details on presentations and speakers.

Exhibits remain open until 4:00 pm. Shuttle buses returning to the Mall will continue running until 4:30 pm.



First Floor



FLU SHOTS
Room 169

ST. AGNES HOSPITAL
CHOLESTEROL & BLOOD
SUGAR SCREENINGS
Room 167

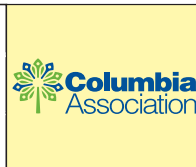
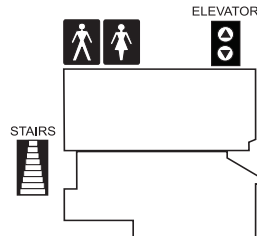
CAPITOL
STEPS
TICKETS

HCGH SPEAKER
SERIES
Room 138



HEALTH FAIR
HEALTH
SCREENINGS
& INFORMATION

MAIN STREET 1 - 44



Key ? EXPO INFO MEN'S RESTROOM WOMEN'S RESTROOM E ENTRANCE

HEALTH FAIR (HEALTH SCREENINGS AND EDUCATION)

- Balance
- Blood Pressure (H)
- Bone Density (H)
- Breast Health (H)
- Cancer Education (H)
- Carotid Artery (H)
- Emotional Wellness
- Glaucoma Screening
- Hearing
- Height/Weight BMI (H)
- Oral Cancer Screening (H)
- Podiatry
- Pulmonary Function (H)
- Pulse Oximetry (H)
- Stroke Education (H)
- Vein Screenings

(H) Provided by Howard County General Hospital

FLU SHOT
REGISTRATION

Exterior Doors
Enter
↑
EXPO Here

FLU & PNEUMONIA VACCINATIONS – Room 169

Please pick up your admission bracelet at the Registration Booth outside the front door entrance. Flu vaccinations are offered to adults age 50 and older, and adults under age 50 with underlying chronic medical conditions.

Flu vaccines: No cost (Medicare number accepted)
Shots: ages 6 month and up. FluMist: ages 2-49 yrs.
Standard doses only; no high dose vaccines available.

Pneumonia vaccines: \$70 (Medicare Part B card; cash and/or checks accepted).

Provided by the Howard County Health Department.

Total Cholesterol and Blood Sugar Screenings - Room 167

Courtesy of St. Agnes Hospital

Heart to Heart: Taking Care of Your Own Cardiovascular Health (In the Rouse Theatre)

Presented by Lili A. Barouch, M.D. Assistant Professor of Medicine, Johns Hopkins Medicine

LIVING GREEN in Howard County Exhibit Hall B showcases:

- Events and initiatives from the Office of the Environment & Sustainability and the Robinson Nature Center
- Gardening and composting practices from the University of Maryland Extension Service
- Energy efficient windows, wind-powered electricity, green commuting, & more
- Sustainable and recycled items to purchase for yourself or gift giving
- Hands-on activities

