



KESWICK QUARTERLY

VOLUME I • FALL 2016



 **KESWICK**
Right Care. Right Time. Right Place.

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Right Care. Right Time. Right Place.

Keswick provides healthcare solutions to enhance the quality of life for older adults and their families.

VOLUME I • FALL 2016

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A Message From Our President and CEO



Welcome to Keswick's newsletter!

Keswick focuses on providing individualized, quality care and services to restore, renew and revitalize older adults through our on-campus and community resources.

This quarterly newsletter is the perfect way to share information with you about our programming, our wonderful residents and our health partners. Our newsletter will also be available for electronic download as a PDF from our website at www.choosekeswick.org.

In this issue you will read about

Compassionate Care-Planning, our new patient-centered program supporting individuals with chronic illness and their families, see photos from our widely attended FALLLebration community event and learn more about our partnership with the Maryland Institute College of Art (MICA) through an interview with this year's recipient of the Libby Bowerman '82 Fellowship at Keswick.

Whether you are a resident, guest, family member, community resident, partner or Keswick team member, I hope you continue to follow this newsletter and Keswick's progress as we remain committed to improving the quality of life for all older adults in Baltimore.

With gratitude,

Carmel Roques
President and CEO

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Visit us online: ChooseKeswick.org

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“ART HELPED ME OPEN THAT SPACE, IT TOUCHED MY SOUL IN SOME WAY. I WANT TO HELP OTHERS EXPERIENCE THAT SAME IMPACT.”

Helping Others Find a Voice Through Art

Walking around Keswick's Libby Bowerman Creative Arts Studio with a smile on her face, 30-year-old Maryland Institute College of Art (MICA) student Hamida Khatri stops to chat with each participant in her art workshop. On this day, participants are creating papier mâché puppets. Khatri, who speaks kindly to each participant as she hands them paintings from a previous class, received a bachelor of fine arts degree in sculpture and photography from her native Pakistan before coming to the United States to study at MICA. She was selected as the winner of Keswick's Libby Bowerman '82 fellowship and will teach at Keswick for one year. The art studio and fellowship are named in honor of Elizabeth "Libby" Bowerman, a MICA graduate who served as CEO of Keswick for more than 12 years.

Growing up in what she describes as a restrictive, structured environment in her home country of Pakistan, Khatri says she found freedom of expression through art. "Art helped me open that space," she said. "It touched my soul in some way. I want to help others experience that same impact."

By teaching both art for older adults in the local community as well as a workshop specifically for Keswick residents, Khatri

helps participants embrace the creative and the cognitive.

Making art is life affirming and life enhancing. Providing older adults the opportunity for self-expression can give meaning and purpose to life. That is Keswick's mission and their commitment of resources to the creative art program is demonstration of that mission in action.

"As we grow older, we don't actually just somehow turn off the creativity spigot," said Carmel Roques, Keswick's President and CEO when asked why Keswick embraces such an extensive creative arts program. "Research shows that social engagement and brain stimulation are significant factors in enabling older adults to continue to age in place, doing the things they love for as long as possible. Artistic expression and creative engagement stimulates cognitive thinking and helps seniors to keep their minds and memories sharp. Through this fellowship, Hamida gives older adults - on our campus and in the community - the opportunity to express themselves, to tell their stories within a social setting that promotes group interaction, stimulates self-expression and encourages new ways of learning."

Michele Barattucci, who lives nearby on Roland Ave, said the highlight for her has been the structure of the class coupled with the freedom to create what she wants. "Everybody gets the same materials, but

everything turns out so differently," she said. Francina Bean-Waters of Hampden enjoys meeting friends and learning from an experienced artist. "For me, it provides an opportunity to get out of my apartment and do some creative things and be with like-minded people," she said.

Khatri, who plans to pursue a Ph.D. in Creative Arts Therapy, said she finds fulfillment in helping people find their voice and a path to healing through art, and in helping people uncover their authentic selves. One of her most memorable experiences thus far has been with a gentleman with dementia, who had a career as an interior designer. "I gave him the task to create a landscape, and he started painting this beautiful thing," Khatri said. "He smiled throughout the process. It allowed him to demonstrate his skills."

