



## KESWICK QUARTERLY

VOLUME IV • WINTER 2017



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

# KESWICK

*Right Care. Right Time. Right Place.*

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

VOLUME IV • WINTER 2017

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## A Message From Our President and CEO



These are exciting times for Keswick as we build on our trusted history as a community health resource. Keswick's accomplishments this year have been considerable: we have offered an extensive array of programs to seniors living in the community along with the campus-based supports that we have been delivering for over 130 years. These collective services help them manage their health in a way that enables them to

continue to do the things they love. Through an array of partnerships, we have increased access for seniors to classes such as chronic disease management, diabetes prevention, pain management, falls prevention and benefits, including vision screenings, legal counseling, and home modifications.

Truthfully, though, we could not do this without you. I am thankful for the many donors, friends, partners and colleagues that have joined us in this work. As part of the Keswick family, your unwavering commitment to older adults and their well-being is truly laudable and we appreciate the time, treasure and talent that you have shared throughout this year. Thank you!

Heading into 2018, I am most excited about the expanded ways that we are fulfilling our mission. It is an honor for Keswick to be part of the Baltimore community and we look forward to continuing to provide healthcare solutions to enhance the quality of life for older adults and their families in the year ahead.

Here's to a happy and healthy 2018!

Carmel Roques  
President and CEO

Keswick is a 501 (c) (3) nonprofit organization - donations to which are tax-deductible to the fullest extent allowed by law. Keswick Quarterly is produced by the Development & External Relations Office, 700 W. 40th Street, Baltimore, MD 21211. Questions concerning content can be directed to Maria Darby, 410-662-4346, DarbyM@ChooseKeswick.org.

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## How HUBS Helps Older Adults Remain in Their Homes



**REMOVING BARRIERS  
THAT PREVENT OLDER  
ADULTS FROM ACCESSING  
SERVICES THEY NEED TO  
AGE IN PLACE.**

In Baltimore City, more than a quarter of all owner-occupied homes are owned by older adults, many of which live on a fixed income and experience limited mobility. They also often have substantial housing needs. **Housing Upgrades to Benefit Seniors (HUBS)** is an innovative initiative created in 2015 to bring Baltimore's stakeholders in senior housing services together to remove barriers preventing older adults from accessing services they need to age in place. By consolidating the efforts of so many organizations, they create efficiencies in referral, intake, and application procedures; ensure that clients are matched with the correct services; and eliminate redundancies so that a greater number of older adults can live in homes that are safe, healthy, and comfortable. The project has been a success!



Nakia Mack

Two years ago, Keswick, Action in Maturity and GEDCO joined forces to be one of the HUBS; this program is led by Nakia Mack, who manages the process from beginning to end for the older adults in our service area. Although there have been many success stories over the past two years, Mrs. Cassandra Gross is one of our favorites.

Mrs. Gross was introduced to the HUBS program while attending a local senior center event, out of which she received help securing weatherization services that helped lower her monthly utility bill. As grateful as Mrs. Gross was for this assistance, she shared with Nakia that she also had several other housing issues, including an active leak, a broken window in her bedroom and kitchen and bathroom floors that were caving in. To ensure that Mrs. Gross could live safely in her home Nakia assisted her in applying to the Baltimore Housing Division of Green, Healthy & Sustainable Homes program to help remedy the situation. Lastly, Nakia – working on behalf of Mrs. Gross over a period of six months – accessed additional funding from the Neighborhood Housing Services and Mrs. Gross was able to have her roof repaired.

The story of Mrs. Gross clearly demonstrates the value of providing wrap around supports for older adults.

A HUBS coordinator working one-on-one with clients – assisting with paperwork, making follow-up calls, researching services and acting on referral opportunities – enables them to access all the services and resources for which they are eligible. Most importantly, programs like HUBS increase the likelihood that older adults can remain in their homes, in their communities for a longer period of time.

For more information regarding HUBS, please contact Nakia Mack, [410-662-7223](tel:410-662-7223). 

