

# CAREGIVING A MAJOR PUBLIC HEALTH ISSUE

Richard W. Lindsay M. D.

Professor Emeritus of Internal Medicine and Family Medicine

Former Head of the Division of Geriatric Medicine

University of Virginia Health Sciences Center

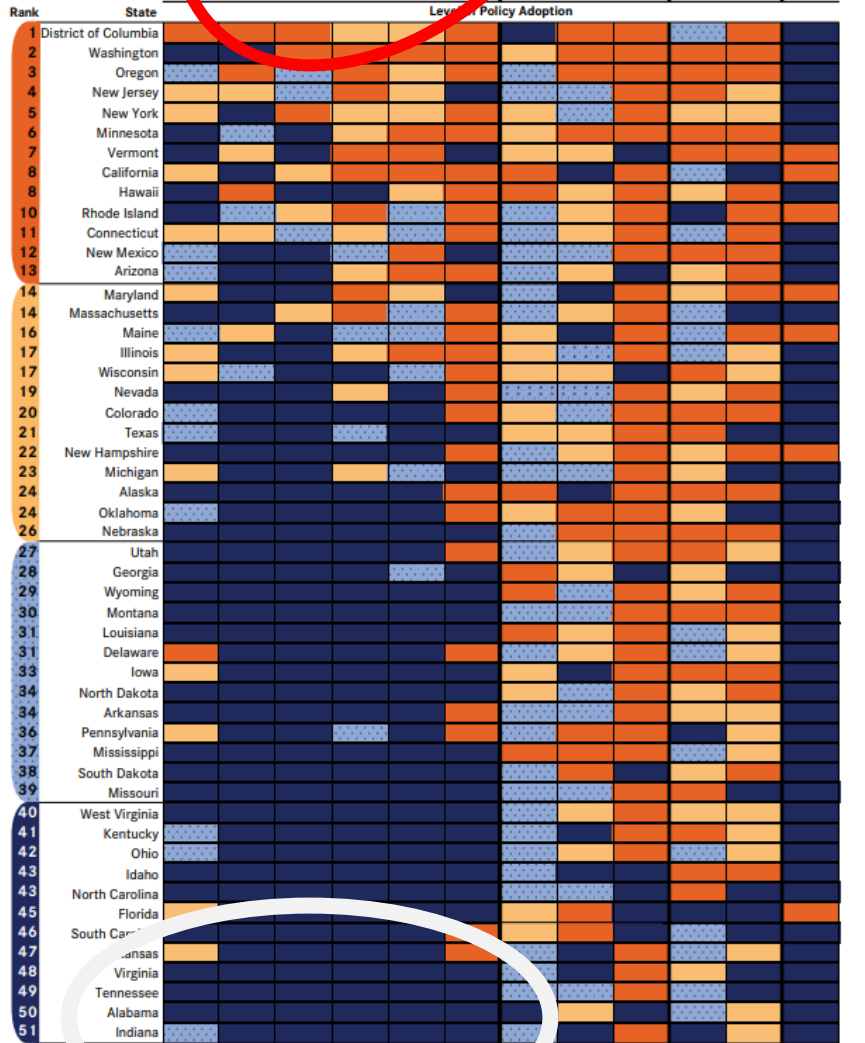


2020 SURVEY  
 RANKS  
 VIRGINIA  
 48<sup>TH</sup> IN  
 SUPPORT  
 FOR FAMILY  
 CAREGIVERS!

EXHIBIT A5 Matrix Heat Map: Support for Family Caregivers

Level of Policy Adoption  
 High  
 Moderate  
 Low  
 None or Minimal

Family Responsibility Protected Classification  
 Exceeds Federal FMLA  
 Paid Family Leave  
 Mandatory Paid Sick Days  
 Flexible Sick Days  
 Unemployment Insurance for Family Caregivers  
 Having Caregiver Protections  
 CARE Act Legislation  
 Having Caregiver Assessment  
 Nurse Delegation and Scope of Practice  
 Nursing Tasks Able to be Delegated  
 Nurse Practitioner Scope of Practice  
 Volunteer Driver Protection



Source: Long-Term Services and Supports State Scorecard, 2020.

