

KESWICK QUARTERLY

VOLUME V • FALL 2018





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

VOLUME V • FALL 2018

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A Message From Our President and CEO



When I think about autumn, I think of two things: time with family and the preservation of life. Animals do it by gathering food for hibernation, farmers do it by planting for a spring harvest and we, too, must do it by staying active and connected – the proven foundation for healthy aging. As the weather becomes cooler and the days shorten, it is easy to want to retreat inside. I encourage everyone to continue to engage with family, friends and neighbors and to join us at our Wise & Well Center for Healthy Living where you can take yoga, cooking or gardening classes and generally stay connected to your community!

In this issue, you will read about the Wise & Well Grand Opening event held in September, our computer class run by Johns Hopkins University students, a look at our wonderful chefs, tips on staying healthy & safe this winter by Abby, our new nurse practitioner, and the healthy holiday happenings ahead at our Wise & Well Center.

I hope you are enjoying 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 [keswickmulticarecenter](https://www.facebook.com/keswickmulticarecenter)

Governor Announces “Age in Place” Program

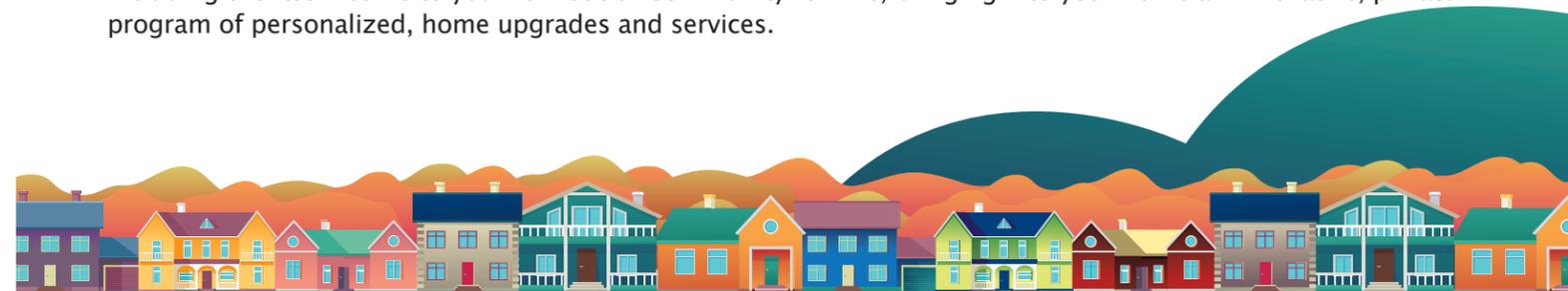


Stephanie Pessin

Excitement is in the air! Recently, Governor Larry Hogan announced the Maryland Community for Life program, an innovation of the Maryland Department of Aging and launched as a partnership between the Department of Aging and several Maryland non-profit organizations, including Keswick Community Health. The program was developed to provide services to enable Maryland’s 65+ population to remain living at home longer, while preventing the issues that require higher levels of care.

“This program is the first of its kind in the Nation”, said Secretary Rona E. Kramer of the Maryland Department of Aging. “Through partnership between Maryland government and the non-profit community we provide a grouping of reliable and professional services, heretofore, unavailable to seniors in an easy and manageable package that will help prevent falls, contractor fraud, and isolation while at the same time preserve that important asset, their home and their hard earned savings.”

Keswick Community Health is extremely excited about this new program that supports the idea of “aging in place” for those who wish to do so. Leading Keswick’s Community for Life is Stephanie Pessin, a physical therapist and a proud AARP card-carrier! Her work here at Keswick helps us advance the most cutting-edge (and enjoyable) programs currently available for older people to “update” their health with body and home “upgrades,” including the “we’ll come to you” roll-out of Community for Life, bringing into your home an innovative, private program of personalized, home upgrades and services.



For more information and/or to reach Stephanie, Health & Wellness Concierge, contact her at 410.246.7187 or PessinS@ChooseKeswick.org.

