

Baltimore City Health Department Office of Aging & CARE Service's "Bravely Moving Onward & Upward" Commission on Aging Initiative for 2014

Having the courage to move on after a loss can be one of the most difficult challenges for any person to face. The loss could be a sudden decline in health and abilities, retiring from a life-long career, leaving your home, no longer driving, or the death of a spouse, sibling or close friend. Because these changes can lead to isolation and depression, it is important to educate yourself about available resources. Throughout 2014, Baltimore City Health Department, Office of Aging & CARE Services will offer 12 topics within our 14 senior centers in order to assist you, your friends, and your family in addressing the challenges head-on and learn about "Bravely Moving Onward & Upward" with your life.

JANUARY 2014 - How Hospice Can Help			FEBRUARY 2014 - Understanding Grief			MARCH 2014 - Advance Directives - Choose Now			Baltimore City Senior Center Locations
Senior Center	Date	Time	Senior Center	Date	Time	Senior Center	Date	Time	
AIM	January	10 am	AIM	February	10 am	AIM	March	10 am	
Allen			Allen			Allen			
Cherry Hill			Cherry Hill			Cherry Hill			
Myerberg			Myerberg			Myerberg			
Forest Park			Forest Park			Forest Park			
Greenmount			Greenmount			Greenmount			
Harford			Harford			Harford			
Hatton			Hatton			Hatton			
John Booth			John Booth			John Booth			
Oliver			Oliver			Oliver			
Sandtown			Sandtown			Sandtown			
Senior Network			Senior Network			Senior Network			
Waxter			Waxter			Waxter			
Zeta			Zeta			Zeta			
APRIL 2014 - Tending the Spirit			MAY 2014 - Helping Your Grieving Friends			JUNE 2014 - Coping with Life's Transitions			Action in Maturity (AIM) 3900 Roland Ave. - 410-889-7915 Allen Center 1404 S. Charles St. - 410-685-6224 Cherry Hill 606 Cherry Hill Rd. - 410-354-5101 Myerberg 3101 Fallstaff Rd. - 410-358-6856 Forest Park 4801 Liberty Heights - 410-466-2124 Greenmount 425 E. Federal St. - 410-396-3552 Harford 4920 Harford Rd. - 410-426-4009 Hatton 2825 Falt St. - 410-396-9025 John Booth 2601-A E. Baltimore - 410-396-8067 Oliver 1700 N. Gay St. - 410-396-3861 Sandtown 1601 Baker St. - 410-396-7724 Senior Network 5828 York Rd. - 410-323-7131 Waxter 1000 Cathedral St. - 410-396-1330 Zeta 4501 Reisterstown Rd. - 410-396-3535
Senior Center	Date	Time	Senior Center	Date	Time	Senior Center	Date	Time	
AIM	April	10 am	AIM	May	10 am	AIM	June	10 am	
Allen			Allen			Allen			
Cherry Hill			Cherry Hill			Cherry Hill			
Myerberg			Myerberg			Myerberg			
Forest Park			Forest Park			Forest Park			
Greenmount			Greenmount			Greenmount			
Harford			Harford			Harford			
Hatton			Hatton			Hatton			
John Booth			John Booth			John Booth			
Oliver			Oliver			Oliver			
Sandtown			Sandtown			Sandtown			
Senior Network			Senior Network			Senior Network			
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JULY 2014 - Planning for the Future

Presented by		
Senior Center	Date	Time
AIM	January	10 am
Allen		
Cherry Hill		
Myerberg		
Forest Park		
Greenmount		
Harford		
Hatton		
John Booth		
Oliver		
Sandtown		
Senior Network		
Waxter		
Zeta		

AUGUST 2014 - The Dating Game

Presented by		
Senior Center	Date	Time
AIM	February	10 am
Allen		
Cherry Hill		
Myerberg		
Forest Park		
Greenmount		
Harford		
Hatton		
John Booth		
Oliver		
Sandtown		
Senior Network		
Waxter		
Zeta		

SEPTEMBER 2014 - Surviving a Loss

Presented by		
Senior Center	Date	Time
AIM	March	10 am
Allen		
Cherry Hill		
Myerberg		
Forest Park		
Greenmount		
Harford		
Hatton		
John Booth		
Oliver		
Sandtown		
Senior Network		
Waxter		
Zeta		

OCTOBER 2014 - You Say Tomato, I Say Tomahito

Presented by		
Senior Center	Date	Time
AIM	March	10 am
Allen		
Cherry Hill		
Myerberg		
Forest Park		
Greenmount		
Harford		
Hatton		
John Booth		
Oliver		
Sandtown		
Senior Network		
Waxter		
Zeta		

NOVEMBER 2014 - Coping During the Holidays

Presented by		
Senior Center	Date	Time
AIM	March	10 am
Allen		
Cherry Hill		
Myerberg		
Forest Park		
Greenmount		
Harford		
Hatton		
John Booth		
Oliver		
Sandtown		
Senior Network		
Waxter		
Zeta		