"It makes me so happy," she said. "I feel like I am the bridge between where they are, and where they can be - a happy place, where they are interacting with others and expressing their true selves." K



FALLebration at Keswick

Generations of families came together to celebrate the changing of the seasons and to renew mind, body and spirit at Keswick and AIM's FALLebration! In mid-October, nearly 400 neighbors from near and far, friends, families and residents "fell into fun" at this year's festival featuring games and prizes, a moon bounce, delicious free food, free flu shots and health screenings, health resource vendors and nonprofit partners, Tango dancers, storytellers and African

drummers, fire trucks, caricaturists, balloon animals, sand art, antique cars and more. Even the Oriole Bird stopped by to spend time with the community. With plenty of activities for guests of all ages, our volunteers and sponsors made sure there was something for everyone. Special thanks to Unidine who provided the food and to our partners, donors, volunteers and staff. Sponsored by MECU, this year's FALLebration was a true success! **K**



THANK YOU TO OUR SPONSORS:



Be Wise & Well in 2017!

Keswick Community Health brings you more great classes in the new year – everything from art classes to brain health to fall prevention to better managing the challenges of living with diabetes and other chronic conditions, i.e. arthritis, high blood pressure and heart and lung conditions like heart failure and COPD. **Brand New!** For those with pre-diabetes, Keswick Community Health will offer the Diabetes Prevention Program recognized by the CDC, starting in January 2017. To learn more, check the Keswick website or call us at 410-662-4363.

CREATIVE ARTS STUDIO

Fridays, Nov. 11 – Dec 9, 2016
10:00 am - 12:30 pm

Designed for Baltimore's Older Adults – All skill levels welcome! Just bring your imagination and be ready to engage your creative brain. Projects will utilize various media, textiles and fabrics. Workshops are facilitated by Maryland Institute College of Art Graduate Fellow and Artist.

FALLS PREVENTION PROGRAM

Thursdays, Nov. 17 – Dec. 8, 2016
10:00 am - 12:00 pm

An interactive, evidence-based workshop series. Learn how to stay safe when out and about in the community, plus how medication can contribute to falls and balance. Take part in simple and fun balance and strength training exercises, all while empowering yourself to reduce the risk of falling!

2017

SAVE THE DATES

Keswick is pleased to partner with Action in Maturity on programming to benefit older adults in the community.

AIM's Holiday Party

Dec. 14, 2016 at 11:30 am

Warm Your Heart:

Beat the Winter Blues Lunch & Learn

Jan. 18, 2017 at 11:30 am

Valentine's Day Celebration

Feb. 15, 2017 at 11:30 am

CALL AIM TO RSVP: 410-889-7915

FOR MORE INFORMATION AND TO RSVP:

Contact 410-662-4363 or email CommunityHealth@Keswick-Multicare.org

ALL EVENTS HELD AT KESWICK:

700 W. 40th Street, Baltimore, MD 21211



Give to Keswick — Make a Difference!

As one of the first not-for-profit institutions of its kind in the country, Keswick has enjoyed a rich history of philanthropy since opening its doors in 1883. Thanks to the vision, energy and commitment of our donors and volunteers, Keswick continues to provide excellent care for seniors. At Keswick, your gifts will be used to support an exceptional and caring staff, advanced medicine and technology, healthy living initiatives, and a warm and inviting facility that is second to none. We appreciate every gift we receive and all gifts are tax-deductible to the fullest extent of the law. Learn how you can help by visiting choosekeswick.org/give. If you have any questions or would like to discuss your gift, please contact:

Maria Darby

Director of Development and External Relations

410-662-4346

darbym@keswick-multicare.org

SHOP & SUPPORT KESWICK

'Tis the season for holiday shopping and at AmazonSmile, you can support Keswick every time you shop, at no additional cost. You'll have the same convenient Amazon.com experience, with a portion of your purchase price automatically donated to Keswick. Get started at:

<https://smile.amazon.com/ch/52-0591485>

Keswick's Compassionate Care Program Brings Out the Joy in Life

**"It's not the years in your life that count.
It's the life in your years."**

It's a theme that Ambrose Wanrin feels fits perfectly with Keswick's Compassionate Care Program, where he is the Director.

Open to residents facing the advanced stages of illnesses such as cancer, congestive heart failure, advanced dementia or a combination of issues, the program enables residents to enjoy the best quality of life and comfort in spite of the health challenges they face.

"They don't have to suffer because they have complex, chronic illnesses," said Wanrin, a

registered nurse with more than 14 years of experience in geriatrics. "The illness is already there. We do our best to manage the symptoms to an agreeable level, but we really try to take the focus away from the pain and instead focus on enjoying life to the fullest."

