

KESWICK QUARTERLY

VOLUME VII • SUMMER 2019



 KESWICK



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

VOLUME VII • Summer 2019

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A Message From Our President and CEO



live longer lives full of purpose, engagement, and connection.

Welcome to summer! With the warmer weather and the longer days, summer is the perfect time to reflect on our personal health and wellness as well as the state of wellness for older adults in our community. Let's face it...we are an aging Nation! None of us are getting any younger! In Maryland by the year 2020 – one year from now – there will be 1.4 million people over 60 years old; of that more than 250,000 will 85+, the fastest growing segment of the population. Now is the time to learn to

As a society with a rapidly growing older population, it's more important than ever that all citizens have the ability and supports needed to age well. At Keswick, we partner with organizations and healthcare systems throughout the Central MD area to help make that a reality. Our goal is to focus on prevention and to that end we created the Wise & Well Center for Healthy Living, which is soon to celebrate its first year anniversary. This space serves as a gathering place and resource for services – a place for people to pursue their health goals as they age, yet remain living in their own homes. There are opportunities for engagement through learning and physical activity. Community health programming in the Wise & Well building focuses on socialization with friends, education, arts and activities such as line dancing, Zumba, and yoga. Chronic disease and care management information is also a central focus as we support older adults on their health journey. Come check us out!

Keswick's goal is to be your community health resource, whether you engage with our campus-based services, our community-based services or both. It is all about enabling you to live your best life every day, living safely where you want, doing the things you love. We are here for you...Choose Keswick.

With gratitude,

Carmel Roques
President and CEO

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Visit us online: ChooseKeswick.org



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Keswick_Wise_And_Well



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Catching up with Laura Sicari

Acupuncturist and Chinese Herbal Medicine Expert



Laura Sicari is one of the Wise & Well Center facilitators and wellness experts. She has her Masters in Oriental Medicine from the Maryland University of Integrative Health and her Masters of Acupuncture, L.Ac, Traditional Chinese Medicine and Chinese Herbology from the Tai Sophia Institute.

TELL US ABOUT YOURSELF, LAURA?

"I lead the Chair Yoga and Acupuncture Wise & Well group classes. My private practice is co-located; clients have the option of seeing me in one of the private Keswick Wise & Well consult suites or in my space in Roland Park."

WHAT'S YOUR PASSION?

"Having taught yoga at meditation retreats for over seven years, which is where I first began working with older adults, I discovered a new passion to engage with older adults. Believing in the positive power of acupuncture and the importance of being involved in the community, I lead acupuncture groups in Drug Rehabs throughout Baltimore City."

WHAT INSPIRED YOU TO JOIN THE WELLNESS TEAM AT KESWICK'S WISE & WELL CENTER?

"I was looking to grow and expand my business and clients and to share the importance of wellness over the lifespan. I began looking into health and wellness centers and saw Keswick's Wise & Well Center for Healthy Living and inquired if they needed an acupuncturist. I liked what I saw as the mission of the Wise & Well Center. I love the energy and the atmosphere. I felt that here at the Center they believe in the wisdom and healing that is found in community. I wanted to be a part of that." 



Look for Laura's Chair Yoga this summer and Group Acupuncture in August.
Or better yet, sign-up for a private acupuncture session.

Maryland Community for Life at Keswick In Action: Matilda's Story

Matilda was referred to Community for Life at Keswick by a local health practitioner to get help addressing chronic problems with foot pain, walking, balance and safety – problems that were causing her increasing risk, just being at home.



MATILDA'S STORY:

Matilda has lived resiliently and vibrantly for more than seven decades, weathering life's usual ups and downs. Her home for the last many decades is a short walk from Keswick. It's been responsibly maintained and comfortable, reflecting a life lived with flair and purpose.



THE JOURNEY:

Maybe Matilda should have taken care of a few things she had somehow forgotten along the way – and who hasn't done that? But now, even as she was starting to get her feet looked after, it came as a distressing surprise that some important things were still getting away from her.

She had gradually gained some weight over the years – her feet could feel it every time she took a step, but perversely, the foot pain made it harder to do the thing that she'd always done to lose weight: exercise. And her house, lovely as it was, was filling up and getting harder to navigate, as collectables continued to flow in. Matilda was taking a big risk that she'd fall every time she walked up and down cluttered stairways, hallways, dining room and the basement.