KESWICK'S

# ARTFUL MINDS

OPEN STUDIO

Laughter emanates from Keswick's art studio every Monday and Wednesday morning. You hear it from down the hall; it feels contagious. When you open the doors to the studio you find a group of artists oscillating between a calm, focused buzz and boisterous story-telling, all the while intensely focused on their art projects. All of the artists are community members participating in this year's Artful Minds Open Studio.



## TAUGHT BY MICA GRADUATE ART FELLOWS

Artful Minds is under the instruction of two Maryland Institute College of Art graduate student art fellows, Sara Kaltwasser and Rebecca Burr, who have been awarded the Libby Bowerman, '82 Keswick Fellowship, named in honor of Keswick's long-time administrator upon her retirement and funded by the Keswick Foundation. Sara Kaltwasser heads up the Monday artistic endeavors: she teaches painting, print-making and drawing techniques. Rebecca Burr takes over the reins on Wednesdays and leads the participants in the art of sculpting, using mostly found materials. Some of the "students" in Artful Minds are old pros like Carol, who has a bachelor's degree in art. She whispers to me when Sara isn't nearby... "she's a better teacher than the instructors that I had in art school." Other participants, like Pat, never before have had the opportunity to take an art class. Pat was a special education teacher in the Baltimore City Public School System for 33 years before retiring: now she is taking a turn at being a student once again.



Pat has completed most of the evidence-based health courses that Keswick Community Health offers. She plans to take everything she learns at Keswick and create a healthy living group at her church so that she can help other older adults live well and age well. Even in her retirement she is committed to educating and helping those around her. When I ask her about how Artful Minds is different from all of the other courses she takes, Pat pauses and says "it's just for me." That phrase surfaces again and again when speaking with the artists. For most, this is the first time in a long



intellectual stimulation. We encourage participants who have had full careers and raised children and grandchildren to take time for self-care, to nurture their mind, bodies and souls. In short, the goal is for older adults to live their best possible lives, in their community, doing the things they love. Artful Minds offers a creative outlet for older adults to (re)discover their creativity, build new friendships and take some “just for me” time. For more information or to enroll, call **410-662-4363**. 

time that they are focusing on themselves, their own passions and using their voice through artistic expression.

This journey of creative self-discovery is encouraged by Rebecca and Sara who are both supportive of their artists taking risks and expressing their individuality. One of the participants’ first projects was to simply paint a tree. In the end, no two trees looked alike. Phyllis’s tree looks like a stained glass window. She jokes that it looks creepy, but no one will hear of it. Ms. Phyllis wanted to major in art in college but was only able to take a few classes. She was also an educator in Baltimore City public schools for decades. Throughout that time Phyllis said she dabbled in “everything artistic - jewelry, crocheting, sculpture, etc. The only consistency of my art has been that it has always just been for me.”

Artful Minds Open Studios is just one of the ways that Keswick helps older adults be Wise & Well. Keswick recognizes that a person’s health goes far beyond the boundaries of physical health; therefore, we take a holistic approach to wellness that incorporates creativity, socialization, emotional well-being and



## Keswick – Right Choice for Recovery.

As a 70-year-old man, it is tough to admit that my body is not as strong as it used to be. Well, I recently had a wake-up call that involved a long journey of healing. Along the way, I discovered Keswick – which played a key role in my recovery and will continue to be a part of my life.

I'd love to say it all began with something more athletic, but the torn ligaments in my knee were the result of taking a bag of trash outside and tripping over the curb.

I was in excruciating pain and was immediately scheduled for knee surgery, followed by three days in the hospital. Knowing there was no way I could return home right away, I was referred to Keswick for Inpatient Rehabilitation.

Why Keswick? One, my orthopedist recommended them. Two, Keswick had private rooms, which I considered a necessity after having to share a room during my hospital stay.

As soon as I arrived, I knew I had made the right choice. Everyone I encountered at Keswick and through Flagship Rehabilitation, the provider of therapy services, was helpful, pleasant and comforting. From the admissions staff to my case

manager to my therapists, all were focused on me and my recovery.

