



GEDCO Senior Living

April 2020

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Epiphany House
410-323-0908
jkesler@gedco.org

Gallagher Mansion
410-243-0087
wcarter@gedco.org

Stadium Place
410-467-2572
ngough@gedco.org

Senior Network of
North Baltimore
5828 York Road
Baltimore, MD 21212
410-323-7131
glloyd@gedco.org

GEDCO
1010 E. 33rd Street
Baltimore, MD 21218
410-433-2442
www.gedco.org

Happy Spring! Be sure to take a walk and get some fresh air.

Exercise is important to relieve stress.

Keep in touch with SNNB friends. Call our special GEDCO Conference Call line during any regularly scheduled program time to catch up with friends:

DIAL 1-425-436-6346,

Enter the Access code: 548655

Press the pound (#) key.

COVID-19 Update:

All of us are living in uncertain times with a new virus that is extremely contagious. With our strong community of friends and family, we will be here to support you. Inside this issue you will find opportunities to stay connected and informed. **Please Stay Safe and Healthy.** Listen to the news and follow the instructions.

- ◆ **Wash your hands often.**
- ◆ Older adults and people with health conditions such as lung disease and diabetes should stay home as much as possible.
- ◆ Visit **health.baltimorecity.gov** and click on Coronavirus for more information.
- ◆ Call Baltimore City Health Department Older Adult Division at **410-396-CARE** if you need special assistance.

Here are some important Facts to help Fight this Illness:

- ◆ Stay at least 6ft away from other people (Social Distancing)
- ◆ Wash your hands with warm water & soap for 20 seconds
- ◆ Use hand sanitizer in a pinch, Avoid touching your face
- ◆ Cover your cough & sneezes with a tissue & throw it away
- ◆ Clean and disinfect frequently used surfaces
- ◆ If you feel Sick, Stay Home and Call your Physician

Social Distancing Senior Network Connections



Are you missing us? Is Cabin Fever setting in? Are you in need of a moral boost? Senior Network has a great alternative in these uncertain times of social distancing. You can stay connected and join in with our

conference calls around your normal class times. We want to provide opportunities for socialization, tips on exercising at home, and updates on current health guidelines for reassurance. We want to hear from you! **PLEASE JOIN US! CONFERENCE CALL- Dial 1-425-436-6346, Enter Access code: 548655, Press Pound (#) key**

Mondays

Line Dance/ Mondays @ 9:30am -10:15am

Strength T/Gentle Yoga - Mon's @ 10:30am-11:15am (Sheila leading call)

Tai-Chi - Beginning and advance on Mondays at 11:45am – 12:30pm

Tuesdays

Knitting - 10am-10:45am (Genie will lead the Call)

Bible Study - 11am-12pm-Nelson Murphy leading call, zoom coming later

Zumba 12:30pm-1:15pm

Wednesdays (Debbie Bena R.N. has agreed to be on The Call)

All 3 of Debbie's Fitness classes at 10-11:30am

Spanish – 12pm-1pm

Thursdays

Sip/Paint - 11am-11:45am—

Bridge Clubs – 12:30pm – 1:30pm

Book Club - (2nd Thursday of the Month) 2pm-3pm (Lenetta leading Call)

Friday—(Henry will be leading This Call)

Reminiscing @ 10:30am – 12:30pm (every 2nd & 4th Friday)

SENIOR NETWORK
Boxed lunches Mon. & Wed.

SPECIAL EVENTS & TRAVEL WITH SENIOR NETWORK

MORE ON THE CORONAVIRUS

“Age and your condition in life will really drive your susceptibility. You may be in your 40s, but if you have these chronic health conditions, you're going to be more susceptible, just like you see with the flu.” — immunologist Vineet Menachery, University of Texas Medical Branch



SENIOR NETWORK TRAVEL—STILL PLANNED. FINGERS CROSSED.

Mon-Fri 5 days/4 nights—June 8-12, 2020 - "The Ark Encounter, the Creation Museum & Admission to The National Underground Railroad Freedom Center—Price: \$569 for (members) non-members pay \$589 based on double occupancy. Trip includes motor coach transportation, lodging, 8 meals, BB riverboat cruise, and more.

Waffles, chicken & church! Rejoice-in-the-Lord & Fellowship with Friends!

