



The Senior Companion Program Advisory Council

# NEWSLETTER

SENIORS ENJOY SERVICE OPPORTUNITIES

Share your thoughts & ideas! Call Deloris Mack @ 410-521-6864

March, 2017



1 Senior Companions

2 Caregivers Community

3 Partners Stakeholders

## The Senior Companion Program

*The Senior Companion Program (SCP) Advisory Council advises, advocates, and supports the SCP. Taking a Holistic Approach to Senior Empowerment & Transformation.*

Annually the Advisory Council conducts a survey with each Volunteer Station Site Supervisor to determine the measurable impact of the services provided by the SCP, as well as the services provided by each of the dedicated and committed Volunteer Senior Companions.

The Survey findings reveal the benefits provided by the SCP, the impact of the services provided by the volunteer Senior Companions, and the level of satisfaction with the volunteer Senior Companions. Additionally, the surveys identify concerns,

problems and suggestions that are helpful to both the SCP and the Advisory Council, the impact the Volunteer Senior Companions have on the clients/residents, identification of any cost savings associated with the assignment of the volunteer Senior Companion, percentage of clients/residents who meet and/or exceed Care Plan Goals, and the percentage of clients/residents who would be at risk of institutionalization if a Volunteer Senior Companion was not available.



Ernestine "Ernie" Shepherd, at age 79, is a personal trainer, a professional model, a competitive bodybuilder and happier and more fulfilled than she's ever been in her life.



## BE DETERMINED, DEDICATED & DISCIPLINED

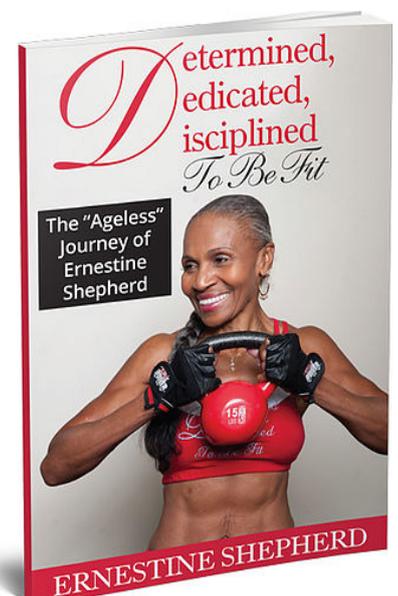
*Ernestine Shepherd has a new book called, **Determined, Dedicated, Disciplined To Be Fit: The Ageless Journey of Ernestine Shepherd** by Ernestine Shepherd. You can purchase her book on [Amazon.com](https://www.amazon.com).*

How did Ernestine transform herself from an average middle-aged woman to bodybuilding diva?

In her youth Ernestine is said to have been a “prissy” girl with little interest in athletics or exercise of any kind. As a 56-year-old she was a sedentary, well-padded school secretary and “slug” who had never worked out a day in her life. The obvious question is: What happened to transform Ernestine into a role model for the rest of us, and senior women in particular? What happened was

that the 56-year-old version of Ernestine went bathing suit shopping with her sister, Velvet. While trying on the suits, they found themselves laughing at each other. Then and there they knew it was time to get in better shape. Ernestine and her sister joined a gym and started working out together. A short time later, Velvet died suddenly from a brain aneurysm. Devastated, Ernestine stopped going to the gym. After some months of mourning the loss of her sister and on the advice of a friend that her sister would have

wanted her to continue what they had started, Ernestine returned to the gym with a reignited determination to get fit.