And yes, she did have some grab bars in the bathroom – but they hadn't been installed in places that provided the critical support. Recently she'd broken a towel rack after losing her balance and grabbing at it in a last ditch effort...that didn't work.





LIVE YOUR BEST LIFE



BUMPS IN THE ROAD:

Unfortunately, another more challenging issue surfaced. Matilda began to realize that her old budget plan was not keeping up with her recently retired way of life. When she connected with Community for Life, Matilda was trying to figure out how to avoid sinking into a long, steep, financial slide and her emotions over this situation were weighing on her.

She felt distant from anyone she could really confide in about this. When Matilda realized that her situation would only continue to get worse if she didn't take action, she decided that she just couldn't put off getting help any longer.



SUCCESS!:

Matilda saw our Keswick brochure, and contacted Community for Life for a consultation. She is now an active participant in the program and already seeing results! With outcome driven assistance from Stephanie Pessin, our Health and Wellness Concierge, Matilda is on the right track to stay in her home, continuing to do what she loves! 

Interested in joining Community for Life or referring a loved one? Contact Stephanie Pessin, PT, BA, BSPT, MPT at PessinS@ChooseKeswick.org or 410.246.7187 to get started!

So Long, Ms. Christine!

After 25 years of bringing joy, laughter and a little friendly competition over cards to the residents, Ms. Christine retires from her role as recreation coordinator on Coggins 2.



Ms. Christine cannot walk down the hall in Keswick without being stopped at least twice. “I suppose I just get along with everybody” is her explanation for the constant interruptions; yet, it is clearly so much more. Everyone knows and loves Ms. Christine – the staff, the residents and the volunteers. If you have a question, need advice or just would like a helping hand, Ms. Christine is the woman to see. So while we are thrilled for Ms. Christine to begin the next adventure of her life – retirement – she will be missed dearly.

Ms. Christine first came to Keswick 25 years ago to work as a nursing assistant on Coggins 2. She quickly bonded with the residents and began to lead

her own impromptu recreation activities. She started conducting card games in the dining room and held daily socials for the residents on her floor. After five years of this, Ms. Christine was offered a spot as a recreation coordinator so she could focus all of her hours at Keswick on recreation activities. Ms. Christine jumped at the opportunity and has never looked back.

Over 20 years later Ms. Christine still holds her daily socials for the residents on Coggins 2. She brings out snacks, puts on a movie and converses with “her residents” about everything and anything. She says the best part of her years at Keswick has been the residents. She explains that “Keswick is my second home and the residents are like family to me.” In fact, she contributes her success as a recreation coordinator to the strong bond she has with her residents. “What can I say,” she laughs, “I’m attached to them.”

After 25 years at Keswick Ms. Christine is not quite ready to fully let go. “Oh, I’ll be around,” she promises. We are so thankful that you will be, Ms. Christine and we look forward to seeing you back on campus...as a volunteer! K



Shamira Morgan

“Keswick has paved the way for my future.”



There wasn't a dry eye in the house when the Keswick team said goodbye to Shamira Morgan, our intern of four years from Cristo Rey Jesuit High School. As part of her Corporate Internship Program, Shamira spent one to two days a week at Keswick. On May 21, her final day on campus, there were plenty of smiles, hugs and tears of joy as we celebrated four fabulous years of growth, friendships, service and learning.

Shamira is an amazing young woman; she has tackled every challenge that came her way by staying motivated and positively engaged – a true inspiration! Over the past four years, she has brought a positive high energy and a personal touch to Keswick. Shamira genuinely cares about the residents and she embodies Keswick's mission of enhancing the lives of the older adults we serve.

While working at Keswick, Shamira has grown – personally and professionally. She learned how to take initiative to figure out what assistance is needed with minimal guidance and was always there to lend a hand no matter the task. She worked in the Gift Shop and Adult Day Services, assisted with resident activities, helped with Community Programs and Outreach and did clerical work. In each of these rolls, she has excelled!

Lauretta Byers, Director of Adult Day Services, with whose team Shamira has primarily worked, had this to say, “Shamira has been a joy to work with over the

last four years. We have seen her grow and blossom into a beautiful young woman! Whether assisting with activities or doing clerical work, she always brings her smile and bubbly personality – making the participants feel at ease and happy. Shamira was like a little sister or daughter to the staff as she would come to us for advice and best practice strategies to help her maneuver through high school and her teenage years. It has been a pleasure knowing Shamira and being a part of her circle.”