Meet The Chefs

General Manager Paul J. Gusst and Executive Chef Bob Clark are cooking up a storm in the Keswick Cafeteria! Read how these top notch chefs are bringing years of experience cooking for everyone from the members of Hayfield’s Country Club to President George W. Bush!



General Manager Paul J. Gusst



Executive Chef Bob Clark

Chef Paul J. Gusst CEC, CDM, CFPP, CFSM General Manager
 Certified Executive Chef from the American Culinary Federation

WHAT MAKES YOU UNIQUE AS A GENERAL MANAGER?

What makes me unique as a General Manager is that I worked my way up through the many jobs in a kitchen. I started out as a dishwasher. From being in that environment I realized that I wanted to learn to cook so I began looking into culinary schools and attended the Restaurant School on Walnut Hill in Philadelphia. During my career I have done every job in a kitchen and am now in a General Manager role. My direct kitchen experience allows me to understand all of the positions in the kitchen and with that, all of their unique challenges. I am also very hands-on in the kitchen. I make sure that recipes are followed the right way and proper cooking techniques are used, no shortcuts taken.

DURING YOUR TIME AS A CHEF FOR WHOM HAVE YOU HAD THE OPPORTUNITY TO COOK?

I’ve had the opportunity to cook for lots of celebrities and politicians. For instance, I’ve cooked for President George W. Bush, Newt Gingrich, Andre the Giant, the Four Tops, Flava Flav (Public Enemy), Nelly, Alec Baldwin and many more.

YOU ARE A BIT OF A CELEBRITY YOURSELF, RIGHT?

When I was in Syracuse I was known around town because I was on the radio, Y-94 Clear Channel. The show was called Monday Morning with Chef Paul and we would talk about food, what to prepare for the holidays, how to properly portion to avoid too many leftovers and other interesting food topics.

WHAT CHANGES ARE YOU BRINGING TO KESWICK?

We are focusing a lot on flavor. I came up with the idea of having a “flavor town” in the cafeteria giving people the opportunity to try a variety of hot sauces. Soon we’re going to let people bring their own hot sauces to add to the bunch so we can create a library of flavors!

Bob Clark
 Executive Chef

WHERE WERE YOU BEFORE KESWICK?

I’ve been in the restaurant business for a long time: I’ve been cooking for 36 years. I ran the kitchens at Turf Valley in Ellicott City and Hayfield’s Country Club in Cockeysville for 15 years before I came to Keswick. I’ve cooked for over 2,500 weddings. One summer I, alone, handmade 10,000 crab cakes and 7,000 crab-minis. It was a great experience; however, if I had known about what working in healthcare was like I would have been here much earlier.

WHAT DO YOU LIKE ABOUT WORKING IN A HEALTHCARE ENVIRONMENT LIKE KESWICK?

I love the residents! I view cooking for the residents like I’m taking care of my own grandmother. Earlier today during my “Cooking with the Chef” demonstration I got one of the residents to try clams for the first time and he loved it! How great is that?

WHAT HAVE YOU BEEN FOCUSING ON TO IMPROVE THE MEAL EXPERIENCE FOR RESIDENTS?

We are trying to step up the presentation. We all “eat” with our eyes first. It has to look appealing in order for a person to even want to try it. Our goal is to give the residents various ways to enjoy their meals – through their sense of smell, sense of sight and sense of taste. We are working on getting more color on the plate and for residents who eat pureed food, we are forming the food into attractive shapes when serving it to make it more visually appealing.

ANY TIPS FOR AVOIDING SALT WHILE COOKING?

Salt free seasoning is always an option. Also using cheese is helpful with getting salty flavor without the sodium. But primarily, the most important part is cooking the food right. If you cook the ingredients correctly they will taste good and not need the salt. **K**

SUPPORT KESWICK!

Please Consider a gift to Keswick!

