

Caregiver Connection

Called to
CARE

A program of Johns Hopkins Bayview Medical Center

A publication that connects caregivers with resources, support and each other

July/August 2016

Caregiver Cafés

Chat with fellow caregivers, meet health care providers and learn about valuable community resources.

July 15 & August 19

Enoch Pratt Free Library
3601 Eastern Avenue, Baltimore, MD
11 a.m. to 1 p.m.

July 20

Johns Hopkins Bayview Medical Center
5th floor waiting room
4 to 6 p.m.

August 11

Johns Hopkins Bayview Medical Center
Hopkins ElderPlus
11 a.m. to 1 p.m.

Info.: 410-550-1660; no registration is required

Maryland Caregiver Teleconnection

Join us for a free call-in program to learn about medical conditions and treatments, hospital and community resources, and other caregiver-related topics.

July 13 at 12 p.m.

Home Safety for Seniors

Fred Murphy, PT, Johns Hopkins Bayview

July 19 at 10 a.m.

Wound Care Basics

Brenda Hensley, Johns Hopkins Bayview

July 27 at 10 a.m.

Stroke Recovery: What to Expect Across the Continuum of Care

*Dominique Vinh, M.D., and Dana Alonzi, OT,
Johns Hopkins Bayview*

Info./Register: 866-707-6051 or
marylandcaregiverteleconnection.org

Community Partner Spotlight:



In 1984, a group of seven pastors from different denominations and parishes in northern Baltimore City formed “Govans Ecumenical Homes” in response to the need for affordable, supportive living facilities for elderly congregants with low incomes. Their efforts expanded and projects grew, leading to a name change—GEDCO—and classification as an independent, interfaith, non-profit organization.

Through community partnerships and the desire to serve its neighbors, GEDCO successfully responds to hunger, poverty and unemployment through its community services; homelessness through homeless and supportive services; and senior issues of affordable housing and isolation through its senior services.

GEDCO’s primary goal is to provide caring and compassionate communities. Its affordable senior housing communities and two senior activity centers enable older adults to age in the community with dignity and live meaningful lives. Activity and services coordinators staff the senior housing, which provides residents with a number of supportive services, such as transportation, “Eating Together” lunch programs, fresh and discounted/free produce, and much more.

GEDCO also developed the Green House Residences at Stadium Place, which provides long-term nursing care and short-term rehabilitative care in a more dignified model providing more choice and dignity for the elders and staff.

For more information about GEDCO, visit gedco.org, email info@gedco.org or call 410-433-2442.

SAVE THE DATE!

5th Annual William S. Perper Symposium

Faith in Action: Caregiving in the Community

Wednesday, November 2, 2016

8 a.m. to 2:30 p.m.

Preston Hall, 25 W. Preston Street, Baltimore, MD 21201

Info.: 410-550-1118 or email perper@jhmi.edu.

The Voice of the Caregiver

Jesse Moody and his wife, **Hazel**, became caregivers for his 99-year-old mother in March 2015. They pay her bills, shop for groceries, prepare meals and take her to doctors' appointments.



*Top—Jesse and Hazel Moody;
Bottom—Jesse's mom, Adelle*

Jesse acknowledges the difficulties he faces as a caregiver, including the loss of freedom, lack of sleep, and watching his mother deteriorate physically and mentally as she ages. Despite this, he still manages to find the joy in caregiving and offers the following advice to other caregivers:

- Keep a sense of humor.
- Don't feel guilty when you start to feel resentful. This is a normal feeling.
- Get plenty of rest. It makes it easier to deal with everything.
- Find agencies and other people to help you.
- Do not constantly make the person you are caring for the main topic of conversation.
- If possible, hire a home aide to provide personal assistant services and respite care.

Jesse and Hazel also have found support at the monthly Caregiver Cafés, where they have learned about programs like Hopkins ElderPlus. Jesse says, "The most rewarding part of being a caregiver is when my mother expresses her gratitude to us, and knowing she is in good hands and is getting the best care."

Time For You

Summer is a great season to relax, take time for yourself and enjoy the outdoors with your loved ones. "Treat" yourself to a few of the free activities offered throughout Baltimore this time of year.



Yoga in the Park

Offered on Saturdays through Labor Day

Patterson Park (near the Pagoda)

8 to 9 a.m.

Cylburn Arboretum (near the Vollmer Center

Parking Lot)

9 to 10 a.m.



Outdoor Music

WTMD's First Thursday Concerts

Canton Waterfront Park

6:30 p.m.

Info: wtmd.org/radio

Friends of Patterson Park Summer Concert Series

Pagoda Hill in Patterson Park

Sundays and Tuesdays, 6:30 to 8:30 p.m.

Info: pattersonpark.com

Harborplace Amphitheatre

Fridays and Saturdays, 7 pm.

Info: southbaltimore.com/innerharbor/amphitheater

Belvedere Square

Fridays, 6 to 9 p.m.

Info: belvederesquare.com/events



Outdoor Movies

Bring your lawn chair or a blanket to watch films in the city.

Flicks From the Hill

Federal Hill, next to the American Visionary

Art Museum

Thursdays, 9 p.m.

Little Italy

High and Stiles Streets

Fridays, 7 p.m. for live music; 9 p.m. for the movie

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Phone: 410-550-8018; **Web:** hopkinsmedicine.org/jhbmccalledtocare