When asked to reflect on her time at Keswick, Shamira said,



“I've interned at Keswick since 2016 and my journey has been an eventful one. When I first got here I was so nervous because it was my first job ever; now that I am experienced I can say that Keswick has paved the way for my future. I learned to be patient and think about others before I think about myself. I formed connections with my colleagues, friends, and residents while at Keswick. The times I gave up or failed, Keswick was there to pick me back up. I enjoyed interning at Keswick; I was fortunate enough to have a once-in-a-lifetime experience on the campus and with the people. Thank you for motivating me and pushing me to be a better version of myself. I want to thank Mrs. Rosalyn for going above and beyond with everything she does; to the staff in ADS for treating me like family; but, most importantly, the residents for accepting me for who I am.”

Shamira, we cannot wait to see all that you accomplish. You have a bright career and future ahead of you. Keswick will always be rooting for you! 

Interested in interning at Keswick? Contact Rosalyn Stewart at StewartR1@ChooseKeswick.org or 410-663-4380 to learn more!

Wise & Well Members

Eugene (Gene) & Rita Meyers – Sharing Their Journey

Rita & Eugene Meyers, two of our earliest members to join the Wise & Well Center for Health Living, reflect on how the Center has changed their lives over the last nine months.

Rita Meyers was first introduced to the Keswick Wise & Well Center for Healthy Living by accident. Rita and Gene received a miss-delivered flyer in the mail detailing the offering of Tai Chi at the soon-to-open Center. Rita immediately “dragged” herself and Gene to the center for a tour and to find out more about this one-of-a-kind program. They registered as new members right after the tour and have been thrilled with that decision ever since!



As an active member of her community that still works full-time as a painter, Rita is pleased her flexible work schedule allows her to fully participate in Wise & Well programming. This flexibility allows Rita to attend all of her favorite courses at the Center – such as Tai Chi, Tailored Self-Defense, Estate Planning, and the Arts in the Garden series. She will even be our featured Guest Artist for the August 29 Arts in the Garden event! Rita will be presenting “Rita Curtis Fine Arts Painting” from 6–8pm along with the summer breeze, tasty bites and rousing discussion.

Although Tai Chi is what brought Rita and Gene here, Rita states that what she enjoys most about being a Wise & Well member is “coming in to the Center and talking with friends (new and old.) It is a very comfortable environment that fosters engagement, friendship and happiness. It’s a great place to be and everyone, especially the staff, is very congenial with each other.”

Eugene (Gene) Meyer joined the Wise & Well Center as a retired Physiology, Anatomy, & Human Biology Professor of Loyola College. Gene is also an active member of the community serving on the board of the Wyman Park Association for 15 years! Gene’s favorite course offerings at the Center are the movement courses (such as Tai Chi, Personal Training with Dr. Ali, and Tailored Self-Defense). He says what keeps him coming back is the expertise, knowledge, and coaching that all the facilitators and instructors of the Wise & Well Center provide. He specifically noted, that the Tailored Self-Defense instructor, “Aquil Bey has an unusual ability to relate to civilians and older people in a way that fits each person’s physical abilities.”

Gene added, “You look forward each week to seeing the people you saw last week, because there are a lot of good people.” Thanks for sharing your story, Gene and Rita! 

Did we pique your interest? Want to learn more? Schedule your tour today. Call 410-662-4363 or email CommunityHealth@ChooseKeswick.org.

Power Portrait Project



Checking Back in with an Old Friend!

Earl Fisher Sr. lived at Keswick for two years until he was able to move back into his community along with his wife. Five Years later Mr. Fisher still loves his independent life and all of the perks that come with it!



Earl Fisher Sr. says the best part of his two years living in long-term care at Keswick was getting to meet so many amazing people. Of course, he went on to explain, “no matter where you go you meet different people and that is important; however, the people I met here still hold a special spot in my heart.” Every year Mr. Fisher comes back to Keswick to visit old friends like (Mr. Young and “Jonesy”) and see how his “old stomping grounds” have changed.

Mr. Fisher attributes his remarkable recovery and return to life at home to the top tier care and therapy he received while at Keswick. Since returning to living with his wife in a senior housing apartment he has found himself enjoying a good many of the same activities he filled his days with while at Keswick – he enjoys group games, cookouts, trips to the beach and of course BINGO! What’s the one benefit of BINGO when it’s played outside of Keswick? Mr. Fisher notes that it’s a “little more fun when you get to play for real money.” That’s fair!