Keswick is continuing to grow in new and exciting ways in order to provide the most innovative and holistic health solutions to older adults. At Keswick, your gifts will be used to support innovative aging initiatives, programs and activities for older people living on our campus and those living in the community, forward thinking public health partnerships, preventative and self-management health programming, and supportive technology, all in a warm and inviting campus community that is second to none.

We appreciate all gifts made to Keswick. Our online link for donations can be found at: www.ChooseKeswick.org/give/ or feel free to use the enclosed envelope for your convenience. Thank you!



The Wise & Well Center for Healthy Living Is Now Open!

Keswick Community Health Hosts Ribbon-Cutting Ceremony



On September 10, over 200 people joined us to celebrate the Grand Opening of Keswick's Wise & Well Center for Healthy Living, the first of its kind in Maryland.

The Center, designed for older adults to pursue their health and well-being goals, offers classes, coaching and personalized services across multiple dimensions of wellness. Wise & Well serves as a partner in developing purpose and meaning, staying connected and moving more – the proven foundation for healthy aging.

The space accommodates a range of older adults, from the just-retired person looking for a place to remain social and active to those seeking to learn how to manage their health. Classes include lessons on managing chronic disease, preventing falls, brain health, and creative arts, to name but a few.

At the Grand Opening event CEO Carmel Roques was joined by speakers Barbara J. Bazron, Deputy Secretary for Behavioral Health for the State of Maryland, Mary Pat Clarke, 14th District Councilwoman and Keswick Foundation Board Chair Craig Horner before they, along with a representative from Council President Jack Young's office, Keswick Board President Matt Rockstroh and Keswick Community Health Board President Ron Diegelman, ceremonially cut the ribbon.

“Older adults can come to our campus and find resources that allow them to go about living healthier and more engaged lives -- all in one place,” said Carmel Roques, Keswick's president and CEO.

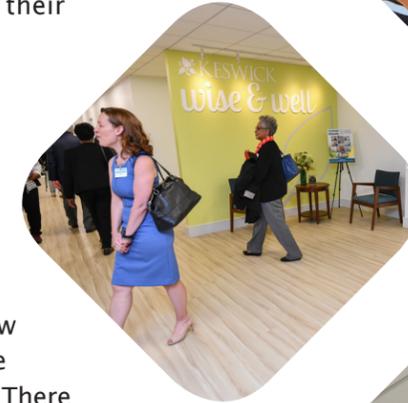
Wise & Well staff brought elected and appointed officials, partners, community members and media on a tour of the new facility showcasing 14,000 square feet of activity and meeting space. Guests viewed the yoga room, a room for Zumba and line dancing, an exercise room, an interactive display kitchen

for cooking classes, an art room and classroom space. “Wellness is not something that someone gives to you, it is something that you create for yourself,” said Roques. “This space provides a canvas which older adults can use to design their own health and wellness experiences.”

Membership is \$60 annually and access to private consultations with professionals like personal trainers, counselors, massage therapists, art therapists, personal pharmacists, life coaches and more are available for additional fees. Paulette Jones, who retired 13 years ago, is an enthusiastic new Wise & Well member and when asked about the Center she said, “Oh my goodness this is nice! There are so many choices and opportunities to pursue; I'm just trying to keep up!”

“The Wise & Well Center is about prevention. It's about management. It's about choices and it's about fun,” Roques said. “At Wise & Well, we are focused on older people living their best lives and doing it in a way that's seamless, personalized and engaging for members.”

Susan Bender, Wise & Well Team Leader, shared with a group of older guests touring the Center during the Grand Opening, “Think of us as a partner on your health and wellness journey. Our goal is for you to live well, age well and be well so that you can continue to have choices about where and how you live and continue doing the things you love.” 



