

ON THE PLUS SIDE

March/April 2011

Volume 2, Issue 2

INTRODUCING YOUR PARTICIPANT COUNCIL



The purpose of your participant council here at Hopkins ElderPlus is to empower you by providing you with a positive way to initiate change and a forum for voicing your concerns and compliments. The participant council meets once a month in the Day Health Center. These meetings are led

by the council chairpersons, our participants. The council members are voted in by their fellow participants who they believe will work hard to make sure that their voices are heard and any concerns that they may have are addressed. The chairpersons who have been elected are absolutely wonderful. They have

worked very hard over the past year to make sure that so many concerns that have been expressed are addressed.



Left to right:
Venora F. and Doris C.
Below :
Ernest B. & Hedy J.

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Left to right: Frances H. & Peggy B.



Left to right:
Hedy J., Frances H., and Betty S.

Your Rights as a Participant

As a Participant of Hopkins ElderPlus, you have the following rights:

1. You have the right to be treated with respect.
2. You have the right to protection against discrimination.
3. You have a right to information and assistance.
4. You have a right to a choice of providers.
5. You have a right to access emergency services.
6. You have a right to participate in treatment decisions.
7. You have a right to have your health information kept private.
8. You have a right to file a complaint.
9. You have a right to leave the program.

A complete description of your rights is included in the Member Handbook and can be obtained from the social workers.



From left to right:
Avis Crayton, Erin Farace,
and Lynda Davis

Your Responsibilities as a Participant

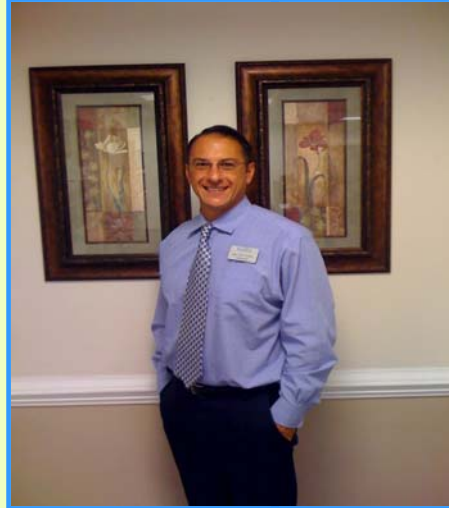
1. To provide accurate health care information to the HEP team so that appropriate care can be given.
2. To provide accurate information regarding eligibility requirements such as changes in address, finances, etc.
3. To accept all health care from HEP providers.
4. To notify HEP at the first opportunity of any use of out-of-plan services including emergency care.

Please see the Social Worker, if you have any questions on Grievances, Rights and Responsibilities.



A Message from Northpoint Nursing and Rehabilitation Facility

We are continuing to enhance the lives of our residents. We have started a new construction project for our higher functioning residents. Our new **Internet Cafe** will be completed by the time you receive this newsletter. Residents have complete internet access to surf the web, email friends and family members and keep up to date on what is going on around the world.



gives all of our rehabilitation residents a time to socialize with other residents who are going through the same thing. We find that when you bring everyone together to spend some quality time with people who are in similar situations that their experience will be much more enjoyable! The fun doesn't stop there...once you are well

We have also started a Rehab Lunch Bunch. When you are in our facility

Come join us for some fun and exciting events such as flower planting, an Easter egg hunt and even a guest appearance from Cowboy Joe.”

and receiving physical or occupational therapy, you are invited to a special lunch once a week. This

enough to go back home, where ever home may be, keep an eye out for an invitation in the mail to come back to the facility for a free Brunch. We will hold a total of four this year: March, June, September and December. We look forward to seeing your smiling faces!!

March is Social Work Month

Hedy J. said “the social workers are nice.” Angelice H. said “if one of them is busy, the other one will help you.” Those are only a few of the comments that you will hear from the participants at Hopkins Elder-Plus regarding the Social Work Department, which include Avis Crayton, Erin Farace, and Lynda Davis. With complete dedication, they strive to assure that each participant’s needs are being met. They are the team that makes sure that participants stay in their homes or have a place to call home. It is always a difficult task but one they take on with heart and professionalism. Congratulations to the Social Work Team.



Introducing the Red Hat Ladies

The sassy ladies are back and so is their swagger. Started by Brenda B. and Bernetta M., the ladies here at Hopkins ElderPlus wanted to come up with a way to let everyone know that despite what you see, they are just as vibrant and energetic as anyone else.

The Red Hat Ladies, a national organization, was founded in 1998. Sue Ellen Cooper, Queen Mother says "The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and elan. We believe silliness is the comedy relief of life, and since we are all in this together, we might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next." Here at HEP the ladies believe in service to the community. Brenda B. and Bernetta M. said "We are here to help others."



