

HOPKINS ELDERPLUS PACE



Karen Armacost
Director of Hopkins
ElderPlus

IMPROVING THE QUALITY OF YOUR CARE

On T.V. commercials we hear things like "new and improved," and "new design." Businesses are always trying to improve their products. Hospitals, clinics, doctors, and all health care providers are doing the same thing. We are looking carefully at how we do things and asking, "Can we do it better?"

Hopkins ElderPlus has a committee that meets every month for the sole purpose of looking at the quality of care that we provide. Each department reports a few times a year to the committee and describes how they measure success and improve services.

Pain Management

In the past year, the entire Hopkins ElderPlus team has been thinking about taking care of our participants who have pain. Each department has been reading reports by experts in the field about ways to help people with chronic pain. Each department is reporting their ideas to the quality committee. We are learning lots of new things about how to help ease the pain.

New Newsletter Feature

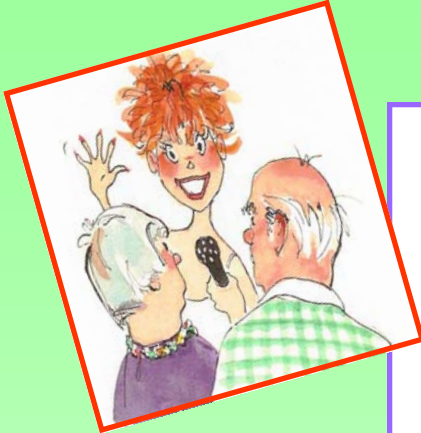
Hopkins ElderPlus wants you to know more about our quality improvement projects. Future editions of "On the Plus Side" will include information about how we are working to improve the quality of your care. STAY TUNED for more information.

Have a Happy Spring!

Inside this Issue:

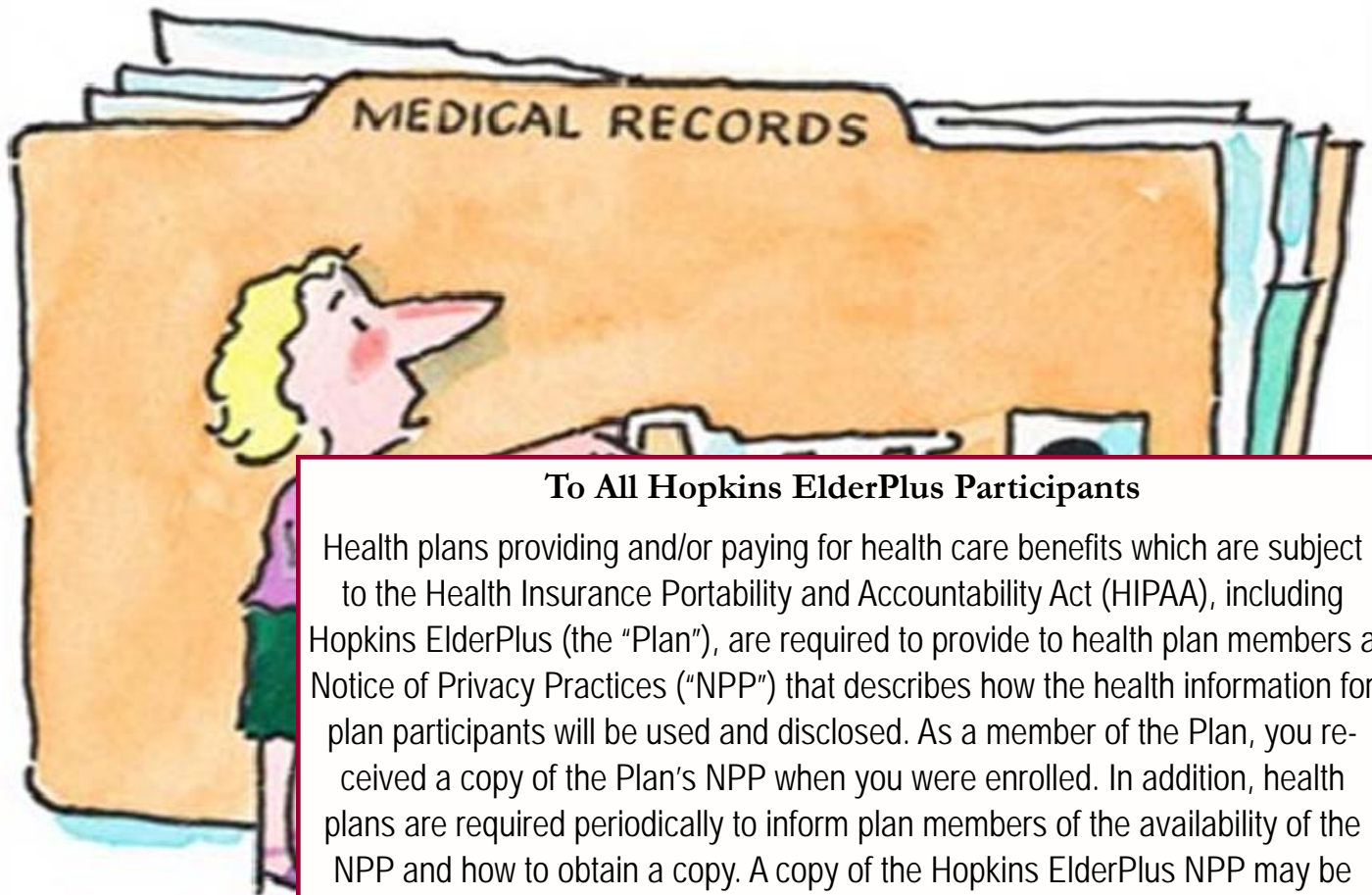
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“Medicaid Eligibility”