December 2014 - Finding a Purpose with Volunteering

Presented by		
Senior Center	Date	Time
AIM	March	10 am
Allen		
Cherry Hill		
Myerberg		
Forest Park		
Greenmount		
Harford		
Hatton		
John Booth		
Oliver		
Sandtown		
Senior Network		
Waxter		
Zeta		

Baltimore City Health Department Office of Aging & CARE Services

417 E. Fayette Street
6th Floor

Baltimore, MD 21202

Phone: 410-396-2273

www.baltimorecity.gov

www.baltimorehealth.org

Baltimore City Senior Centers currently offer an abundance of programs for older adults. Senior friendly fitness centers, offer exercise programs such as line dancing, swimming, and yoga, just to name a few. The senior centers also offer educational programs, painting classes, and computer training courses. Come out and take advantage of the great programs Baltimore City Senior Centers have to offer you!



Mayor Stephanie Rawlings-Blake

All presentations are free of charge and open to the public. For more information about the 2014 "Bravely Moving Onward & Upward" initiative

please call Senior Information & Assistance (410) 396-2273

Dr. Oxiris Barbot, Health Commissioner



Community Hospices of DC and MD		Action Plan					
Objective: Outreach Schedule and Plan for PG County, MD							
GOAL	ACTION	CHAMPION	Target Date	COMMENTS	OUTCOME EXPECTED/GOAL		
Establish contacts with PG Community College	offer 5 wishes presentation to faculty offer presentations from menu to S.A.G.E. group	Phil Carpenter & assigned team	9/15/13	provide copies of 5 Wishes provide menu of presentations	relationship with community educators further area contact opportunities		
establish relationship with Senior Centers for continued services	contact: John E Howard Senior Activity Center Camp Springs Senior Center Evelyn Cole Senior Center Gwendolyn Britt Senior Center Langley Park Senior Center Laurel/Beltsville Senior Center	Phil Carpenter & assigned team	9/30/13	chief offering: Holiday Workshops Dealing with Grief and Loss provide flyers with dates in collaboration with Senior Center Directors continues through Oct Nov and Dec	seniors will be supported at a vulnerable time of year members will give further contacts for opportunities to offer similar workshops for other sites they may know of		
Improve Hospice & Palliative Care in nursing homes, ALF's & partnership agencies	notify facilities of free course on H and P nursing leading to certification in the specialty(CHPN & CHPNA)	Beverly Paukstis Mary Mickey	9/30/13, 1/2014	one site in DC in Sept second site in Beltsville in Spring	increased access to hospice care through improved understanding participants will have a connection to specialists		
Improve End of Life Care through education	begin process of funding to send 3 CH staff to Train-the-Trainer sessions for ELNEC (End of LifeEducationNursing Consortium)	Beverly Paukstis Mollie Haines	9/30/13	calculate \$1200 per person secure donated funds	prepare to offer to PG Hospitals Prince George Hospital Southern Maryland Hospital Fort Washington Hospital		
Improve access to Advance Directive & Living Will knowledge and preparation	purchase booth/table for church health fair	Phil Carpenter& assigned team	9/30/13	offer state specific Living Wills & 5 Wishes document with explanatory handouts this continues through 2013-14	congregants/attendees will begin to see EOL care options & think about choices		
Increase provision of appropriate Grief Counseling	utilize directory of 82 funeral homes and cemeteries in PG to identify key groups to contact for assistance and education	Phil Carpenter& team	ongoing	identify needs of this constituent based on meetings to determine and discover what they and their customers might benefit from using our menu, which includes memorial services & grief care	partnerships of care will develop other contacts e.g. Rotarians & sororities & fraternities by 12/114, all will be contacted		
Plans for education and support will lead to diminishment of perceived barriers to EOL care	100% of senior centers will have menu of options	Phil Carpenter Beverly Paukstis Linda Heckber Phil's team	10/15/13	menu: Introduction to 5 Wishes document <i>Care for the Caregiver</i> : How to maintain a balance while caring for loved ones <i>What Comes Next?</i> Transitions in life; losses: people, role, job, future <i>Another Day</i> : how reaching out to others through volunteering is win-win <i>(Staff)Dealing with Accumulated Grief</i> : day to day caring for people and coping with the loss of them <i>(Staff):Total Pain</i> : physical, spiritual, social, emotional: my part in its relief <i>Living with the Empty Chair</i> : family grief and loss <i>Memorial services for Staff, or clients, residents, family</i>	support of community understanding of coping mechanisms relief of anxiety & prevention or illness through unresolved grief staff support & empowerment through education development of healthy coping skills outlet for closures		
Minimum 50% of Senior centers & 30% of targeted ALF's and Nursing homes will receive support around Grief Issues @	prepare and provide sessions and collaterals	Phil Carpenter & team	11/30/13	be ready to increase services until end of December based on success	holiday time be less painful for constituents		

[illegible]