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## Hopkins ElderPlus' Annual Thanksgiving Celebration

Come join us as we break bread for our annual Thanksgiving celebration. We invite you and your family to join us in a feast of food, fun, and fellowship. You will not want to miss this time of sharing and giving thanks through song and dance as we celebrate another year of tremendous blessings. You should receive your invitation in the mail no later than October 29, 2010. Please RSVP no later than November 12, 2010. See you there!

### Upcoming Activities & Events

#### On-site

- Trip to the Movies
- Red Hat Ladies Club
- Celebrating Veteran's Day
- Annual Tree Lighting Ceremony
- Senior's Line Dancing
- Trip to Toby's Dinner Theatre
- HEP Closed on 11/25, 12/24, & 12/31/10.



# A Message From Dr. Matt McNabney

## Hopkins ElderPlus and Nursing Homes

Although we always try to keep our HEP participants living independently at home, sometimes there are situations that require short-term stays in a nursing home. Sometimes this is for rehabilitation after an illness, sometimes for medical observation, and sometimes for “respite” (a short break for family caregivers).

Hopkins ElderPlus has formal relationships with 4 nursing homes near the Bayview campus – 1) Future Care Northpoint, 2) Future Care Canton Harbor, 3) Overlea and 4) the Bayview Care Center. Each of these facilities are certified and staffed to manage the various health problems that occur in our participants. These facilities have been carefully selected by HEP and our team coordinates all admissions. Our doctor and nurse practitioners provide all medical care while our participants are there and our nurse case manager checks in with the nursing staff very frequently.

A small percentage of our participants actually need to live permanently in a nursing home. However, HEP remains completely responsible for the care of each of these participants. We are in frequent contact with the nurses about how they are doing and we make rounds at least once a month at each facility.

We want our participants and families to feel comfortable with these nursing homes. The staff at these nursing homes are an important part of our care team. We have had many successful outcomes utilizing the services provided there. However, we realize that sometimes there might be concerns about the care and those should be immediately brought to the attention of your HEP social worker. We will always advocate for our participants and evaluate all complaints. We have a very good relationship with the leadership at these facilities, and they have been very responsive to our requests. We want what is best for our participants!

# A Word From Pastor Dennis Tes-

Dear Participants

This October all the world witnessed a miracle. Thirty-three miners in Chile were brought to the surface of a mine in which they had be trapped for sixty-nine days. The skill of miners and engineers above worked to release those trapped. However, I used the word "miracle" in the sense Jesus would. God used his power to work in the natural world in the way that is unexpected, almost shocking to humans, setting aside "natural law."

We ought not to use the word a "miracle" loosely, but here I think it applies, don't you? In a world of so much suffering and death, here is a story of rebirth. Who but the resurrected Jesus is the power in all the resurrections of our life. I believe we have many "resurrections" through life (e.g. when we are brought back from sin to grace, from mourning to joy and from despair to hope). These spiritual resurrections are miracles as great or greater than the miracle the miners experienced. Look for them in yourself and others. Praise God for them. Testify to them. Amen.

Pastor Dennis Testa



# Nursing Home Eligibility Determination

We would like to remind you that in order to remain in Hopkins ElderPlus (HEP), you have to be recertified for a nursing home level of care once a year. During this process, the team will complete the nursing home level of care form (3871b) and submit it to KePro, the foundation hired by the state to review nursing home eligibility, and then KePro will notify HEP if you still qualify for the nursing home level of care.

We would also like to remind you that in order to remain in Hopkins ElderPlus, you have to be recertified for medical assistance once a year. Your social worker will assist you with this process. We would like to reiterate the importance of keeping your assets below \$2000.00 so that you will be eligible to receive Medical Assistance benefits and remain in Hopkins ElderPlus (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

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



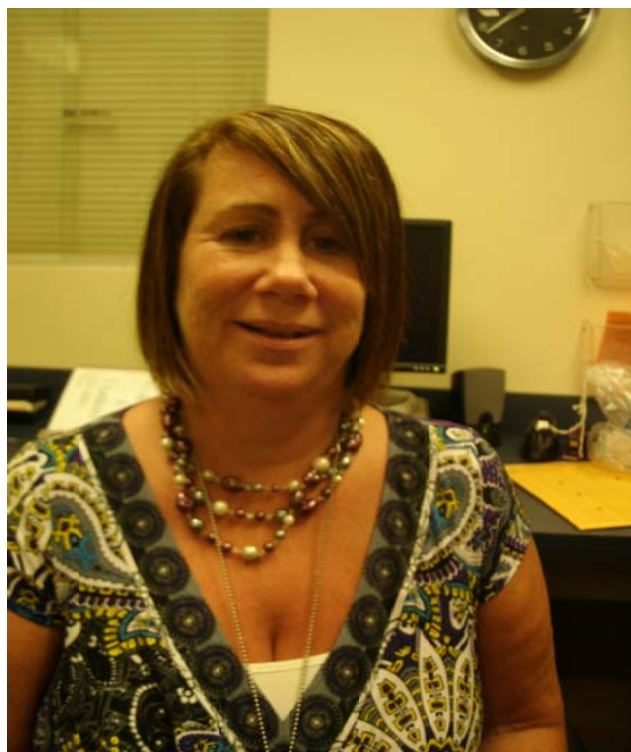
# From the Desk of the Clinical Director