# The Aging Tsunami

Every Day Since January 2008 and for the Next 20  
Eligible for Medicare and Social Security

In 1900  
3.1 Million

In 1999

34.6 Million

In 2050

82 Million



It's In the Chesapeake and Aiming for Virginia and  
Charlottesville and the Surrounding Counties!!!

Current Population 7.7 Million  
12 % over age 65



2030  
Projected  
19% over 65  
an 85%  
increase in  
this age  
group.

White 68%  
Black 20%  
Asian 5%  
Hispanic 7%  
Native American <1%

2010



White 61%  
Black 21%  
Asian 8%  
Hispanic 10%  
Native American-  
unchanged

2030

Source: Va Workforce  
Connection, Population  
Projections

# Four Kinds of People

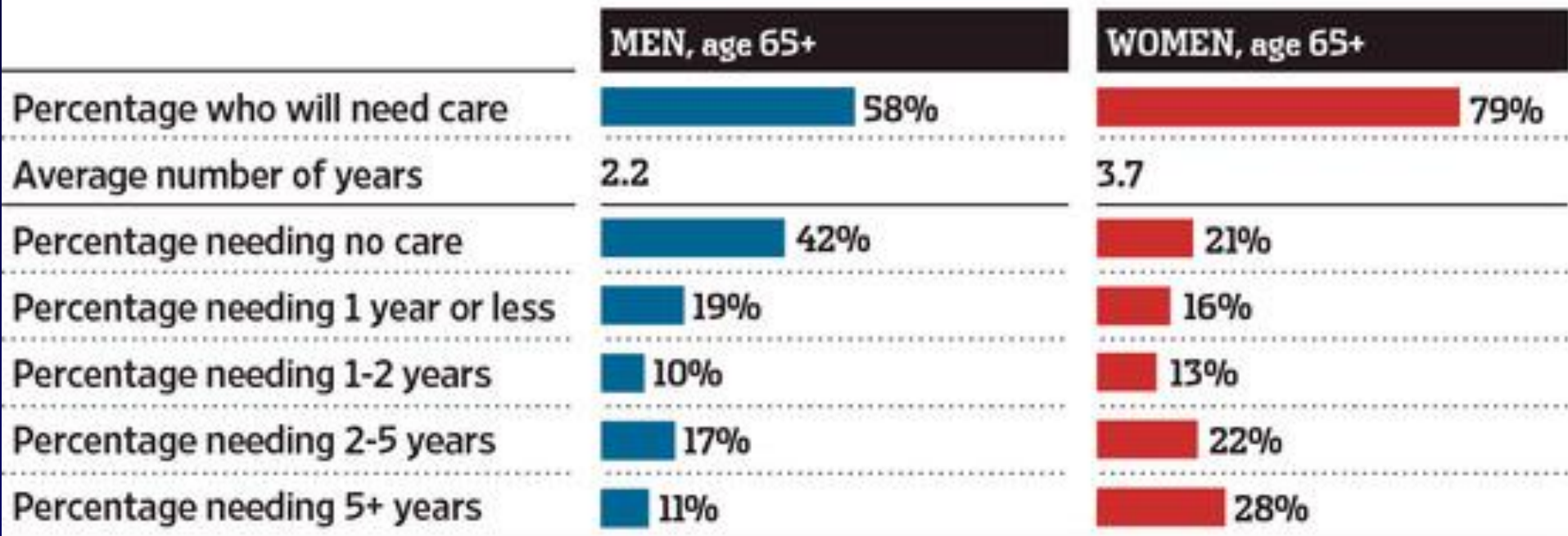
- Those who have been caregivers
- Those who are currently caregivers
- Those who expect to be caregivers
- Those who will need a caregiver

Rosalynn Carter



# Gauging Risk

What are the odds of needing long-term care?