To learn more about becoming a member, our class schedule or community health programming, visit us online at

<https://ChooseKeswick.org/Services/Community-Health/>
Contact us, 410.662.4363 or CommunityHealth@ChooseKeswick.org



From Autobiographies to Angry Birds:

How Hopkins Students are Spreading Their Love of Computers at Keswick

One year ago a small group of Johns Hopkins Computer Science students began teaching a computer skills class for Keswick's residents. The class's scope was purposefully kept vague— the Keswick participants and the Johns Hopkins volunteer instructors would design the course together to cover what they found most interesting.

Each JHU volunteer came to the class for a different reason but with a shared love of computers, the internet and the possibilities it held. They were recruited with the help of Joanne Selinski, Associate Teaching Professor and Director of Undergraduate Studies for the Department of Computer Science at Johns Hopkins University, who sent out a call to all undergraduate Computer Science students who may be interested in sharing their passion for technology with older adults.

In Edward's application to volunteer for the class he said that "the main reason why I am excited about this position is because I wish to help seniors who feel disconnected from the digital age. I chose Computer Science as my major because I believe in and am fascinated by the computer's power to connect our world." In Elliot's application he stated that "I study computer science to, ideally, change the world. This is a goal that's very hard to achieve, but this teaching position presents an opportunity to make a small but tangible impact."

Elliot's aspiration came true quickly. The volunteers worked with the participants to begin shaping their ideal class. Soon they were exploring obscure corners of the world – from the Pyramids of Egypt to their childhood homes via Google Maps Street View. A

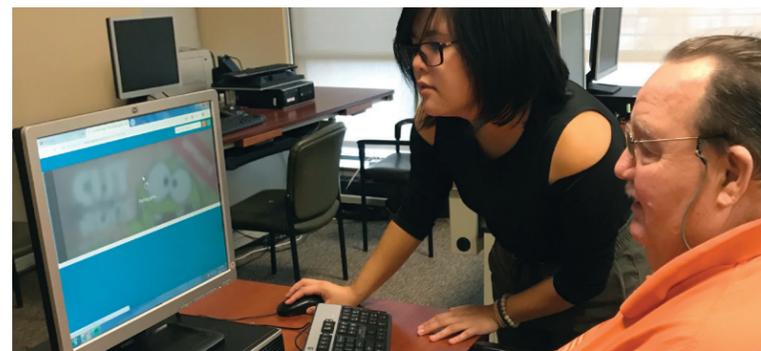
fierce love of Angry Birds (a computer game involving catapulting birds at greedy pigs who stole their eggs) was born. Mr. Young had the idea to update his resume so the whole class learned about resume templates. They created slideshows of personal photos and Edward's trip to California.

Ms. Anina's main goal with starting the class was to write her autobiography, which she completed late last summer. She said that before the Computer Skills class she thought that she did not have a story to tell. But now "I realize that I have really lived! I never thought I could write an autobiography but now that I have I can see how interesting my life has been!" Currently she is considering penning more stories to add to her memoir.

The team of volunteers who teach Keswick's Computer Skills Class, Edward, Elliot, Frank, Jasmine and Vipul, bring their passion to class participants every week and leave with more hope in the possibilities of their chosen career path. As Frank noted, "At Keswick, instead of it just being a computer class, it is more like a social event where I get to meet people with pure souls. As a Computer Science major, the participants make me believe in technology."

Every day volunteers bring their unique skills and stories to Keswick. There is no one right way to volunteer. When the idea for creating this class first came up no one thought Angry Birds would be a core element of the curriculum but that is what makes this "course" so special. 

Interested in sharing your passion at Keswick? Email Volunteer@ChooseKeswick.org or call 410.662.4380.



Stay Healthy & Safe this Winter Season

by Abby Obatuase, Wise & Well Nurse Practitioner

Winter is upon us! Some think of it as the season of serenity – quiet and peaceful. Yet, winter is also cold and sometimes dangerous. Staying safe and remaining healthy are key factors for surviving (and thriving!) in the winter. The winter season also brings with it celebrations and for some, opportunities for spending time with family, neighbors and friends – perhaps going out or having guests in to your home. Socializing is a key part of being wise and well but doing so safely is important. We often think of preparing our cars and our homes for the cold season but we want to encourage you to also take self-care preventative measures as a means of staying healthy during the flu and cold season.