50+EXPO 2012 EXHIBITORS

GUIDANCE ROOM

Columbia Association

MAIN STREET

Advanced Hearing Centers 11

Advanced Radiology 12

Aetna 30

Ameriprise Financial 45

Bath Fitter 4

Bayada Nurses 13

Beautiful Faces 27

Being There Senior Care 32

BGE 35

CareFirst BlueCross BlueShield 16-17

Chesapeake Urology 41

Clarity Audiology & Hearing Solutions 34

Crest Lawn Memorial Gardens 10

Destinations, Inc. 33

Dr. Park Acupuncture 24

Elizabeth Cooney Care Network 38

Eyre Bus Tour & Travel 3

Griswold Home Care 6

Guide to Retirement Living SourceBook 39

Gutter Helmet Systems 14

Handyman Matters of Columbia 8

Howard County General Hospital 19-20

Heartlands Senior Living Village 9

Home Instead Senior Care 29

Howard County Dept. of Citizen Services 18

Howard County Office on Aging 18

Johns Hopkins Medicine 21

LeafFilter Gutter Protection 25

Ling Tai Acupuncture 44

Long & Foster, Inc. 5

MD Laser Medicine & Surgery 37

Northwest Savings Bank 23

RetirementQuest 43

Right at Home In-Home Care & Assistance 42

Saint Agnes Hospital 1

Southern Trust Mortgage 7

The Beacon 40

The Evergreens at Columbia Town Center 36

Van Dyke & Bacon 28

Vantage House 22

WeCare Private Duty Services, Inc. 26

Wegmans 2

West Shore Window & Door 31

White Oak Health Care 15

EXHIBIT HALL A PRIME

Certa Pro Painters of Columbia 122

Dr. Steven H. Becker and Associates 111

Howard County OOA Health & Wellness 100

Kitchen Saver 133

Miracle Ear 155

Sunrise Senior Living 144

EXHIBIT HALL A

Abilities Network 151

Alta at Regency Crest 158

American Legion 116

Byron E. Macfarlane, Ho Co Register of Wills 128

Caplan's Estate Services 134

Central Maryland Regional Transit 161

Christian Science Society of Columbia 132

COGS - Coalition of Geriatric Services 106

College Savings Plans of Maryland 143

Community Action Council of Howard County 152

Comptroller of Maryland 162

Computer Seniors of America 131

Elected Officials 101

Encore at Turf Valley 126

Family & Children's Services In-Home Services 129

Floormax 123

Gilchrist Hospice Care 127

Glaucoma Plus Eyecare 114

Hearts & Homes 150

Howard Community College 160

Howard County Board of Elections 105

Howard County Commission on Aging 104

Howard County Democratic Party 138

Howard County Dept of Recreation & Parks 140

Howard County Fire & Rescue 130

Howard County Housing 120

Howard County Library 147

Howard County Office of Human Rights 108

Howard County Police Department 119

Howard County Public School System 117

Howard County Republican Women's Club 159

Humanim 109

Integration Technologies Group, Inc. 135

Jewish Federation of Howard County 137

Let's Move 145

Liberty Mutual Insurance 157

Living Wellness Chiropractic 146

Loyola Clinical Centers 164

Lutheran Village at Miller's Grant 121

Maryland Insurance Administration 154

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MedStar Health Visiting Nurse Association 113

Mid-Atlantic Waterproofing 125

Morningside House 156

Nat'l Institute on Aging 163

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Organized! By Romanic 124

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Renewal by Andersen 107

SHIP 110

Shangri-La Assisted Living 115

Side by Side Travel 103

Synergy Women's Fitness 112

The Shelter Group 139

Tiber Hudson 149

Winter Growth, Inc. 141

WomenHeart 165

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American Cancer Society 207

America Red Cross 220

Fabulous 50+ Players Ho Co Arts Council 208

FIRN 202

Howard County Consumer Affairs Advisory Board 209

Howard County Dept of Social Services 203

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Legal Aid Bureau, Inc. 205

Maryland Relay 206

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National Active & Retired Federal Employees 219

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LIVING GREEN HALL B

Capital Remodeling 214

Howard Commuter Solutions 212

Howard County Recycling 216

Live Green Howard County 215

Living Green 223

Robinson Nature Center 222

The James and Anne Robinson Foundation 221

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Bowenwork for Essential Health 303

Chase Brexton Health Services 304

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Columbia Community Exchange 301

Columbia Physical Therapy 310

Columbia Pro Cantare 300

DrinkBioGif.com 309

Howard County NAACP Youth Council 307

Ho Co Office of Emergency Management (OEM) 317

Lisa Farley Acupuncture 312

Mary Kay 308

Maryland Physicians Nat'l Health Program 314

Osher Lifelong Learning 311

Prudential 313

SCORE 302

Scentsy 316

CAFE 50+

Howard County Senior Centers

SPONSORS NOT EXHIBITING

Baltimore Sun Media Group

Her Mind Magazine

Howard County Health Department

The Business Monthly

2012 50+EXPO SEMINARS AND WORKSHOPS

10:00 am • Rouse Theatre

HEART TO HEART: TAKING CARE OF YOUR OWN CARDIOVASCULAR HEALTH

If you have a family history of heart disease, or other cardiac risk factors, or simply want to prevent the progression of heart disease, take charge of your own heart health with this informative seminar.