Come support SNNB’s visit to Govans Presbyterian Church for a Minute Missions Service. Delight in the passionate voice of renowned songstress Ms. Lea Gilmore. Hear SNNB’s Director speak about what matters most to seniors! Listen to a relevant sermon message by Pastor Tom Harris! A collection basket will be slated for SNNB’s activities. After service, stroll across York Road & support Flight Fusion Cuisine Restaurant for a delicious breakfast of Chicken, Waffles & OJ. Breakfast: \$21.00

Sunday Aug 16, 2020 - 9am/Sharp



Wed-Thurs—Sept. 16/17—Sight & Sounds Lancaster Trip & The Dutch Country to see Queen Esther’s Live Show—Price: \$249 (members), non-members-\$269 based on double occupancy. Includes transportation, lodging, 2 meals, visit to Kitchen Kettle Village, The Amish experience, Jacob’s Choice at the F/X Theater, and a visit to Park City Center.

Both overnight trips are a non-refundable \$75.00 due upon signing. Seats are going fast! Call us for more details! Don’t be left out!

Gallagher Mansion / Epiphany House

FREE SHOPPING SHUTTLE

Reminder: The AIM (Action in Maturity) Tuesday shopping shuttle is FREE for trips to the York Road shopping centers. It starts at Stadium Place, and is available to stop at Gallagher Mansion and Epiphany House. Please call AIM by Monday afternoon at 410-889-7915 if you want to ride the Tuesday shuttle.



Epiphany House Conference Calls Mondays, Wednesday & Fridays at 1pm (Dial 1-425-436-6346) - Access Code 548655# Check in!



FREE

for Maryland
Residents 65+

Senior Call Check

A daily call to check on
residents home alone.

CALL 1-866-50-CHECK

or Register Online
aging.maryland.gov



Stadium Place/GM Highlights

Still Staying in the Game!

Do you remember the party lines of yesterday?

Let's get together by phone, instead of in person.

**Join a GEDCO conference call with your
friends and neighbors**



1 pm—Epiphany House Residents (Mon., Wed., Fri.)

- ♦ **2pm -Senior Network Participants**
- ♦ **3pm -Stadium Place Residents**
- ♦ **4pm -Gallagher Mansion Residents**

⇒ **Dial: 425-436-6346**

⇒ **Enter the PIN: 548655**

⇒ **Press the Pound (#) key to join the call.**

Monthly Calendar

DO YOU HAVE AN EMERGENCY PLAN?

Everyone over the age of 60, should have an emergency backup plan. This includes but not limited to:

- Enough food for 2 weeks if you are quarantined or access to programs that can provide assistance
 - Identifying a family member or contact who lives within an hour.
 - Medications (Prescription or over the counters) on hand for at least 2 weeks.
 - Identify a plan for delivery of medications through a local pharmacy or via mail order (Contact your prescription plan for more information)
 - Updated list of Medications including prescription and over the counter that is kept on-person as well as shared with a family member or identified emergency contact.
- If you have a history of breathing problems, make sure to have inhalers or treatments on hand that are current with doses available.



RESOURCES FOR OLDER ADULTS

RESOURCES AND EVENTS

Health Care Resources:

MedStar Center for Successful Aging (443-444-4720)

MedStar Total Elder Care (443-444-6100)

**Renter's Tax Credits, Water bill credits for owners and renters.
Call BCHD, Division of Aging at 410-396-2273 for more information.**

**Need a ride to the doctors or shopping? Call Action in Maturity:
410-889-7915.**

Call Baltimore City Health Department: 410-396-CARE (2273) for information on resources such as Taxi Card Program and Family Caregiver Program.

Maryland Access Point: www.marylandaccesspoint.info

GEDCO SERVICE COORDINATION

Need help with public benefits? Looking for something fun to do? Have time to volunteer to help others? Call GEDCO! Meet with a Service Coordinator!

GEDCO Senior Services answers the needs of older adults by providing affordable housing and supportive services at Stadium Place, Gallagher Mansion and Epiphany House. We also support older adults in living healthy and meaningful lives through Senior Network of North Baltimore.

Please call 410-433-2442 or visit www.gedco.org, for more information.



This newsletter is supported by the Baltimore City Health Department, Division of Aging and CARE Services, the Harry and Jeanette Weinberg Endowment Fund, membership fees, and your generous donations. PLEASE SEND US YOUR EMAIL ADDRESS IF YOU WANT TO RECEIVE THIS NEWSLETTER AND PROGRAM REMINDERS BY EMAIL.



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Coronavirus Closing Alert!

As of March 13, 2020 SNNB CLOSED its doors for regular programming until further notice.

Eating Together meals are available carryout. Baltimore City Health Department is organizing additional meals, maybe frozen food to provide meals for a week. If you are interested, please call Senior Network at 410-323-7131 and leave us your name and phone number. This program is available to anyone in the neighborhood. You don't need to be a Senior Network member to participate.

THE 2020 CENSUS IS HERE. Please complete your form on-line at <https://my2020census.gov/> or call 844-330-2020 from 7 am to 2 am Eastern Time. It's Quick and Easy and Confidential.