HERE ARE A FEW POINTERS FOR TO STAYING SAFE AND HEALTHY THROUGH THE NEW YEAR:

- ① **Get the Flu Shot.** Receiving the flu shot is the first step towards staying healthy. The flu season runs from October of every year to March, as defined by CDC (Center for Disease Control). Many locations offer free flu shots so take action and sign up today.
- ② **Establish/Continue an Exercise Program.** If you have one in place, great! Continue with your program throughout the winter, even if that means modifying it so that you can do it indoors. If you don't have an exercise routine, check-out exercise shows on TV, videos or on the computer. Remember, walking is a great exercise that can be done indoors or outside. Walking up and down stairs, down a hallway or around the house works as well. If you do walk outside, walk slowly, carry a working cell phone and if possible, have a walking buddy with you. Always be careful of extreme cold days. On such days, even if you normally exercise outside, adjust your routine and do it in your home.
- ③ **Stay Hydrated!** In the winter we don't always think about drinking as often as we do in the summer but staying hydrated is central to good health. Hydrate yourself every day by drinking fluids as much as you can except when you are on fluid restrictions. Remember by the time you "feel" thirsty you are often already dehydrated.
- ④ **Insulation.** Winterize your home. Check insulation and storm windows, have your gutters cleaned (please, do not climb up on a ladder yourself!) and have any roof leaks repaired. Proper insulation will keep your home warmer and you and your family safe from the harsh winter weather.
- ⑤ **Heat Check-in.** Check and tune up your heating system – you don't want to have a heating system failure in the middle of winter. Prevention is key!
- ⑥ **Smoke Detectors.** Make sure your smoke and carbon monoxide detectors are in good working condition and have fully charged batteries. It is often suggested that you do this check each time we change the clocks forward/backward.
- ⑦ **Clothing.** Wear appropriate outdoor clothing; a light layering of warm clothing works best. Wear mittens, scarves and hats, as well as waterproof boots when outside and take a sweater when leaving the house since temperatures vary greatly in public spaces and in others homes.
- ⑧ **Check the Weather.** Keep abreast of weather conditions if you are going out for the day or evening or if you are planning to travel. Have back-up plans in place.
- ⑨ **Have an Emergency Preparedness Plan.** Prepare for emergencies, including power outages, by stocking food that does not need cooking, having a fully charged phone, and by keeping an emergency kit that includes battery operated devices such as flashlight, radio and lamps. Be sure to have extra batteries and extra medications on hand. Have a plan in place on where you would go should you have to leave your home in an emergency.
- ⑩ **Relax and Refresh.** Last, but not least, spend time with family and friends around the holidays. Isolation is not a healthy option for your mental wellness. Plan ahead for your holiday shopping and cooking. If you are by yourself, invite friends over or visit with them during the holiday season. Better yet, check out all the programs and social activities happening at the Wise & Well Center during the month of December. Come share the holiday spirit with us. 



700 West 40th Street
Baltimore, MD 21211

Join Us!

Give Our Membership as a Gift to a Loved One, Friend, or Yourself!

(Gift certificates are available for purchase)



Keswick's Wise & Well Center is offering some FREE events for the month of December.

Holiday Card Writing Workshop

Friday, 1pm - 3pm
December 7, 2018

Wise & Well Member and Friends Holiday Open House

Wednesday, 2pm - 4pm
December 12, 2018

How To Decorate A Festive Holiday Table

Wednesday, 11am - 12:30pm
December 19, 2018

New Year's Recipe Exchange

Thursday, 10:30am - 12pm
December 27, 2018

Interested? Contact us at: CommunityHealth@ChooseKeswick.org or call us at 410.662.4363



Located across from the Rotunda on the Keswick Campus
700 W 40th St. Baltimore, MD 21211