We would also like to remind you that in order to remain in Hopkins ElderPlus (HEP), you have to be recertified for medical assistance once a year. Your social worker will assist you with this process. It is very important to keep your assets below \$2000.00 so that you will be eligible to receive Medical Assistance benefits and remain in HEP. The assets that are counted by the Department of Social Services are:

- Bank account(s)
- Cash value of your life insurance policies
- IRA's
- Credit Union accounts
- Trust funds
- Stocks and Bonds
- Certificates or Money Market funds
- Treasury notes and annuities



To All Hopkins ElderPlus Participants

Health plans providing and/or paying for health care benefits which are subject to the Health Insurance Portability and Accountability Act (HIPAA), including Hopkins ElderPlus (the "Plan"), are required to provide to health plan members a Notice of Privacy Practices ("NPP") that describes how the health information for plan participants will be used and disclosed. As a member of the Plan, you received a copy of the Plan's NPP when you were enrolled. In addition, health plans are required periodically to inform plan members of the availability of the NPP and how to obtain a copy. A copy of the Hopkins ElderPlus NPP may be obtained by contacting the director, Karen Armacost, at (410) 550-7124 or may be accessed on our web site at www.hopkinsbayview.org/hopkinselderplus.

What Participants Are Saying About Hopkins ElderPlus



*"I like being here."
S. Rathell*



*"I love everything about Hopkins ElderPlus."
A. Thacker*



*"I like the way Priscilla makes me feel."
L. Wilkerson*



*"It's a wonderful place for elderly people. They
take wonderful care of us." A. West*

From the Department of Occupational Therapy
Smoking Safety Information

Smoking and Fire Safety

Every year, almost 1,000 smokers and non-smokers are killed in home fires caused by cigarettes and other smoking materials. The U.S. Fire Administration is working to help prevent home fire deaths and injuries caused by smoking materials. Fires caused by cigarettes and other smoking materials are *preventable*. You *can* make a difference!

If you smoke or live with someone who smokes, learn the facts. A lit cigarette accidentally dropped onto a chair or bed, or hot cigarette ashes or matches tossed away before they are completely out, can cause a large fire in seconds.

Putting out a cigarette the right way only takes seconds, too. It is up to you to make sure your cigarette is put out, all the way, every time.

One-in-four people killed in home fires is not the smoker whose cigarette caused the fire. More than one third were children of the smokers. Twenty-five percent were neighbors or friends of the smokers.

Smoking & Home Fire Action Steps

- If you smoke, smoke outside.
- Wherever you smoke, use deep, sturdy ashtrays.
- Make sure cigarettes and ashes are out.
- Check for cigarette butts.
- Never smoke in a home where oxygen is used.
- If you smoke, fire-safe cigarettes are better.
- Be alert!



Susan Harper (left) and
Deny Stiassny (right)

*It is recommended that Hopkins ElderPlus participants' have supervision while smoking.

If I Knew

Submitted by: S. Almond

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly and pray the Lord, your soul to keep. If I knew it would be the last time that I saw you walk out the door, I would give you a hug and kiss and call you back for one more. If I knew it would be the last

time I'd hear your voice lifted up in praise,

I would videotape each action and word,

so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute to stop and say "I love you," instead of assuming you would KNOW I do.

If I knew it would be the last time, I would be there to share your day.

Well I'm sure you'll have so many more,

so I can let just one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything just right. There will always be another day to say "I love you," and certainly there's another chance to say "Anything I can do?" But just in case I might be wrong, and today is all I get,

I'd like to say how much I love you and I hope we never forget. Tomorrow is not promised to anyone, young or old alike,

and today may be the last chance you get to hold your loved one tight.

So if you're waiting for tomorrow, why not do it today?

For if tomorrow never comes, you'll surely regret the day

that you didn't take that extra time for a smile, a hug, or a kiss

and you were too busy to grant someone,

what turned out to be their one last wish.

So hold your loved ones close today, and whisper in their ear, tell them how much you love them and that you'll always hold them dear.

Take time to say "I'm sorry," "Please forgive me,"

"Thank you," or "It's okay."

And if tomorrow never comes, you'll have no regrets about today.

A Word from Pastor Dennis Testa

Dear HEP Members and Care Givers,

We are blessed to live in the state of Maryland, just in terms of dangerous weather. We have been spared all the terrible storms, tornadoes, forest fires, and floods that swept through our nation in May this year. Maryland has all the scenery of the other states (from the seashore to the mountains), but praise God none of the catastrophes.

I surely do not think bad weather is caused by sin, nor good weather a sign of our goodness. I do think that prayer and good sense can keep us safe. I choose to live in Maryland because of my schooling, not the weather. Sometimes things just happen the way they do, and we do not understand until Judgment Day. Remember Job. God asked him to explain the creation and the weather itself:

Then the Lord answered Job out of the whirlwind: "Gird up your loins like a man; I will question you, and you declare to me. Will you even put me in the wrong? Will you condemn me that you may be justified? Have you an arm like God, and can you thunder with a voice like his?"(Job 40)

Of course Job could not answer. Neither can I. I do believe in God's mercy and forgiveness as His over-riding traits. We know this because we see them in Jesus. Therefore I cannot believe God punishes us with weather.

Let us pray for all those who have suffered in the storms; those who have lost loved ones; those who have lost homes and precious possessions that can never be replaced.

God Bless,
Rev. Testa



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
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Clinical Director

Janet Bohnsack	(410) 550-6272
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Recreation Supervisor:

Priscilla Love	(410) 550-7969
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MANAGER ON CALL - 24 HOURS A DAY - 7 DAYS A WEEK

(410) 550-7044