WHAT DOES IT LOOK LIKE?

The Keswick Compassionate Care Program works to manage pain and other symptoms of residents in the program so that they can focus on what gives their life joy and purpose. The program has a patient-directed aspect to it such that, if a resident prefers to take a warm bath before bed or enjoys a midnight snack, then Keswick will work to accommodate that.

A major goal of the program, which launches facility-wide in November, is the satisfaction of residents and their families, and feedback of the pilot program has been extremely positive. "We have a resident

who will be 106 years old this year," Wanrin said. "When she first arrived at Keswick, she was depressed and frustrated with her family for sending her here. Through the Compassionate Care Program, she has become more relaxed and happier, and the relationship between her and her loved ones is going very well," Wanrin said. "She gets out of bed every day. She attends recreational activities. She's still going very strong. She also lends a helping hand to other residents, which I find very unique. In addition, she has this beautiful smile all the time."

HOW DOES IT WORK?

The Compassionate Care Program offers a team approach, with physicians and nurses, the family, caregivers, social workers, recreation coordinators and the dietician all coming together to best serve the resident. Volunteers come in to sit and chat with residents or take them to the garden or

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chapel, and there is a care plan meeting for families both monthly and quarterly. "We have a truly caring, competent interdisciplinary team that is involved in the Compassionate Care Program," Wanrin said. "Team members regularly visit the residents learning what is most important to them and striving to make that happen every day. The families are very pleased."

Keswick focuses on improving quality of life and maximizing social and spiritual support by incorporating the clinical practice guidelines for quality palliative care issued by the National Consensus Project.

THE GUIDELINES FOCUS ON THE FOLLOWING EIGHT DOMAINS OF CARE:

- Structure and Processes of Care
- Physical Aspects of Care
- Psychological Aspects of Care
- Social Aspects of Care

- Spiritual/Religious/Existential Aspects of Care
- Cultural Aspects of Care
- Care of Patient at End-of-Life
- Ethical and Legal Aspects of Care

THE GOLD STANDARD

By incorporating these eight domains in the Compassionate Care Program, Keswick meets the national guideline for palliative care, which is the gold standard of palliative care in the nation.

"Keswick is a real trail blazer in this field by establishing the Keswick Compassionate Care Program, which is a palliative care alternative," Wanrin said. "We have presented the program at several hospitals and they were very impressed with our program. And, of course, our residents and their families are pleased with their experiences, which is most important."

Simply having an advanced illness does not

mean a resident can't still enjoy life. Wanrin recalled a resident with an advanced illness, who, due to her age, would not be a good candidate for surgery. Through the Keswick Compassionate Care Program, her symptoms are managed and she focuses on the joy in her life. "She loves to go to the hairdresser, so we make sure she goes every week," Wanrin said. "That is part of her lifestyle, so we want her to continue to enjoy doing that." 

IT'S NOT THE YEARS IN YOUR LIFE THAT COUNT. IT'S THE LIFE IN YOUR YEARS."

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REHABILITATION

When you (or a loved one) are ready to leave the hospital, you're focused on one thing: getting back to normal as quickly as possible. Keswick can help you get there. At Keswick, our therapists specialize in treating adults recovering from cardiac, orthopedic, pulmonary, wound management and other medical events that require some form of rehabilitation after leaving the hospital. We're here to help our patients get stronger, faster, and back to the life they love.

When you leave the hospital,
you have a choice:
ChooseKeswick.org

MEDICAL ADULT DAY SERVICES PROGRAM

Keswick's activity-based approach is tailored to each individual's interests and abilities, and supervised in a safe area that provides freedom and stimulation, while under the care of a dementia-focused medical staff that is second to none. With a registered nurse, social worker, dietician and therapists on staff, your loved one will be part of a highly engaging memory care program that treats both mind and body. At Keswick, we provide care and support physically, socially, creatively and cognitively for less than \$100 per day.

Please call Laretta Byers for
more information,
410-662-4324

VOLUNTEERS

Why does volunteering at Keswick matter? Because our volunteers change lives. Whether leading a program, working in the gift shop, or sitting and talking with our patients, volunteers at Keswick are more than just friends, they're family. Our volunteers lead and support activities, share their love of the arts in the creative arts studio, help our residents and guests learn how to keep an active mind and make healthy eating choices, and so much more. We hope you'll join our volunteer team.

Please contact Rosalyn Stewart,
410-662-4380 or
volunteers@keswick-multicare.org