



Join BDS Healthy Aging Network, Inc. On Zoom: July 21, 2021

ZOOM LINK: <https://us02web.zoom.us/j/82739479263> Or Dial: +1 301 715 8592 US <> Meeting ID: 827 3947 9263

Betsy D. Simon, M.S., CHES®, CEO and Founder bdsimon2020@gmail.com

AGENDA: WEDNESDAY, JULY 21, 2021, 1:00 PM

12:30pm: Open for Zoom Chat and Music

12:55pm: Call to Session by Betsy D. Simon

MOVING OUR BODIES AND PEACE OF MIND with MICA SAUNDERS, THE BODY CHEMIST

Open Mic: Community Partners Updates: John Kern, MVLS <> Tiara Harris, Lori's Hands

1:15 PM: Introduction of Speaker

Marguerite Woods, Maryland President-At-Large of the National Federation of the Blind
"Just Another Way of Getting Things Done: using Blind and Low Vision Technology."
Anil Lewis, M.P.A., National Federation of the Blind

2:00 PM Community COVID-19 Updates & More

Panagis Galiatsatos, MD, MHS

And Kimberly Monson, Johns Hopkins Bayview

3:00 PM: PENDING A Community Based Survey: Sarah Li and Denajah Dobbins, UMMC Center Youth Works
BDS Networks Supporter, Esther Jeffries' Call to Action Appeal: Get Your Real ID Done Now!!

TAKING A POSITIVE SPIN ON LIFE

CHAPLAIN GLORIA WOODARD & MARGUERITE WOODS

Community Partners Updates: Open to Participants and Partners

NEXT WEDNESDAY: JULY 28, 2021

1:15 pm <> 2:00 pm

Angela Ginn-Meadow, RN, RDN, CDE, Endocrinology Center, UMMC

Healthy Cooking : Featuring A Recipe Using Produce from the Civic Works Food Box AND

Kai Rundquist, Mobile Farm Director, Civic Works

"Civic Works' Mobile Farmers Market is offering \$5 "Farmer's Choice" Produce Boxes to Older Adults (55+), containing 5-8 items. All valued at \$15, delivered to your door. You may call us at (410) 826-5955 on Mondays between 9am to 4pm to find out what is in that week's box and to reserve your order. We accept minimal contact payments of Cash, Debit/Credit, EBT/SNAP, WIC-FMNP, and SFMNP." Kai Rundquist

2:00: Rebecca Bradley, SHIP State-Wide Update

2:30 pm <> 3:30 pm The Arts & Crafts Class with Lauren Siegel, MSW and Artist.

All arts and crafts supplies are donated by Lauren Siegel and delivered to the home of each participant by Tiara Harris, Senior Program Manager, Lori's Hands

EVERY WEDNESDAY @ 1:00 PM

SINCE MARCH 18, 2020