My intake evaluation determined that I would remain at Keswick for two weeks. I was scheduled for physical therapy (PT) and occupational therapy (OT) two hours every day per Medicare. Not being a morning person, I preferred PT to take place in the afternoon when I felt stronger; the therapists were very accommodating and scheduled my OT in the morning.

Hannah, my occupational therapist, focused on getting me back into my daily routine. She helped me practice getting out of bed, moving around my house, walking up and down stairs and even getting in and out of the car.

Geetha, my physical therapist, helped me regain my strength. Initially, she had me walk using parallel bars but eventually moved me to a cane. Additional exercises focused on increasing the range of knee motion and strengthening my core to increase stability.

The goal of my inpatient stay was to make me as independent as possible. With the team's approval of my discharge, I felt ready to go home. However,



“AS SOON AS I ARRIVED, I KNEW I HAD MADE THE RIGHT CHOICE.”



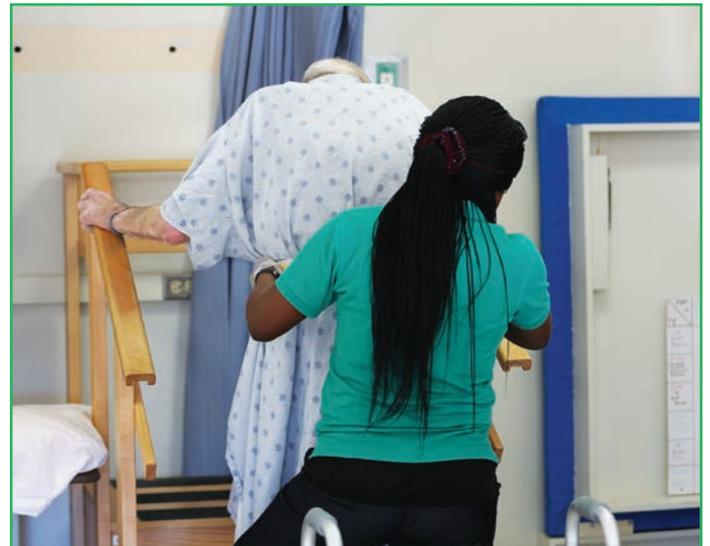
this was not the end of my rehab journey or my interaction with Keswick.

Although I was well enough to go home, I still needed some additional therapy. I chose to remain with Keswick for Outpatient Rehab and was able to continue working with Geetha, who had me walking without a cane in no time. I was also able to participate in other Keswick programs, such as the Falls Prevention Classes, Chair Yoga and the Walking Club.



“ I APPRECIATED ALL THE PEOPLE THAT I MET THERE AND WAS IMPRESSED BY THEIR SINGULAR FOCUS ON MY RECOVERY.”

When I returned home, a transition coordinator was assigned to me through Keswick’s Home & Healthy® program. I received calls to ensure that I had everything I needed — medications, clear discharge instructions, equipment and primary care appointments. Living alone, I greatly appreciated the follow-up.



Rehab is not a vacation, but Keswick made it the best experience that it could be. It was the ideal situation for me. I appreciated all the people that I met there and was impressed by their singular focus on my recovery. With their help, I was able to achieve a level of health that met – and in some areas – even surpassed where I was prior to my surgery. I also discovered a place where I could learn as well as meet and engage with like-minded people in my own back yard.

For more information about Rehabilitation Services, contact Admissions, [410-235-8860](tel:410-235-8860). 

## Learning and Laughing with One Another



The degree may vary from person to person but people thrive through social interaction. At Keswick, we take this to heart! Social interaction here takes many forms but one stands out from the others...young people interacting with older adults. Many of Keswick residents and Rehab guests benefit from the engaging conversations they share with youth volunteers, middle school, high school and college students.