Peter Kemper, Harriet Komisar, Lisa Alecxih, "Long-Term Care Over An Uncertain Future: What Can Current Retirees Expect?"

The Wall Street Journal

## Direct Care Workers

Every day, some 3.5 million direct care workers go to work in residential care settings and homes to provide care for some of society's most vulnerable members—people

# LIVING WAGE

60% of color

1-4 born outside the U. S.

The  
*Lindsay Institute*  
For Innovations in Caregiving

Despite their value to the Nation's health direct care remains undervalued and poorly compensated!!!!



**TABLE 2: ECONOMIC CHARACTERISTICS OF SELECT CARE OCCUPATIONS**

Economic Measure	Direct Care Workers			Childcare Workers	Health Care Assistants and Other Aides
	All Aides	Care Facility Aides	Home Care Aides		
<b>Data for 2019 from Monthly CPS</b>					
Average Hourly Earnings in 2019	\$13.36	\$13.87	\$12.95	\$12.31	\$16.15
Average Weekly Earnings in 2019	\$474.79	\$522.76	\$437.60	\$371.55	\$601.98
Share with Hourly Earnings Below Living Wage in 2019	48.2%	34.1%	58.9%	60.5%	25.6%
Share with More than One Job in 2019	6.4%	6.6%	6.3%	6.6%	7.4%
Share with Variable Weekly Hours in 2019	6.9%	5.8%	7.6%	8.2%	4.7%
Average Years of Experience (Potential Years in the Labor Force) in 2019	23.7	20.3	26.2	18.9	18.3
Share with Some College Experience in 2019	36.5%	41.9%	32.5%	34.6%	54.9%
Share with College Degree in 2019	12.2%	10.3%	13.3%	17.6%	21.1%
Share with Professional License or Certification in 2019	34.6%	47.4%	25.7%	14.9%	48.3%
<b>Data for 2018 from Annual ASEC</b>					
Average Individual Annual Wage Income in 2018	\$23,263	\$27,411	\$20,113	\$13,639	\$35,975
Median Annual Family Income in 2018	\$44,290	\$51,028	\$39,776	\$56,581	\$67,619
Average Usual Hours Worked Per Week in 2018	36.0	36.7	35.5	34.6	37.4
Share Working Fewer than 30 Hours Per Week in 2018	22.2%	16.5%	26.4%	34.9%	14.1%
Average Weeks Worked in 2018	46.4	47.2	46.0	41.9	49.4
Share of Working Poor in 2018	9.1%	6.7%	10.9%	8.5%	3.1%
Share Living in Poverty in 2018	12.6%	9.7%	15.0%	12.6%	4.5%
Share Without Health Insurance in 2018	14.2%	9.7%	15.9%	16.8%	11.2%
Share Without Employer-Sponsored Retirement Benefits in 2018	84.4%	77.4%	90.1%	92.0%	71.4%
Share Receiving Some Public Assistance in 2018	56.5%	51.0%	60.8%	56.8%	39.9%

Notes: See appendix for definitions of occupations. Monthly data are pooled for all months in 2019. Dollar values are in real 2018 dollars. Individual wage income and total family income are taken from the Annual Social and Economic Supplement (ASEC). Those data are collected in March of each year and refer to the previous 12 months and, thus, reflect mainly data received in 2018. Working poor is defined as having worked at least 27 weeks over the past year and having income below the official federal poverty line. Public assistance includes food stamps, Medicaid, Earned Income Tax Credit, welfare income, and free and reduced price school lunches. Potential years in the labor force are a standard measure of experience and are the difference between age and years of schooling after kindergarten. Wages are deflated using the Consumer Price Index for Clerical Workers (CPI-W) and income is deflated using the Consumer Price Index for Urban Consumers (CPI-U) from the Bureau of Labor Statistics. Source is: Sarah Flood, Miriam King, Renae Rodgers, Steven Ruggles, and J. Robert Warren. Integrated Public Use Microdata Series, Current Population Survey: Version 6.0. Minneapolis, MN: IPUMS, 2018.

