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Upcoming

Activities & Events

- Labor Day Cookout
- Crab & Shrimp Feast
- Tailgate Party Steelers vs. Ravens
- Drama Club
- Bowling Trip
- Gene's Band Performs



On The Plus Side

Introducing Your Transportation Department

“I feel so good when I come into the center because the Transportation Department helps me start my day. They pick me up on time and they are so friendly and courteous. It means a lot to me.” “I love my driver and escort. They help me with my bags and make sure that I am inside my home safely before they leave.” These are some of the many compliments echoed here at the center on a regular basis about the transportation department, which is headed by Neill Saylor, Transportation Coordinator. The transportation staff’s mission is to make sure that each individual is safely transported to and from Hopkins ElderPlus. They are the first staff members you see in the morning and the last you see when they take you home. The Transportation Department continues to receive high praise for all that they do and the care that they take to make sure that each and every participant at Hopkins ElderPlus arrives to their destination safely. It is for this reason that we applaud and congratulate the Transportation Department for a job well done!!!



A Word from Pastor Dennis Testa

Dear Participants

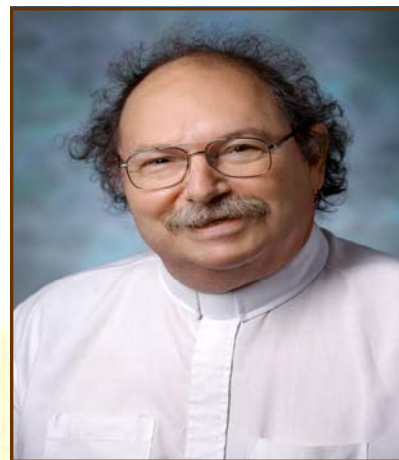
I hope your Summer has been going well. We got through the hottest July on record. We all need to use good sense ,stay in a cool place, and drink plenty of water.

This reminds me that we all need to take good care of ourselves because it is our responsibility to God. Think about Adam in the Garden of Eden. If he had taken good care, and lived by the rules God gave, we all would be better off. Our life is like a garden God has given us. Like so many times in the Gospels, Jesus told us stories about stewards put in charge of things. The stewards responsibility is to care for what he has been given. God gave us a soul and body. We need to care for both. It is hard work, I know. To eat right and exercise, for example, has many benefits (like a longer life and a better quality of life) but also the effort is blessed by God. In the same way a believer cares for the soul they have been given by practicing love of God and love of neighbor.

Think about being a good steward when you read the Gospels. See if you can follow the example of the Parables (stories) that Jesus teaches about stewards. God will bless you for you effort.

Peace and Love,

Rev. Testa



Reverend Dennis Testa,
HEP Pastor

Autumn Brings Healthy Opportunity To All HEP Participants

Autumn brings many exciting and fun opportunities for the Hopkins ElderPlus (HEP) family. We think of celebrating and enjoying the harvest, the colorful flowers and changing leaves, Halloween and Thanksgiving.

Autumn also marks the beginning of the flu season. This, too, offers the HEP family an opportunity. That opportunity is for every HEP participant to receive the flu shot! By getting the flu vaccine, HEP participants can protect themselves from influenza and may also avoid spreading influenza to others.

HEP will begin giving the flu shots in September. Any participant who wants the flu shot will receive it. If a participant has refused the flu shot in the past, HEP urges you to take it this year.

Make staying healthy an annual autumn event by immunizing against the flu! Then enjoy all this beautiful season has to offer.



Jan Decker, RN

A Word from the Clinical Director

Just a reminder, when you are in need of over the counter creams or ointments such as Calmoseptine, Biofreeze, or Aloa Vesta, please direct your requests to our Supply Coordinator, Deborrah Adkins. She can be reached at (410) 550-3006. The Supply Coordinator is best able to review your request and follow-up. The Supply Coordinator may consult with the clinic on these requests to clarify the appropriate treatments for you.



Thank you in advance for following this small change in our process. If you have any questions or concerns, don't hesitate to call me or stop by my office. I can be reached at (410) 550-1006.



Janet Bohnsack, HEP
Clinical Director

Fire Safety Facts For People 50-Plus

Each year, approximately 1,100 Americans ages 65 and older die as a result of a home fire. Compared to the rest of the U.S. population:

- People between 65 and 74 are nearly **TWICE** as likely to die in a fire.
- People between 75 and 84 are nearly **FOUR** times as likely to die in a fire.
- People ages 85 and older are more than **FIVE** times as likely to die in a fire.

