

# Caregiver Connection

Called to  
CARE<sup>®</sup>  
A program of Johns Hopkins Bayview Medical Center

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

September/October 2019

## Caregiver Café

### Sept. 13, from 11:30 a.m. to 1 p.m.

Enoch Pratt Free Library, Southeast Anchor Branch  
3401 Eastern Ave., Baltimore, MD 21224

Info.: 410-550-8018 (*no registration is required*)

### Sept. 19 & Oct. 24, from 2 to 3:30 p.m.

The Soul Center at Beth El Congregation  
8101 Park Heights Ave., Pikesville, MD 21208

Info./Register: rachels@bethelbalto.com or  
410-484-0411, ext. 1103

### Sept. 19, from 12:30 a.m. to 2 p.m.

Fleming Senior Center  
641 Main Street, Baltimore, MD 21222

Info.: 410-887-7723 or 410-550-1660

### Sept. 25 & Oct. 30, from 11:30 a.m. to 1 p.m.

Schmidt Conference Room  
Alpha Commons Building, 4th floor  
Johns Hopkins Bayview campus  
5300 Alpha Commons Dr., Baltimore, MD 21224

Info.: 410-550-8018 (*no registration is required*)

### Oct. 25, from 12 to 2 p.m.

Z-HAP at the Zeta Center  
4501 Resisterstown Rd., Baltimore, MD 21215

Info.: lstewa27@jhmi.edu or 410-550-1660

## Lunch & Learn:

### Honoring Your Wishes: Your Voice Matters

Learn about the importance of an advance directive (also known as a living will) and how to communicate final wishes.

### October 10, 12 to 1 p.m.

Norman Library, Asthma & Allergy Center  
Johns Hopkins Bayview campus  
5501 Hopkins Bayview Circle

Register by October 2: 410-550-1660

## Community Partner Spotlight: CSI Support & Development Services



CSI Support & Development Services is a non-profit organization that specializes in affordable housing for low-income senior citizens. A limited number of apartments also are available in

some locations for younger individuals who are physically disabled and need the special features of a unit designed for the mobility impaired. Rent subsidies are available to those who qualify.

CSI has 11 properties throughout Baltimore, including Highlandtown Plaza Co-op, Terrace Garden Co-op and Golden Ring Co-op. Members of co-op apartments have a voice and participate in the management of their buildings.

For more information or eligibility requirements, call 410-342-8003 ext. 8025 or visit [csi.coop/en/locations/MD](http://csi.coop/en/locations/MD).



## Caregiver Chatter

“There are not enough words to express how amazing, informative, educational, awesome and invaluable this program is. I feel like it is essential for anyone in a caregiving role.”

– Liberty Taylor, Caregiver 101 participant

“Respite care is a perfect way to give back and help families. Thank you for your training, resources, fellowship, fun and allowing us to connect with new people and resources.”

– Barbara Epps, Ministry Support Coordinator, Mt. Pleasant Church

*Pictured above: Caregivers enjoyed some respite at last year's annual picnic at Civic Works – Clifton Mansion.*

# PREVENTING FALL-RELATED INJURIES

According to the Centers for Disease Control, nearly one in three adults 65 or older falls each year. Although many falls don't cause serious injury, falls remain the cause of nearly all hip fractures and the most common cause of traumatic brain injuries. Still, almost half of the adults who fall don't tell their doctor or family, fearing a loss of independence or a potential move to an assisted living facility.

While falls are a real danger for older adults, they aren't an inevitable part of aging. Simple precautions can reduce your loved one's fall risk long before an injury happens. In fact, careful adaptation can allow your family member to stay healthy and independent for as long as possible.

Check out the following resources that can help reduce the risk of falling:

## Johns Hopkins Medicine Health Library

*Articles and health information on a variety of topics. For falls-specific information, search for "falls."*

**Info.:** [hopkinsmedicine.org/healthlibrary](http://hopkinsmedicine.org/healthlibrary)

## Stepping On Falls Prevention

*An 8-week course to build strength and balance.*

**Info.:** [behealthymaryland.org](http://behealthymaryland.org) (Click "Find a Class" and search for falls.)

## Keswick Wise & Well Center

*Offers classes to enhance cardio, body strength, endurance, flexibility and balance*

**Info.:** [choosekeswick.org](http://choosekeswick.org) or 410-662-4363

## National Council On Aging

*Programs and resources to keep older adults safe and active, including the infographic pictured at right*

**Info.:** [ncoa.org/fallsprevention](http://ncoa.org/fallsprevention)

## Civic Works Elder Services

*Home modification services and housing upgrades to benefit seniors*

**Info.:** 410- 826-5955

- 1 Find a good balance and exercise program**  
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2 Talk to your health care provider**  
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3 Regularly review your medications with your doctor or pharmacist**  
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4 Get your vision and hearing checked annually and update your eyeglasses**  
Your eyes and ears are key to keeping you on your feet. 
- 5 Keep your home safe**  
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6 Talk to your family members**  
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

**ncoa**  
National Council on Aging

To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

## Falls Prevention Awareness Day September 23, 2019

*Celebrated on the first day of fall each year, this day raises awareness about how to prevent fall-related injuries among older adults.*

Special thanks to The Harry and Jeanette Weinberg Foundation for their generous financial support of Called to Care. *Caregiver Connection* is published 6 times a year by Johns Hopkins Bayview's Called to Care program. **W. Daniel Hale, Ph.D.**, director, Healthy Community Partnership; **Meghan Rossbach**, editor and designer; **Kimberly Monson, Meghan Rossbach** and **Linda Stewart**, contributors.

**Phone:** 410-550-8018; **Web:** [hopkinsmedicine.org/jhbmc/c2c](http://hopkinsmedicine.org/jhbmc/c2c)