Lili A. Barouch, MD, Johns Hopkins Medicine

11:00 am • Room 138

MANAGING DIABETES AND NON-HEALING WOUNDS

This overview will describe the common problems with wounds and ulcers and show how management, surgery and wound healing can help prevent wounds from becoming more serious.

Summit Gupta, MD, Howard County General Hospital

12:00 noon • Room 236

ALTERNATIVE WAYS TO REDUCE STRESS & ANXIETY

Explore and re-examine the topic of EASE as you redefine stress & anxiety. Learn tools for daily living that reclaim "easy" in day-to-day routines.

Devorah Walder, MAc, WisdomWell

12:00 noon • Room 238

MEN'S HEALTH: PROACTIVE MEASURES

An overview of men's 50+ health issues, this workshop focuses on preventative measures, health tips, recommended vaccinations, nutrition, the benefits of moderate exercise, and overall wellness choices.

Robert Ammlung, MD

1:00 pm • Room 138

PAIN MANAGEMENT

Mark Matsunaga, MD, Howard County General Hospital

1:00 pm • ROOM 238

THE HEALING POWER OF FOODS

Learn about some of the top nutrient-dense and mineral-rich foods and how to incorporate them into your daily life. This seminar will feature techniques for optimizing nutrition and how to use foods as medicine.

Nicole Gordon, MA, HHC, CT, WisdomWell

2:00 pm • ROOM 236

ANCIENT SECRETS FOR LONGEVITY

What if you could add 10 QUALITY years to your life? Learn some great habits to cultivate and lifestyle practices from several global communities that result in wellness, vitality and a longer, happier life.

Joseph Roberson, WisdomWell

2:00 pm • Room 138

COMMON GASTROINTESTINAL CONDITIONS

Learn about common issues, screening recommendations and treatment approaches to conditions that can be a sign of something more serious.

Preston Kim, MD • Digestive Disease Associates, P.A.

HOWARD COUNTY SENIOR CENTERS

Howard County's seven Senior Centers are located throughout the county and offer lunch programs, health screenings, information and referral services to residents 50 and up.

THE BAIN CENTER

5470 Ruth Keeton Way, Columbia • 410-313-7213

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia • 410-313-7680

ELKRIDGE SENIOR CENTER

6540 Washington Blvd., Elkridge • 410-313-5192

ELLICOTT CITY SENIOR CENTER

9401 Frederick Road, Ellicott City • 410-313-1400

GLENWOOD 50+ CENTER AT THE GARY J. ARTHUR COMMUNITY CENTER

2400 Route 97, Cooksville • 410-313-5440

LONGWOOD SENIOR CENTER

6150 Foreland Garth, Columbia • 410-313-7217

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel • 410-313-0380

Our Senior Center Plus sites offer fee-for-service, supervised social day programs for older adults with special needs or a disability. Limited transportation may be available by HT Ride.

**Ellicott City
Senior Center Plus**
410-313-1425

**North Laurel
Senior Center Plus**
410-313-7218

**Glenwood
Senior Center Plus**
410-313-5442

For more info: www.howardcountygaging.org

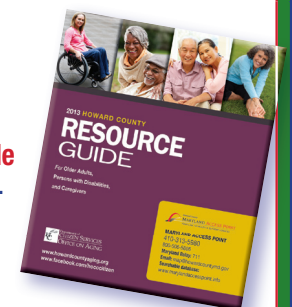
HOWARD COUNTY OFFICE ON AGING MARYLAND ACCESS POINT

MAP is an Aging and Disabilities Resource Center for residents of Howard County offering assistance with:

- Housing and Assisted Living Options
- Respite, Long-Term and Home Care
- Financial Guidance and Benefits Counseling
- Reverse Mortgage Counseling
- Caregiver Support Services
- Retirement and Future Planning
- Transportation

Pick up your copy of the **2013 Resource Guide** at the OOA information booth at the 50+EXPO.

Additional copies available at Office on Aging and Howard County Senior Centers and Libraries



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

www.marylandaccesspoint.info

410.313.5980 • 800.506.5806
Maryland Relay 711
map@howardcountymd.gov



Department of
CITIZEN SERVICES
OFFICE ON AGING