As the seasons begin to change, you may also notice a few changes around Hopkins ElderPlus. In an effort to continually look at our program and to offer the best possible care to our participants, we are making a few changes in our day program. These changes are designed to enhance your day and increase your enjoyment of the activities and fellowship in the Day Health Center.

Hopkins ElderPlus has implemented a few of these changes. This change shifts the focus to activities and fun. We will continue to address your medical and nursing needs. We have developed a simple form (see attached) which can be filled out by anyone and sent to our clinic. We will address your issue before the end of the day.

We will keep you informed as we continue to improve our services to you and welcome your feedback. Please feel free to call me at (410) 550-1006.

**Janet Bohnsack, Clinical  
Director at  
Hopkins ElderPlus**



# Medical Concern

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Reported by: \_\_\_\_\_

Issue: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Follow-up: (For Medical Staff Only)

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

# Hopkins ElderPlus Celebrates Our Annual Christmas Party

On Tuesday, December 21st and Wednesday, December 22nd, Hopkins ElderPlus will celebrate our annual Christmas party. Join us as we sing various Christmas carols, enjoy cupcakes and cider. For those who have been good all year, Santa and Mrs. Claus will pay us a visit. We look forward to seeing everyone there!

# Greetings from Hopkins ElderPlus Outreach Department

## Coordinators: Theodora Peters & 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 Elder-Plus.

### Upcoming Outreach Events:

Date	Event	Location	Time
Nov. 3	Hopkins ElderPlus Open House	4940 Eastern Avenue Mason F. Lord bldg., East Tower	11:30 – 1:00pm
<b>**Please contact the Outreach department if you would like to attend the OPEN HOUSE event. ALL are welcome! **</b>			
Nov. 10	Douglas Homes Community Information Fair	1501 E. Fayette Street	11:00 - 3:00pm
Nov. 18	Bolton North Apartments	1600 W. Mt. Royal Avenue	11:00 – 1:00pm
<b>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</b>			

# Introducing: The Home Care Staff

Hopkins ElderPlus continues to strive to meet the varying needs of our participants not only in the DHC but also in your homes, making sure that your needs are met wherever you are. That is where these ladies come in. I had the pleasure of visiting a home when one of the home care staff was there. The love and compassion I saw while staff was delivering care was immeasurable. Not only that but late on a Saturday afternoon, just as one of the staff members was about to leave to go home, we found out that a participant needed an air conditioner during one of the hottest days of the summer. This home care staff met me so that she could deliver the air conditioner to the participant's home. This is just one of many caring acts that have been displayed by our dedicated home care staff. It is with great pleasure that we honor the ladies who you have welcomed into your homes with open arms to provide a service that is so greatly needed and done with the greatest of respect. To the ladies of home care we salute and honor you.

Submitted by,

Priscilla Love



Left to right: Renee Newmuis, Mary Hansley, Antoinette Yancey, (inset) Shanette Curtis

# Fire Safety Information

October was Fire Safety Month. Yearly, Hopkins ElderPlus offers a 'Fire Safety Program.' This year we hosted a speaker from Bayview Campus Burn Center to review 'Fire Safety' information for the 'older adult.' Participants had the opportunity to participate in the 'safety program' and ask questions. The program included:

- Smoke detector updates
- Hazards of smoking
- Home safety suggestions
- Cooking safety suggestions
- Having a fire escape plan

Remember, as the weather gets colder and the holidays approach, there is an increased risk for home fires. Please feel free to contact Hopkins ElderPlus with home safety questions or to get information about smoke detectors at (410) 550-7044 or (410) 550-7051 (message recorder).

Submitted by the Occupational Therapy Department

Susan Harper, Certified Occupational Therapy Assistant and Deny Stiasny, Director of Occupational Therapy



# Have a safe holiday season from FutureCare NorthPoint!!

## **A note from the Administrator, Walter Kowal –**

We at FutureCare NorthPoint are proud to announce that we will be receiving the Delmarva Foundation Committed to Excellence Award for Nursing Homes!

This award recognizes our accomplishments in achieving positive performance and outcomes. It also demonstrates our commitment to excellence and serves as a continuing reminder of our improvement to quality.

An award presentation will be held at the facility in the near future to honor our achievement. We will also receive an engraved plaque and a congratulatory letter from the Delmarva Foundation.

Great job team FutureCare NorthPoint!

Walter Kowal, Administrator at  
FutureCare NorthPoint





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**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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**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**