

Elder Abuse is a Crying Shame



A NEWSLETTER OF THE BALTIMORE COUNTY RESTORING ELDER SAFETY TODAY

Spring 2016

TAX IDENTITY THEFT... PROTECT YOURSELF FROM IDENTITY THIEVES

In a twitter chat (#IDTheftChat) that was held earlier this year, participants revealed that there has been a 50% increase in ID theft complaints to the Federal Trade Commission (FTC) in 2015, largely due to tax refund fraud. According to a FTC representative, the FTC received almost 500,000 ID theft complaints in 2015. 45.3% of those complaints were tax fraud related.

During the chat, hosted by the FTC and the Identity Theft Resource Center, experts gave out information about tax identity theft, how to protect yourself from it, and what to do if you become a victim.

Detecting if you have been victimized can be difficult for the average citizen. Often the only way that you might know that you have been victimized is a notice from the IRS that you have already filed your income tax, or possibly an IRS notice asking for information about unreported income. If you regularly check your information about your credit with the three major credit reporting agencies: (TransUnion, Equifax, Experian) you might see accounts that you do not recognize.

Their recommendation if you discover that you have become a victim of tax identity theft is to go to: <https://www.identitytheft.gov/>. The web site will ask for information about what happened to you. This information will automatically be added to the FTC database on identity theft. Then it will help you to put together a recovery plan. For those people who create an account with the website, it will walk you through your recovery steps, update your plan as needed, track your progress and even pre-fill forms and letters for you.

Another resource that can help you is the Identity Theft Resource Center (ITRC). If you want to talk to someone you can call ITRC at (888) 400-5530 for free assistance. ITRC also has a web page dedicated to tax ID theft at: <http://www.idtheftcenter.org/taxidtheft.html>.

Some ways that you can guard against tax ID theft include:

- If at all possible, file your taxes early.

- Take advantage of your free yearly check of your credit with the three credit reporting agencies. One good strategy is to check one of the credit reporting agencies every 4 months. That way you can check your records with one of the credit reporting agencies early in the year, then with the third agency at the end of the year.
- Be sure to shred any documents that have sensitive account information, account numbers, or your Social Security Number. The best shredder for this is a micro cut shredder it's impossible to piece together.

WORLD ELDER ABUSE DAY FORUM

WEDNESDAY, JUNE 15, 2016

9:30AM TO 1:00 PM

Sollers Point Multi-Purpose Center
320 Sollers Point Road, Dundalk Maryland



"ELDER ABUSE BASICS"

- Learn the red flags of elder abuse
- Hear from the experts on abuse prevention
- Visit resource tables with valuable information

AARP Shred-A-Thon

After the forum, protect your personal information from identity theft – Shred it, before they get it!

SOLLERS POINT MULTI-PURPOSE CENTER

PARKING LOT

1:30 to 3:30 pm

aarp.cvent.com/WEAADShred16 or

877-926-8300 to register.

Only one box or bag per person.

No businesses.

Personal shredding only.

BALTIMORE COUNTY RESTORING ELDER SAFETY TODAY

BC-REST is a coalition working to educate and empower the community to identify and prevent elder abuse, neglect and exploitation in Baltimore County, through strategic alliances, advocacy and resource development. Our accomplishments include:

(1) Working with a task force to re-introduce **Project Safe**, a program to educate financial institutions and the public about financial exploitation.

(2) Hosting a “shred-a-thon,” giving seniors an opportunity to safely dispose of old documents that contain personal and financial information, thus preventing identity theft.

(3) Celebrating **World Elder Abuse Awareness Day** with a rally and seminar to energize public officials and concerned citizens to fight elder abuse.

(4) Making **presentations** to groups including senior centers, community associations and neighborhood fairs.

How Can I Get Involved?

* **Call** 410-887-4200 to get on our mailing list. You will receive our newsletter and alerts about upcoming events.

* **Inquire** about having your organization become a member of BC-REST, by calling 410-887-4200.

* **Schedule** a presentation on elder abuse for your group by calling our office.

* **Check out** our website, www.bcpl.info/stopelderabuse

Like us on face book! 

Continued from page 1.