One-on-one visits between residents/guests and student volunteers create opportunities for meaningful experiences for both the older adult and the young person. As they spend time together, they develop rapport, share stories, learn from each other, and laugh a lot. Developing an environment that supports and strengthens these relationships is central to their success. Intergenerational relationships are important for the health and well-being of older adults and it provides young people with an opportunity to engage with them in a positive way.

### JACK

Jack, a junior at Mount Saint Joseph High School, came to Keswick this past summer to join our Student Volunteer Summer Program. Jack soon learned that he shared a common bond with one of Keswick's residents, Mr. Young, a retired postal service worker. They both have an avid interest in learning about history and wars, particularly WWII. Mr. Young's family has a rich history of service - WWII, the Spanish American War and the Vietnam War - stories that he shared with Jack, which started a friendship over the summer that continues to this day.

### MR. YOUNG

Mr. Young says he did not "bite his tongue" when sharing information with Jack about his family's experiences in the service...they discussed racial issues, discrimination, college and many other topics. Jack, on the other hand, was happy to receive first-hand information about topics in which he is interested. The friendship is a mutually positive experience. Mr. Young admires Jack greatly. "Jack is very intelligent. He will excel in whatever he chooses to do," said Mr. Young. Jack enjoys his time with Mr. Young as well. "I admire Mr. Young and all older adults - they are a mirror of the past and a lesson for the future."



### MARIE

Marie, a junior at Johns Hopkins University and native of Spain loves to visit Mrs. Acosta, a native of Puerto Rico. Mrs. Acosta\*, whose family lives a distance away, is thrilled to have someone to converse with in Spanish, since she has problems understanding English. Marie says that Mrs. Acosta holds her hand and asks how she's been and always expresses how thankful she is that Marie is there. They often sit together during events like musical performances and church. "You can bring joy and care to someone's life and, in return, they do the same for you," shared Marie. She created a painting of the Virgin Mary for Mrs. Acosta's birthday that now hangs in her room. The painting is a reminder to both Mrs. Acosta and Marie of the friendship that they share and the memories that they are creating for and with one another. K

\*Names were changed for privacy reasons

# VOLUNTEER

If you are interested in volunteering at Keswick, please call **410-662-4380** or send us an email at [Volunteer@ChooseKeswick.org](mailto:Volunteer@ChooseKeswick.org)

## Giving Feels GREAT!

Keswick is continuing to grow in new and exciting ways in order to provide the most innovative and holistic health solutions to older adults. We are building on our trusted history as a community health resource to expand the methods that we use to deliver healthy living support to older adults. As the holiday season approaches, we ask you to consider making a gift to support our mission to provide these services that allow older adults to manage their health in a way that enables them to continue to do the things they love, both on campus and in the community.

### YOUR SUPPORT MAKES A DIFFERENCE!

Keswick’s programs, services and activities, such as our art and computer skills classes, musical entertainment, garden and ever-popular bingo games, are a reflection of the vision, energy and commitment of our donors and volunteers. Next year we will continue to expand services and increase the

offerings that enable older adults to live Wise & Well. To meet these goals, we need your help!

### PLEASE CONSIDER A GIFT TODAY

Your donation will be used to support an exceptional and caring staff, healthy living initiatives and, most importantly, to provide the very best care to those we serve. We appreciate every gift we receive and all gifts are tax-deductible to the fullest extent of the law. To support Keswick, visit [ChooseKeswick.org/Give](http://ChooseKeswick.org/Give) or send your gift to **700 West 40th Street, Baltimore, MD 21211.**

If you have any questions or would like to discuss your gift, please contact:

**Maria Darby**  
Director of Development &  
External Relations  
**410-662-4346**  
[DarbyM@ChooseKeswick.org](mailto:DarbyM@ChooseKeswick.org)

## SHOP ONLINE? SUPPORT KESWICK!



Skip the crowds, chaos and calamities of holiday shopping by going online! Not only will you save time and energy, but you can give back at the same time. It is easy with AmazonSmile!

As you shop the best prices for all of your gifts, decorations and more, AmazonSmile donates 0.5% of all proceeds to Keswick.