With a few simple steps, older people can dramatically reduce their risk of death and injury from fire. These facts, combined with the knowledge that adults ages 50 and older are entering and caring for this high risk group, inspired the U. S. Fire Administration (USFA), a division of the Federal Emergency Management Agency (FEMA) and part of the U.S. Department of Homeland Security, to develop a national public safety campaign for adults ages 50 and older, their families and caregivers. USFA encourages you to:

Prevent Fire. Save Lives.

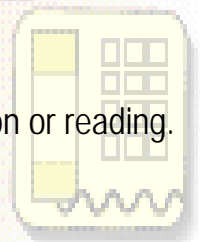
For your well-being and others you love: Practice fire-safe behaviors when smoking, cooking and heating. Maintain smoke alarms, develop and practice a fire escape plan, and if possible, install home fire sprinklers.

Smoke Safely

Sitting in your favorite chair and having a cigarette after dinner seems to some like a great way to relax – but cigarettes and relaxing can be a deadly mix. Falling asleep while smoking can ignite clothing, rugs and other materials used in upholstered furniture. Using alcohol and medications that make you sleepy compound this hazard.

Careless smoking is the leading cause of fire deaths and the second leading cause of injuries among people ages 65 and older. Cigarettes when not properly extinguished continue to burn. When a resting cigarette is accidentally knocked over, it can smolder for hours before a flare-up occurs. Before you light your next cigarette, remember:

- Never smoke in bed.
- Put your cigarette or cigar out at the first sign of feeling drowsy while watching television or reading.
- Use deep ashtrays and put your cigarettes all the way out.
- Don't walk away from lit cigarettes and other smoking materials.



More Fire Safety Facts For People 50-Plus

Cook Safely

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. **Cooking is the third leading cause of fire deaths and the leading cause of injury among people ages 65 and older.**

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the grandchildren:

- Never leave cooking unattended. A serious fire can start in just seconds.
- Always wear short or tight-fitting sleeves when you cook. Keep towels, pot holders and curtains away from flames.
- Never use the range or oven to heat your home.
- Double-check the kitchen before you go to bed or leave the house.

Heat Your Home Safely

During winter months, December, January and February, there are more home fires than any other time of year. Heating devices like space heaters and wood stoves make homes comfortable, but should be used with extra caution. **Heating is the second leading cause of fire death and the third leading cause of injury to people ages 65 and older.**

Many of these deaths and injuries could be prevented with safe heating practices. So before you grab a good book and cozy up to the fireplace, make sure you do the following:

- Keep fire in the fireplace by making sure you have a screen large enough to catch flying sparks and rolling logs.
- Space heaters need space. Keep flammable materials at least three feet away from heaters.
- When buying a space heater, look for a control feature that automatically shuts off the power if the heater falls over.

The "Get Out Alive" Home Fire Safety Steps

- **Smoke Alarms:** Install a smoke alarm on every level of your home, test batteries every month, and change them at least once a year.
- **Home Fire Escape Plan:** Develop and practice a fire escape plan regularly, at least twice a year. Keep exits clear of debris.

A Message From the Social Work Department

Nursing Home Eligibility

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 at your initial annual evaluation. During this process, the team will complete the nursing home level of care form (3871b) and submit it to Delmarva, the foundation hired by the state to review nursing home eligibility. Delmarva will notify HEP if you still qualify for the nursing home level of care.

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



Greetings from the Outreach Department

Theodora Peters and Tiffani Williams, are the Outreach Coordinators for the Hopkins ElderPlus (HEP) Program. They support the mission of the program by:

- Providing educational seminars
- Attending health fairs
- Developing partnerships with Senior Centers, Senior Housing, Community Organizations/liasons, and area aging agencies
- Attending family and discharge meetings
- Participating in workshop and information sessions
- Making home and hospital visits
- Coordinating outreach events for and in the community
- Hosting monthly Open Houses:

Open House is the First Wednesday of EVERY month

11:30am-1:00 pm

Located in the Mason F. Lord Building, East Tower, 1st
Floor

4940 Eastern Avenue

Baltimore, Maryland 21224



If you have any questions about how to enroll into the Hopkins ElderPlus program, if you wish to make a referral , or if you wish to attend an Open House event please call either:

Theodora Peters, 410-550-7047

or Tiffani Williams, 410-550-8093

All questions / inquiries are WELCOME!!



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:

Neill Saylor	(410) 550-7967
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Day Health Center Nurse:

Lynn Pierce R.N.C.	(410) 550-5360
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Recreation Supervisor:

Priscilla Love	(410) 550-5321
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