

# University of Maryland named Legacy Partner

During the RSVP Volunteer Luncheon, the Baltimore County Department of Aging was proud to name University of Maryland Schools of Nursing and Physical Therapy as their Legacy Partner of the Year. The University's commitment to outreach within our senior centers and special events was outstanding. The Schools provided free health screenings and educational displays/lectures to enhance the lives of older adults in Baltimore County.

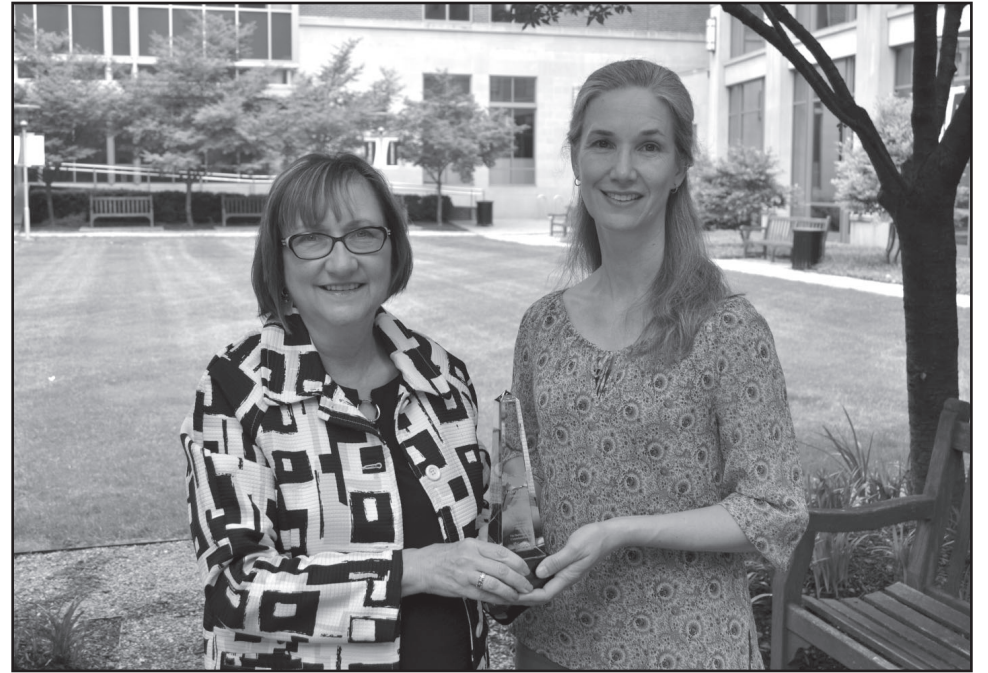
## Benefits to both sides

"Through the involvement of colleges like University of Maryland, our Department is able to enhance the personal knowledge of many older adults in the county to live longer and live well," stated Donna Bilz, Health Programming Specialist at BCDA. "I am so happy to see this partnership recognized."

Janet Wulf, DNP, RN, clinical instructor, University of Maryland School of Nursing, also saw the benefit of the partnership from the students' perspective. She said "our involvement with BCDA has been a great experience for our

students because the seniors are such vital people and become a part of the students' education by sharing their knowledge of their own health. For many students, it is their first time taking the blood pressure of someone other than a classmate or family member. Many students have had their first experience of finding a high or very high blood pressure and talking with the senior to figure out what is going on for them, whether they have primary care, whether they took their medication that morning, and what the barriers might be to good blood pressure control."

Ms. Wulf further explained that the college is "honored to accept the Legacy Award from the Baltimore County Department of Aging for our nursing partnership. I have been the course coordinator of NURS 314 Physio Pharm since the fall of 2013 and I believe 2016 is the correct year for the start of our relationship with BCDA. We have sent up to 40 first semester BSN students from my course each fall and spring semester in groups of six to eight with an instructor. Each group has taken 10-50 blood pressures and calculated BMIs for numerous



The partnership has been lead by Linda B. Horn, PT, DScPT, MHS, GCS, NCS, assistant professor, director of academic affairs, University of Maryland School of Medicine and Janet Wulf, DNP, RN, CNL, CHPN, clinical instructor, University of Maryland School of Nursing (l to r.)