### TO START GIVING WHILE YOU SAVE, FOLLOW THESE STEPS:



1

Go to smile.amazon.com

2

Create an account or log on (if you already have an account)

3

The first time you log in, you will select the charity to receive a portion of the purchase price of your items.

4

Search and then select Keswick.

5

Shop -Same products, same prices, and same services as Amazon.

6

Amazon will donate .5% of the price of your eligible purchases to Keswick.



# KESWICK'S RESPIRE ADULT DAY PROGRAM

In addition to traditional Adult Day Services, Keswick offers Respite Care which provides Baltimore families with “there when you need us” support when caring for an elderly family member with dementia.

*Our caregivers provide  
an engaging, uplifting  
day for your loved one.*



LEARN MORE  
410.662.4324 • [ChooseKeswick.org](http://ChooseKeswick.org)

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## HEALs was a HIT!



Keswick and the American Diabetes Association (ADA), MD Chapter hit a homerun with this year’s Healthy Eating, Active Living series (HEALs.) HEALs sizzled all summer long as a group of 46 older adults from the community learned how to make lifestyle changes in order to be Wise & Well. Over four months and eight two-hour classes, participants engaged in laughter yoga, learned how to cook healthier meals, discussed the value of self-care, shared their success stories and gained access to local resources enabling them to age well in their community.

Most importantly, participation in HEALs led to life-changing health improvements for our participants! Survey results showed that due to HEALs: 89% cited that their activity level has increased; 100% socialize more; and, 100% practice healthier eating.

Participants and the Keswick & ADA Team are already looking forward to next year’s series! Interested in learning how to make healthier lifestyle choices? Contact [CommunityHealth@ChooseKeswick.org](mailto:CommunityHealth@ChooseKeswick.org) or call 410-662-4363. 



## Keswick Q&A with...

**Barbara Fisher:**  
Volunteer in the Creative Arts Studio

### HOW LONG HAVE YOU BEEN VOLUNTEERING AT KESWICK?

I hit my one year anniversary in September!

### WHY DO YOU VOLUNTEER WITH KESWICK?

I am a loyal artist and I love to help others—I joined to see if I would like it and I really do.

### DO YOU HAVE A FAVORITE MEMORY FROM VOLUNTEERING?

I remember a resident who was so grateful that she cried. It touched my heart.

### ONE THING THAT WOULD SURPRISE SOMEONE TO LEARN ABOUT ME IS...

I am an introvert and it can be a challenge in a group. People usually think that I am outgoing!

### WHAT BOOK, MOVIE OR ACTIVITY ARE YOU CURRENTLY OBSESSED WITH?

I love to read. I am currently reading Diane Keaton’s *Then & Again*. Some of my favorites include: *The Poisonwood Bible*, *The Red Tent* and *The Kite Runner*.

### WHAT WOULD YOU TELL SOMEONE WHO IS THINKING ABOUT VOLUNTEERING?

Focus on how you can help someone while doing what you like; it makes volunteering really enjoyable. 



700 West 40th Street  
Baltimore, MD 21211



## LONG-TERM CARE IN PRIVATE ROOMS

Keswick's long-term care residents receive the commitment and attention they need through 24-hour comprehensive nursing care. In addition to topnotch medical and nursing care, residents have access to pastoral care, therapeutic recreations, social work, a busy recreation calendar with diverse activities and more. Focused on person-centered care, Keswick Team Members work with each resident to design a care plan that reflects his or her needs, care goals, skills and interests. No two residents are the same and neither are their care plans. The only similarity between all of our residents is the quality of the individualized care that they receive. **All of Keswick's long-term care rooms are private, giving older adults the privacy that they deserve.**

Keswick is licensed by the State of Maryland and is certified to participate with Medicare and Medicaid.

Contact Barbara or Megan in the Admissions Office at **410-662-4218** or **[Admissions@ChooseKeswick.org](mailto:Admissions@ChooseKeswick.org)** to apply, to schedule a tour or for more information.