# Baltimore City Health Department

*Founded in 1793, the Baltimore City Health Department is the oldest, continuously-operating health department in the country, with nearly 1,000 employees who aim to promote health and improve well-being of city residents through education, policy/advocacy, and direct service delivery.*

## Senior Companion Program Advisory Council Kick Off Luncheon

The Senior Companion Advisory Council Kick-off luncheon was held at the Mt. Lebanon Baptist Church on Monday, January 30th. Senior Companions, Caretakers, stakeholders and the Baltimore Health Department participated in the meeting. Also, Ms. Heang Tan, Deputy Commissioner, Aging and Care Services was among some of the speakers. Some other participants were Ms. Karen Morales, University of Maryland, Dr. Daniel Mullins, Professor & Chair, PHSR Executive Director, Patients Program of University of Maryland, Ms. Deloris Mack, Project Leader, Ms. Varnell Britt, President Senior Advisory Council, Mr. Marvin Mack, Center for Mind and Esteem Development and Ms. Beverly



Reynolds, Senior Companion Advisory Council. The meeting was sponsored by the Patient Centered Outcome Research Institute (PCORI). This project is to bridge the gap of getting information that benefit patients from a patient point of view to the researcher. The meeting was also to encourage more seniors to become partners with the Senior Companion Program and be a launching pad to help seniors remain in their homes while managing their disease. We encourage seniors to sign up to receive information and the newsletter online at [www.scpadvisorycouncil.net](http://www.scpadvisorycouncil.net).

## Hear One Of SCP Seniors Story - Simple But Powerful



### A Voice From The Community

Lesson: Constant learning about your health, relationships, and finances is a must in order to move your life forward.

*Empower your character, belief & confidence within yourself. Increase Self-Esteem, Productivity, & Quality of Service. This newsletter is designed to motivate and empower you to achieve your next level of Success Now*

My name is Julia and I recently took the Diabetes Self Management Class. My goal upon entering the class was to get the tools that I needed to reduce my A1C. I am a bacon lover. As a result of the class I reduced the number of times a week that I ate bacon. I increased the amount of water intake. The guidelines such as knowing how much carbohydrates to consume in a meal was quite helpful along with the portion control and fat grams. The action plans was a great help because you strive to complete your exercise plan even if you

didn't make it. Your plan included what you needed to increase and decrease.

I had a doctor's appointment after I completed the class and was positively amazed at the result of my A1C. I was 7.3 and it was reduced to 6.7. I am happy. I would recommend that all diabetics take this course because it is quite helpful.

Thank you!



# BE CONSCIOUS & ACTIVE EVERYDAY OF LIFE

Calling all Seniors, Caregiver, Community Residents, Partners Service Providers, Researchers, Policy Makers & Community Leaders. Let's partner and work together to improve, transform and empower 1) Senior Independent Living, 2) Healthcare and 3) Underprivileged Communities, 4) Patient Centered Outcome Research Initiatives - All at the same time. Taking a holistic approach. It takes a Village and Technolo-

gy. One of the most important elements to being a caregiver, service provider or senior - is knowing how to take care of yourself first. It is the only real way to be more effective in giving care. This component focuses on training caregiver and service providers on how to manage and take care of themselves and the person they are caring for more effectively and holistically. Today I encourage you to make a commitment to yourself to

take time each day for your Personal and Professional Development. (PPD) The ultimate goal of The Self-Empowerment component is to assist us in discovering the power within ourselves to fulfill our purpose and materialize our deepest goals and desires. Moreover having the resources to Succeed.



**1 Health** - What could be preventing you from loving, respecting and appreciating yourself unconditionally?



**2 Relationships** - How are people able to make you feel insecure or dis-empowered and why are you allowing them to do it?



**3 Self-Management** - Are you a Leader? What are your strengths and weaknesses as a Leader?

Make a commitment to yourself to take time each day to empower yourself. This newsletter will assist you. The ultimate goal of this newsletter is to assist you in discovering the power within you - to fulfill your purpose and materialize your deepest goals and desires. It will allow you to develop your critical thinking skills, emotional confidence and the personal development skills, required to create the power life you truly desire and deserve. Take the first step by Joining The Senior Companions Program at [www.scpadvisorycouncil.net](http://www.scpadvisorycouncil.net) or contact Deloris Mack for more information @ 410-521-6864. Thank you and enjoy!