BCDA participants and been warmly received at senior centers across the county. My rough estimate would be that we have taken over 800 blood pressure readings over seven semesters. We have also taken part in the annual Power of Age Expo for four years and taken another 200+ blood pressures there."

Similarly, the School of Physical Therapy has conducted valuable education and screenings of older adults which provide insight for participant's physicians.

Students are challenged each year to offer interactive and engaging learning opportunities at our twenty senior centers throughout Baltimore County, the Power of Age

Expo and the Get Ready! Get Set! Get Fit! 5K Run/Walk 1 Mile Walk.

The value of these preventative screenings is priceless to participants as it may alert someone to a health concern they were unaware of at the time.

The Department of Aging looks forward to continuing to develop this partnership with the college for the growth of all involved.

## Free screenings

To learn more about health screenings at BCDA, feel free to contact Maryland Access Point of Baltimore County (MAP) at 410-887-2594.

## RSVP STATION PARTNERS

The RSVP Office acknowledges the 32 agencies whose partnerships support the mission of our program. By connecting volunteers with meaningful opportunities, the stations help create an engaged community whose contributions have a lasting impact on those they serve. RSVP appreciates their dedication to the RSVP program and look forward to our continued collaborations.

AARP Tax Aide Program  
Alzheimer's Association  
American Red Cross  
Augsburg Village  
Baltimore County  
Association of Senior  
Citizens Organizations  
(BCASCO)  
Baltimore County  
Christian Workcamp  
Baltimore County  
Detention Center  
Baltimore County Home  
Team  
Baltimore County Ombudsman  
Baltimore County Public Schools  
Baltimore County Senior  
Centers  
CASA of Baltimore Co.  
Churches for Streets of  
Hope  
Community Assistance  
Network (CAN)  
Eastern Interfaith Outreach

Friends of Great Kids Farm  
Gilchrist Hospice  
Glenn L. Martin Maryland  
Aviation Museum  
Greater Baltimore Medical Center  
Gunpowder Valley  
Conservancy  
Healthscope  
Hereford Food Pantry  
Irvine Nature Center  
Maryland Agricultural  
Resource Council  
(MARC)  
Maryland Food Bank  
Maryland Hunger  
Solutions  
Pets on Wheels  
Pro Bono Counseling  
Project  
Project Linus  
Senior Box Office  
Senior Craft Gallery  
State Health Insurance  
Program (SHIP)

## Volunteers acknowledged for years of service and impact

Continued from page 2

time volunteer hours of service to agencies and nonprofit organizations in Baltimore County as of September 30, 2018. RSVP for Baltimore County awards this recognition once to each qualifying individual: Sandra Ashkenas, Margaret Brewer, Stanley Czerniewski, Beverly Dixon, Margaret Feher, Lynne Funck, Raymond Helmick, Leslie Hyman, Rita Keiser, Sheila Legge, Raymond Leonard, Rosetta McAlister, Peter Parr, Joyce Perlberg, Stanley Piet, Geraldine Smith and John Szoke.

**The Golden Volunteers** - The following registered RSVP volunteers have completed 1,000 or more volunteer hours of service to agencies

and nonprofit organizations in Baltimore County between October 1, 2017 and September 30, 2018: Surjit Bhabra, Kathleen Brummett, Young Chang, Martha Costley, Vincent Delgavio, Frederick Fahdt, Elizabeth Flaherty, Lynne Funck, Mary Garver, Deborah Gray, Patricia Hess, Hannah Krauss, Glova Lowman, Chris Mikros, Thomas Murtaugh, Sherry Reed, Shirley Rhone, Reggie Rodbell and Kenneth Taylor.

Thank you, Baltimore County RSVP volunteers! If you would like to continue the impact of RSVP, contact the office at 410-887-2715 to become a RSVP volunteer. Volunteers must be over the age of 55 and ready to share their time with a worthy cause.

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