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.

<u>JANUARY</u>	2014 - How Hospice Ca	an Help	FEBRUA	RY 2014 - Understandir	<u>ig Grief</u>	MARCH 2014 - Advance Directives - Choose Now		
	Presented by			Presented by	776.13	ga establication de la care	Presented by	
Senior Center	<u>Date</u>	<u>Time</u>	Senior Center	<u>Date</u>	<u>Time</u>	Senior Center	<u>Date</u>	Time
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APRII	2014 - Tending the Spi	irit	MAY 2014	Helping Your Grieving	Priends	JUNE 2014	- Coping with Life's Ti	ansitions
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enior Center	<u>Date</u>	<u>Time</u>	Senior Center	<u>Date</u>	<u>Time</u>	Senior Center	<u>Date</u>	<u>Time</u>
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Baltimore City Senior Center Locations

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 Fait 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



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SEPTEMBER 2014 - Surviving a Loss

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December 2014 -	Presented by				
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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!

	Action Plan			1			
Community Hospices of DC and MD						,	1
Objective: Outreach Schedule and Pla	n for PG County , MD						1
			Target				1
GOAL	ACTION	CHAMPION	Date	COMMENTS	OUTCOME EXPECTED/GOAL		1
Establish contacts with PG Community	offer 5 wishes presentation to faculty	Phil Carpenter & assigned team		provide copies of 5 Wishes	relationship with community educators		i
College	offer presentations from menu to S.A.G.E. group	i im our parter or accogned tourn	5/15/15	provide menu of presentations	further area contact opportunities		
				protite mone of procentations	tardier area outrace opportunisco		
establish relationship with Senior Centers	contact:	Phil Carpenter & assigned team	9/30/13	chief offering: Holiday Workshops	seniors will be supported at a vulnerable		
for continued services	John E Howard Senior Activity Center	Tim datpsitter at acception team		Dealing with Grief and Loss	time of year		
	Camp Springs Senior Center			provide flyers with dates in collaboration	members will give further contacts		
	Evelyn Cole Senior Center		• •	with Senior Center Directors	for opportunities to offer similar		
	Gwendolyn Britt Senior Center			continues through Oct Nov and Dec	workshops for other sites they may		+
	Langley Park Senior Center			l and bus the same same same same same same same sam	know of		1
	Laurel/Beltsville Senjor Center		····				i
				1			1
Improve Hospice & Palliative Care	notify facilities of free course on H and P nursing leading to certificate-	Beverly Paukstis	9/30/13. 1/2014	one site in DC in Sept	increased access to hospice care		+
in nursing homes, ALF.'s & partnership agencies	Ition in the specialty(CHPN & CHPNA)	Mary Mickey	-,,, -, -, -,	second site in Beltsville in Spring	through improved understanding		1
	7	, , , , , , , , , , , , , , , , , , ,		Destruction of the state of the	participants will have a connection		
		100000000000000000000000000000000000000	- 1971		to specialists		+
Improve End of Life Care through education	begin process of funding to send 3 CH staff to Train-the-Trainer	Beverly Paukstis	9/30/13	calculate \$1200 per person	prepare to offer to PG Hospitals		
	sessions for ELNEC (End of LifeEducationNursing Consortium)	Mollie Haines	3,00,23	secure donated funds	Prince George Hospital		
	The second of th	Wone Traines		secure domated funds	Southern Maryland Hospital		- <u>:</u> · ·
The table to table to the table to	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				Fort Washington Hospital		. (
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mprove access to Advance Directive &	purchase booth/table for church health fair	Phil Carpenter& assigned team	9/30/13	offer state specific Living Wills &	congregants/attendees will		
Living Will knowledge and preparation	passible boothtable for charact feath fair	Fill Carpellera assigned team		5 Wishes document with explanatory	begin to see EOL care options		
aring train to monday and propagation				handouts	& think about choices		
				this continues through 2013-14	a triffic about croices		•
				tins containes impagn 2013-14			- • •
ncrease provision of appropriate	utilize directory of 82 funeral homes and cemeteries in PG to identify	Phil Carpenter& team	ongoing	identify needs of this constituent based	partnerships of care will develop		
Grief Counseling	key groups to contact for assistance and education	Fill Carpetitera test		The same and the s	other contacts e.g. Rotarians &		
Jilei Courseing	key groups to contact for assistance and education			on meetings to determine and discover	sororities & fraternities		-,
		100000000000000000000000000000000000000		what they and their customers might benefit from using our menu, which	by 12/114, all will be contacted		
				includes memorial services & grief care	by 12/114, all will be contacted		
	- N/A-LII			includes memorial services & giter care			+
Plans for education and support will lead to	100% of senior centers will have menu of options	Phil Carpenter	10/15/13				
liminishment of perceived barriers to EOL care	100% of selfior centers will have ment of options	-ma -a-c		Introduction to 5 Wishes document	support of community		.
infillishment of perceived barriers to EOL care		Beverly Paukstis Linda Heckber	MP-ANALYTICAL PROPERTY.	Care for the Caregiver: How to maintain	undertanding of coping mechanisms		
TO THE EVERY AND ADDRESS OF THE PARTY OF THE		Phil's team	**************************************	a balance while caring for loved ones	relief of anxlety & prevention		
		Prins (earl)		What Comes Next? Transitions in life;	or illness through unresolved		
				losses: people, role, job, future	grief		
•				Another Day: how reacing out to others	græi		
				through volunteering is win-win			
	72.100			(Staff)Dealing with Accumulated	staff support & empowerment		
	***************************************	and the last terminal		Grief: day to day caring for people	through education		
		7/4/2		and coping with the loss of them	2311 4 4 4 4 4 4 1 1	-	+
	-			(Staff):Total Pain: physical, spiritual,			-
				social, emotional: my part in its relief			+
1.00.0				Living with the Empty Chair: family	deviopment of healthy coping		_
	The second secon			grief and loss	skills		
				Memorial services for Staff, or	outlet for closures		
	And the second s			clients, residents, family			-+-
	· MARKET WAS ASSESSED				43 90000		+
TO THE COMPANY	110	<u> </u>		ļ	CATALOGUE A		+
finimum 50% of Senior centers &	prepare and provide sessions and collaterals	Phil Carpenter & team	11/30/13	be ready to increase services until	holiday time be less painful		

