

CULTIVATING *a Brighter* TOMORROW



Cultivating A Brighter Tomorrow starts with you!

Last year, the Baltimore County Department of Aging (BCDA) focused on resiliency and how to thrive in difficult times. This year, we encourage everyone to discover ways to brighten your lives and the communities in which you live. Steps can be as simple as starting the day with a grateful heart, learning something new, volunteering or being open to other's opinions. BCDA hopes you will commit 2022 to exploring the many ways you can **'Cultivate A Brighter Tomorrow!'**

Within this monthly flier, you will find the Departmental events, national wellness days and information surrounding an array of topics. Some of the topics to brighten your life include information on mental and emotional health, technology, fitness, nutrition and environmental and community involvement.

January 2022

Happy New Year! Have you decided what your New Year resolution will be? Since January is National Staying Healthy Month, how about striving for overall better wellness? When we think of health, often we instantly think of physical health but according to *Dimensions of Wellness* theory, there are ten (10) dimensions of wellness: social, occupational, spiritual, physical, intellectual, emotional, environmental, financial, mental, and medical.

You are your greatest asset and your goal for 2022 should be to become a better and healthier you. We encourage you to choose one of the dimensions of wellness to start improving on today. This year be proactive instead of reactive when it comes to health and wellness and think prevention. Allow your thought process to be, what can I do in the dimension I choose to maintain or improve my health and enhance my quality of life. Start the New Year off on the right foot, and embrace the idea of improving your health and wellness during National Staying Healthy Month.



PERSONAL GROWTH ACTIVITY



Hunt For Happiness Week January 17-21, 2022

During the third week in January, Hunt For Happiness Week encourages us to take a closer look at what we define as happiness and what it takes to achieve a satisfying level of this personal pleasure in our lives.

While it's not possible to be happy 100 percent of the time, there are those of us who come close. Many factors play a role in happiness, and 2019's World Happiness Report points out the changing forces impacting happiness. Location isn't necessarily one of them. However, once the basic necessities of life are met, our habits consistently erode our ability to create a happy world. Technology seems to be one of the most significant factors in the United States.

From an individual perspective, we do control our own happiness. During the week, reflect on what brings you lasting happiness. Consider exploring the areas of your life and discovering where the joy is. Here are a few leading questions in your search:

- **Who are the people in your life that bring you happiness?**
- **Have you experienced a sense of peace when meditating or praying? A spiritual connection is often an essential part of overall happiness.**
- **Develop community connections and social activities that broaden your horizons.**
- **Identify your favorite activities and pursue them more often.**

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CONNECT TO BCDA FOR RESOURCES



Maryland Access Point (MAP) of Baltimore County will have a presence in Center Hall of Baby Boomer/Senior Expo this year. MAP serves seniors and adults with disabilities with information, referrals, and options counseling. MAP is the point of entry for obtaining information about services and benefits available to seniors, adults with disabilities, their families, caregivers and professionals.

Throughout the year, the MAP hotline, 410-887-2594, is answered by a team of Certified Information and Assistance Specialists (CIRS) Monday through Friday from 8:30 a.m. to 4:30 p.m.

MAP of Baltimore County provides:

- Screening and referrals for services and benefits
- Brochures and booklets on a variety of topics mailed right to your door
- Guest speakers for your community organization through the Speakers Bureau
- Information and assistance for seniors and their families
- Options Counseling for adults with disabilities

One publication of note is the Department's **Community Resource Directory 2022** which is a mini yellow pages for older adults and persons with disabilities. It has a wide array of categories to assist with the many issues one faces. This publication is published once a year and offers resources throughout Baltimore County and Baltimore City.

Contact MAP of Baltimore County at 410-887-2594 or send an email to aginginfo@baltimorecountymd.gov.

JANUARY *January Activities*

Monday, January 3 8:30 a.m.

EnhanceFitness

Every Monday/Wednesday/Thursday through 3/17

Monday, January 10 9 a.m.

Move with Balance

Every Monday and Wednesday until 3/30

Tuesday, January 11 11 a.m. or 1 p.m.

Tai Chi Quan Move for Better Balance

Every Tuesday/Thursday through March 24

Tuesday, January 18 10 a.m.

Tech Series: Digital Books and Publications

Learn the benefits of e-books and audiobooks, how to access or purchase them, podcasts, online magazines and how to utilize our local libraries for online reading.

Tuesday, January 25 3 p.m.

Don't Be Embarrassed...SCAMS are Real

Jackie Schroeder, CHANA's Director of Elder Abuse Awareness, will share true stories and teach ways for keeping your money and your life safe.

Wednesday, January 26 10:30 a.m.

Your Final Wishes

How to Protect and Prepare Your Family Register: https://us02web.zoom.us/j/84481212704?pwd=Z0RfuCspjoiEtcBAFTRv5_ebXA6-u0l10s

Wednesday, January 26 2:30 p.m.

Water Works

See how water is used worldwide and locally, how scarce water is across the globe, and the threats that scarcity poses in many places.

To receive the links to any activity listed above, please email theopalcenter@balitmorecountymd.gov.