Greetings from the Hopkins ElderPlus Outreach Team:
Theodora Peters and Tiffani Williams

Hopkins ElderPlus is a voluntary health program that helps you coordinate and manage your health care.

Who is Eligible?

- 1.) Be 55 years of age or older.
- 2.) Live in one of the following zip codes:
21202, 21205, 21206, 21213, 21214, 21217, 21218,
21219, 21220, 21221, 21222, 21224, 21227, 21231,
21237, 21052
- 3.) Be certified by the State of Maryland for nursing-home level care.
- 4.) Have the potential to remain safely in the community with the assistance of Hopkins ElderPlus.

Date	Event	Location	Time
Mar. 2	Hopkins ElderPlus Open House	4940 Eastern Avenue Mason F. Lord bldg., East Tower, 1st Floor	11:30 – 1:00pm
**Please contact the Outreach department if you would like to attend the OPEN HOUSE event. ALL are welcome! **			
Apr. 6	Hopkins ElderPlus Open House	4940 Eastern Avenue Mason F. Lord bldg., East Tower, 1st Floor	11:30 - 1:00pm
<p align="center">Please contact the Outreach team if you would like us to come to our next event: Theodora Peters 410-550-7047 Tiffani Williams 410-550-8093</p>			



Just a reminder! Don't forget to complete the Annual Medicare Survey

Please take the time to fill out the survey that you should receive in the mail from the Centers for Medicare and Medicaid Services (CMS) entitled "Modified Health Outcomes Survey." The survey questionnaire monitors the health of seniors who are covered by Medicare.

If you need help completing the form, please don't hesitate to ask for assistance. Your social workers are always available to answer your questions, as they arise.

Remember to send the survey back in the self-addressed envelope.



A WORD FROM PASTOR DENNIS TESTA

Hello Friends,

Can you remember the happiest time in your life? Do not think hard, just stop at the moment that flashes into your mind first. Take time to write about it, or talk to a friend about it. What was it that makes it stand out above others? Was it the person you were with? Or was it the surroundings, the time of year, or your age at the time?

This can be a way of opening up your past to your present self. You are a whole person and you are a combination of all the things you have experienced. It might do you good to call to mind the good things and dwell on them. You "lived" them once. Why not live them again, now in memory. Memory is a powerful tool God has blessed us with. Without it, we would not be a full complete person. Using memory in this way is a form of meditation. People who would never think of meditating can use this path to walk right up to the Lord and say "Thank you for this moment I have recovered in my memory."

By the way, even bad events lead to good outcomes in life. Think of your life and perhaps you will agree.

Peace,
Pastor Testa

The word "SPRING" is written in a large, pink, cursive-style font. A small yellow and black butterfly is perched on the letter 'I'. The entire graphic is enclosed in a thin yellow border.

Department of Occupational Therapy

"Fire Safety for the Older Adult"

Why Are Older People at Risk During Fire Emergencies?

- Mobility Limitations
- Hearing Impairments
- Visual Impairments
- Cognitive Impairments
- Frailty
- Unable to access help



How Can We Prepare for a Fire Emergency?

Planning ahead can make a difference.

Practice 2 ways out of each room.

If you are in a wheel-chair or walker, discuss plans ahead of time with your fire department, your family, the building manager and neighbors. Ask them to help plan the best escape routes for you.

Once out of house, **stay out**. Then dial #911.



Fire Safety Checklist

- Install and maintain smoke alarms.
- Use smoking materials safely.
- Pay attention to your cooking.
- Heat your home safely.
- Practice electrical safety.
- Keep matches and lighters away from children.
- Know what to do in case of a fire.



Smoke Detectors

- Install smoke detectors on every level of the home; especially near sleeping areas.
- Test and dust each alarm monthly.
- Change the batteries at least once per year or as needed.
- Call your local fire department non-emergency number if you need smoke detectors or have specific questions.

Questions ...

Contact: The Office of Rehabilitation at Hopkins Elder Plus: You can leave a message; we will return your call. 410-550-7051



from: www.usfa.dhs.gov



NEED TO KNOW INFORMATION:

Hopkins ElderPlus Numbers:

Receptionist/Front Desk (410) 550-7044

Clinic (410) 550-7049

Pharmacy Refill (410) 550-2938

Social Workers:

Avis Crayton (410) 550-7019

Lynda Davis (410) 550-7126

Erin Farace (410) 550-5164

Transportation:

Neil Saylor (410) 550-7967

Clinical Director

Janet Bohnsack (410) 550-1006

Recreation Supervisor:

Priscilla Love (410) 550-7969



**MANAGER ON CALL - 24 HOURS A DAY - 7 DAYS A WEEK
(410) 550-7044**