TAX IDENTITY THEFT... PROTECT YOURSELVES FROM IDENTITY THIEVES

- When filing your tax return, if you file by mail take it to a post office. If you file electronically, use a secure connection (for example your own secure internet connection) not public Wi-Fi.
- Never carry your Social Security card in your wallet or purse.
- Be careful of who you choose to be your tax preparer. The IRS has a web page with a searchable database to help you find a preparer at: <http://irs.treasury.gov/rpo/rpo.jsf>.
- Be careful of spear-phishing as described here: <https://t.e2ma.net/message/ka/v78/Ouxrbnd>
- Do not give out your personal information when you receive an unsolicited email or phone call asking for that information.
- Remember; if anyone calls you or emails you claiming that you owe back income taxes and/or fines and demands immediate payment, hang up!

Additional resources include:

- Krebs on security – <http://kregsonsecurity.com/2016/01/ftc-tax-fraud-behind-47-spike-in-id-theft/>
- FTC - <http://www.consumer.ftc.gov/>
- ITRC – <http://www.idtheftcenter.org/>

Article Submission by:
Sid Kershiemer, AARP AMBASSADOR



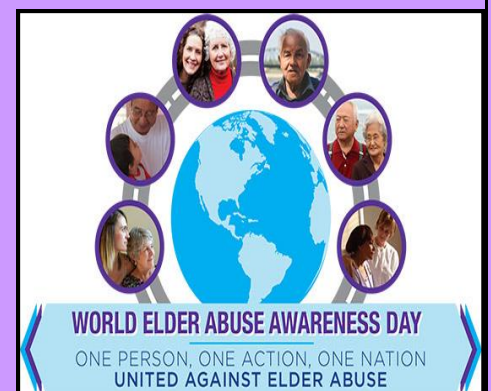
ELDER JUSTICE ACT FUNDING 2015 UPDATE

Elder abuse is rising, while federal funding for the Elder Justice Act has remained the same – nothing. However, progress may finally be underway. The President’s FY 2015 budget request included \$25 Million for an Elder Justice Initiative, which would create an Adult Protective Services (APS) National Data System, develop APS program standards, and support evidence-based research regarding elder abuse.

Many in the Aging Network (organizations advocating for better conditions for older Americans) have serious concerns that if money is not appropriated for the Elder Justice Initiative this year, it is very likely the Elder Justice Act and its activities will never receive funding. This means no funding for enhancement of APS services, for improving the long-term care ombudsman program’s ability to respond to abuse complaints, upgraded ombudsman training, and much more.

To get involved or to obtain additional information, please go to: <http://theconsumervoice.org/issues/other-issues-and-resources/elder-justice>

Article Submission by:
Lynn McCamie,
Ombudsman Program Manager
BALTIMORE COUNTY DEPT. OF AGING



MID ATLANTIC P.A.N.D.A. “TRAIN THE TRAINER”

BC-REST committee members, Patricia Branum, RN of Baltimore County Department of Health - AERS and Roslyn Cooley Prayer of Baltimore County Department of Aging - Guardianship program served as presenters for the Mid-Atlantic P.A.N.D.A. (Prevent Abuse and Neglect through Dental Awareness) “Train the Trainer,” conference.



(L-R / Melissa Mulreany, DDS / Mid-Atlantic P.A.N.D.A. Vice President, Patricia Branum & Roslyn Cooley Prayer)

It was noted that professionals in the dental field had historically been the least likely to report abuse and neglect. It is hoped that this will change with programs such as P.A.N.D.A. on the forefront. Their primary goal is to provide an educational program designed to train dentists, dental hygienists and other professionals to recognize and report or refer suspected cases of abuse and neglect in the Maryland, Delaware and the District of Columbia areas.

FREE PRESENTATIONS ON ELDER ABUSE

BCREST can provide educational presentations to your community group, place of business, civic organization or congregation, if there is an interest in learning more about elder abuse.

Contact BCREST to schedule a presentation by calling the:
**BALTIMORE COUNTY
OMBUDSMAN OFFICE AT
#410-887-4200**

Who is mandated to report Elder Abuse in the state of Maryland?

Maryland law requires that law enforcement agents, human service professionals and health care practitioners report any suspected cases of elder abuse.

Can I Report Elder Abuse?

Anyone who witnesses or suspects any case of elder abuse should report it immediately.

How Do I Report Elder Abuse?

Contact 911 or the local sheriff.

