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 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.

Volunteers acknowledged for years of service and impact

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time volunteer hours of service to agencies and nonprofit organizations in Baltimore City as of September 30, 2018. RSVP for Baltimore County awards this recognition once to each qualifying individual: Sandra Ashkenas, Margaret Brewer, Stanley Czerniowski, Beverly Dixon, Margaret Feher, Lynne Funck, Raymond Helmick, Leslie Hyman, Rita Keiser, Sheila Legge, Raymond Leonard, Rosetta McAlistor, Peter Farr, 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. 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.

Have you fallen 2 or more times in the past year or fallen once with injuries? If so, you may qualify for Medicare-covered home safety services by an Occupational Therapist. Call 443-473-2030 for more information.

www.homesafeforseniors.com

TIME OF YOUR LIFE - JULY/MID-AUGUST 2019