Mr. Fisher advises that anyone who would like to follow in his footsteps should look into MTA Mobility

and all of the wonderful assistance available to older adults from the State of Maryland. He also says that the most help he received during this transition time was from his Keswick social worker! Mr. Fisher would love to thank the social work department and all of the other stellar staff at Keswick for helping him fulfill his dream of aging at home. Until next time, Mr. Fisher! Win big for us! 



Join Us For Some Exciting Summer Events!



EVENT

QiGong

Qigong is a beautiful moving meditation practice similar to Tai Chi. This mini-series is good for beginners, join us all are welcome!

Date: Tuesday, July 30
Time: 11:30 am - 11:45 pm
Member Fees: \$15
Non-Member Fees: \$50

EVENT

Making ART with Sarah

Sarah Kaltwasser, professional artist, will lead you on an artistic journey where you can dive in and explore all of your creative power.

Date: Saturdays & Mondays, July 13, 20, 22, 29
Time: 10:00 am - 2:00 pm
Member Fees: \$15
Non-Member Fees: \$25

EVENT

Group Acupuncture led by Laura Sicari, LAc

Join Laura Sicari, Acupuncturist, as she shares information about the healing power of acupuncture

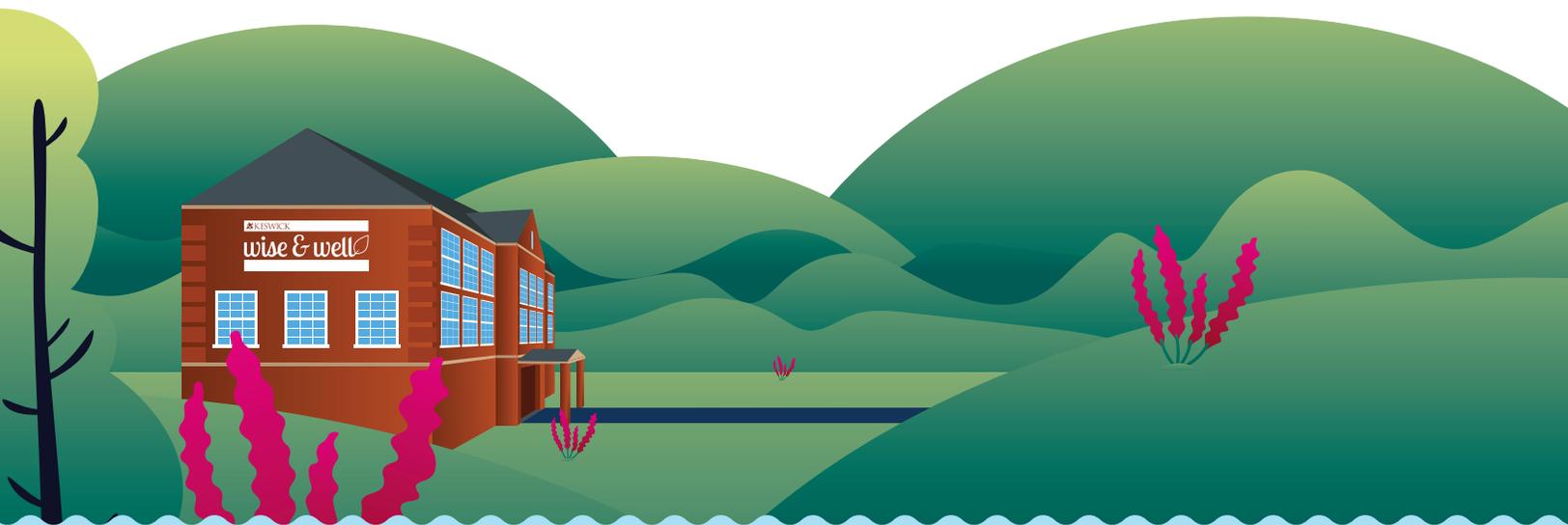
Date: Wednesdays, August 7, 21, 28
Time: 12:30 pm - 1:30 pm
Member Fees: Free
Non-Member Fees: \$30

Become a Wise & Well Member Today and Save on Class Fees!
 (Gift certificates are available for purchase)

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



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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 environment 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!