To report suspected abuse in the community or an assisted living facility call: Baltimore County Department of Social Services – Adult Protective Services - 410-853-3000 – make a language selection, then press #2 for adult services.

To report suspected abuse in a nursing home call: Baltimore County Long Term Care Ombudsman - 410-887-4200.

For information about elder abuse call:
Baltimore County Department of Aging - 410-887-2594. You may reach any of these offices with Maryland Relay 711.



Together, we can stop elder abuse!

Types of Elder Abuse

Physical Abuse – Use of force to threaten or physically injure a vulnerable elder.

Emotional Abuse – Verbal attacks, threats, rejection, isolation, or belittling acts that cause mental anguish, pain, or distress to a senior.

Sexual Abuse – Sexual contact that is forced, tricked, threatened, or otherwise coerced upon a vulnerable elder, including anyone who is unable to grant consent.

Exploitation – Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person’s money or property.

Neglect – A caregiver’s failure or refusal to provide for a vulnerable elder’s safety, physical, or emotional needs.

Abandonment – Desertion of a frail or vulnerable elder by anyone with a duty of care.

Self Neglect – An inability to understand the consequences of one’s own actions or inaction, which leads to, or may lead to, harm or endangerment.

Remember: You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

Source: www.ncea.aoa.gov

BC-REST Newsletter Committee:

Roslyn Cooley Prayer
Barbara Korenblit



County Executive Kevin Kamenetz
and the Baltimore County Council
www.baltimorecountymd.gov

BALTIMORE COUNTY COMMISSION ON AGING



S·E·N·I·O·R SOLUTIONS

Registration is limited.
Please respond by
April 15, 2016.

No Refunds

DIRECTIONS

Hunt Valley Inn
245 Shawan Road,
Hunt Valley, Maryland 21031

Driving directions: I-95 North to I-695 North
(Towson) to I-83 North to Exit 20A
(Shawan Road). Hotel is first right off
of Exit 20A.

Limited sponsorships available.
410-887-2012

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Baltimore County Executive

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S·E·N·I·O·R SOLUTIONS

Conference



BRAIN MATTERS

Discovering the Latest Research,
Learning Best Practices and
Changing Lives

THURSDAY,
MAY 5, 2016
8 A.M. - 4 P.M.
Hunt Valley Inn



CONFERENCE SCHEDULE

7:30 - 8:00 a.m. Registration and Breakfast
8:00 - 8:30 a.m. Welcome
Joanne E. Williams, Director, Baltimore County Department of Aging
Kevin Kamenetz, County Executive, Baltimore County Government
8:30-9:30 a.m. Keynote Speaker – **THE POWER AND POTENTIAL OF THE MATURE MIND** - Roger Anunson, (JD), Gerontology Faculty Portland (OR) Community College, President & Founder of MINDRAMP Consulting and Michael C. Patterson, (MALS), CEO & Founder of MINDRAMP Consulting
9:30- 9:45 a.m. Coffee Break
(Your assignments for each session are recorded on your name badge for your convenience)
9:45 - 10:45 a.m. **SESSION ONE** (Select one of the following)
A. Better Brains By Design - Roger Anunson, (JD), Gerontology Faculty Portland (OR) Community College, President & Founder of MINDRAMP Consulting and Michael C. Patterson, (MALS), CEO & Founder of MINDRAMP Consulting
B. Brain Disorders and Yoga Therapy- Nicole Absar, Diplomate, Behavioral Neurology & Neuropsychiatry, Medical Director, Copper Ridge Memory Disorders Clinic
10:55 - 11:55 a.m. **SESSION TWO** (Select one of the following)
A. Helping Persons with Brain Dysfunction Manage Problems with Emotions, Cognition, and Behavior - William Stiers, PhD, ABPP (RP), Associate Professor, Johns Hopkins University School of Medicine
B. Maintaining Brain Health As We Get Older - Dr. Corinne Pettigrew, PhD, BIOCARD Study, Department of Neurology, Johns Hopkins University School of Medicine
C. The Worst Thing About This Illness Is Its Name – “Depression” - Elias K. Shaya, MD, DFAPA, Co-chair, Behavioral Health Council, MedStar Health, Inc., Medical Director, Past President & Council, Chair, Maryland Psychiatric Society
12:00 - 1:00 p.m. Lunch Break
1:00 - 2:00 p.m. **SESSION THREE** (Select one of the following)
A. Lost and Afraid – The Burden of Dementia - Nancy Rodriguez-Weller, RPh., FASCP, Assistant Professor of Pharmacy Practice and Administration, School of Pharmacy, University of Maryland Eastern Shore
B. Layers of the Dementia ‘Onion’, and Social Work Support for Caregiver Challenges - Mary Faith Ferretto, LCSW-C, C-ASWCM, Aging Life Care™ Manager, Ferretto ElderCare Consulting, Inc.
C. New Research on How to Boost Your Brain Performance and Grow Your Hippocampus, in 3 Months - Majid Fotuhi, MD PhD, Medical Director, Neuro Grow Brain Fitness Center, Johns Hopkins Medicine
2:00-2:15 p.m. Beverage Break