loliday season						
ach unit of The Washington Home will	determine 7 AM, 4 PM,. 11 PM or similar schedule	Phil Carpenter & team	12/15/13	development of coping skills & support	69% of TWH staff live in PG	
eceive access to Holiday Grief Workshop	plan for 105 attendees			of emotional distress due to losses	County; reaching out to them	
n site; offer to resident/family council		A Para Maria (A 11170)			serves that area	
Planning for Serving & Educating Pastoral	Breakfast in Maarch for pastors and church leadership	Phil Carpenter & team	12/30/13	site, invittation design, mailing list,	Pastors will receive education	
Care Leaders	plan will be completed			caterer, participants	& support in their understanding	
	meet with key leaders to determine ideas of needs we might meet		1/30/14		& provision of care to their con-	
					gregtion; program will be based on	
					information gathered during	
					leadership meetings	
hree(3) members of CH nursing leadership	provide payment for attendance	Mollie Haines& Beverly	1/1/14	This initiative will continue throughout	plan for one site every 2 months	
rill be trained as ELNEC leaders	attend train-the trainer session	Chris Ruch & team	3/1/14	2014. ELNEC is a 12 module course.	plan to offer gratis	
rea hospitals will have access to state of the	mall invitations	Deborah Johnson	ongoing	Can be taught at Nursing homes;	gather data about ECF interest	
rt EOL education for staff with CEU's	begin query into nursing home desires for Spring and Summer	Beverly & Chris	ongoing	attendance from PG has been sparse		
romote membership in HPNA(site in MD)	for all RN, LPN, NP interested/practicing hospice/pallaitve nursing	Bevery & Chris	ongoing	improving access through site may help	prep toward CHPN& CEU's	
20:	14	AND ALL THAT				
he initiatives of 2013 will require a 2014 follow the	nrough. Once the interest level and definite sites have been determined, a	more firm plan per quarter can be developed i	elative to funeral homes, E	ECF;s, ALF;s, and churches.		
he ELNEC courses, as well, will continue hopefu	ully, throughout the county at various sites. Our expectation is to have a de	etailed plan for 2014 by March of 2014.				
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