Every effort is made to ensure a comfortable temperature in the conference rooms, but personal preferences vary. Please dress in layers.

Special Needs: If you need special accommodations, please call 410-887-2002 by April 15.

2:15 - 4:00 p.m. SESSION FOUR

Preventative Keys for Brain Health
Panel Discussion

Exercise - J. Carson Smith, PhD, FACSM, Associate Professor, Cognitive Motor Neuroscience Laboratories, Neuroscience & Cognitive Science Program, University of Maryland

Nutrition – Chris D’Adamo, Ph.D., University of Maryland School of Medicine Assistant Professor, Department of Family and Community Medicine, Department of Epidemiology and Public Health, Director of Research Center for Integrative Medicine

Socialization – Susan Bender, MA, LNHA (Master of Arts Transformative Leadership and Social Change, Licensed Nursing Home Administrator), Keswick

Medication - Nancy Rodriguez-Weller, RPh., FASCP, Assistant Professor of Pharmacy Practice and Administration, School of Pharmacy, University of Maryland Eastern Shore

4:00 p.m. Closing - Certificates for Attendance and CEUs will be distributed from the registration table at the end of the conference.

CEU INFORMATION

Five (5) continuing education credit hours will be available for Social Workers (Category 1.)

Conference includes Continental Breakfast, Lunch, Workshops and Certificate.

\$65 Registration after April 1, 2016

\$60 Early Bird Discount before April 1, 2016.

\$30 Student Rate - Must include copy of current ID.

SENIOR SOLUTIONS REGISTRATION FORM

May 5 • 8:00 a.m. - 4:00 p.m.

Name _____

Daytime Phone _____

Address _____

City _____

State _____ Zip _____

Email _____

Employer (If Applicable) _____

Certificate applying for

Social Work CEU Attendance

Yes, I need a Sign Language Interpreter _____

WORKSHOP CHOICES

(SPECIFY SESSIONS YOU PLAN TO ATTEND)

First Choice Second Choice

SESSION ONE: _____

SESSION TWO: _____

SESSION THREE: _____

Make check payable to:

BALTIMORE COUNTY, MARYLAND
and send with Registration Form to
Attn: Senior Solutions, Room 302
Baltimore County Department of Aging
611 Central Avenue, Towson, MD 21204

WORLD ELDER ABUSE AWARENESS DAY FORUM

June 15, 2016

Sollers Point Multi-Purpose Center
320 Sollers Point Road
Dundalk, Maryland

9:30 a.m.—1:00 p.m.

- Learn the red flags of elder abuse and how to report it
- Hear from the experts on elder abuse prevention and prosecution
- Visit resource tables with valuable information for seniors, families and advocates

BC-REST

Baltimore County Restoring Elder Safety Today
Elder Abuse Prevention Coalition

Sponsored by



Elder Abuse is a Crying Shame



THE PUBLIC IS WELCOME!

- Older Adults
- Family Caregivers
- Concerned citizens
- Advocates

SHRED-A-THON!

Protect your personal
information from identity theft!

Shred it before they get it!

Sollers Point Multi-Purpose
Center Parking Lot

1:30 p.m.—3:30 p.m.

- ◆ One box or bag only per person.
- ◆ No businesses.
- ◆ Personal shredding only.

Go to aarp.cvent.com/WEAADShred16
or call 877-926-8300 to register
for the Shred-A-Thon

Continental Breakfast!

FREE GIFT

For more details, call

410-887-4200

[www.bcpl.info/
stopelderabuse](http://www.bcpl.info/stopelderabuse)