<https://doi.org/10.18128/Do30.V6.0>

# CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*



NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for more than one person.



More family caregivers have difficulty coordinating care.



More Americans caring for someone with Alzheimer's disease or dementia.

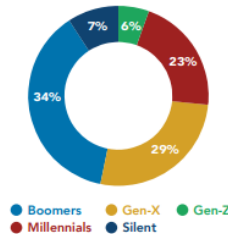


More family caregivers report their own health is fair to poor.

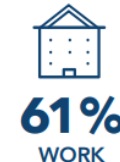


23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?



**45%**  
HAVE HAD AT LEAST ONE FINANCIAL IMPACT



**Figure 1. Prevalence of Caregiving by Age of Care Recipient, 2020 Compared to 2015**

	2020 Prevalence	Estimated Number of U.S. Adults Who Are Caregivers	2015 Prevalence	Estimated Number of U.S. Adults Who Are Caregivers
<b>Overall</b>	21.3%*	53.0 million	18.2%	43.5 million
<b>Caregivers of recipients ages 0-17</b>	5.7%*	14.1 million	4.3%	10.2 million
<b>Caregivers of recipients ages 18+</b>	19.2%*	47.9 million	16.6%	39.8 million
<b>Caregivers of recipients ages 18-49</b>	2.5%	6.1 million	2.3%	5.6 million
<b>Caregivers of recipients ages 50+</b>	16.8%*	41.8 million	14.3%	34.2 million

\* Significantly higher than in 2015.

# 1,040,000 Family Caregivers



## in Virginia



**870**  
Million Hours

Unpaid  
Family  
Care

**\$12.81** economic  
value per hour



estimated  
economic value **\$11.2 billion**

**AARP**

Family Caregiving™

[aarp.org/valuing](http://aarp.org/valuing)

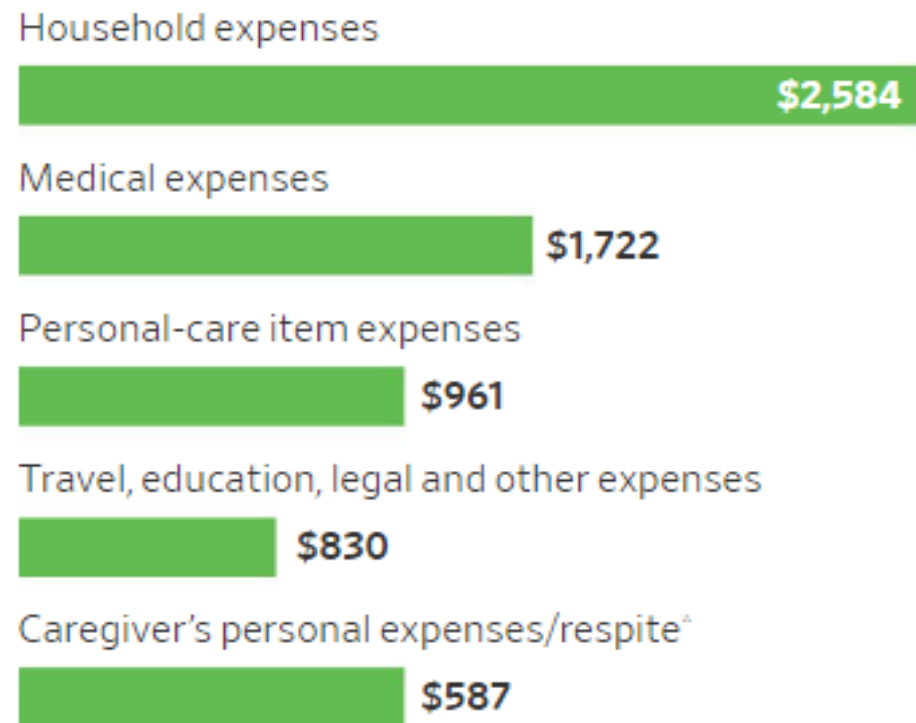
All estimates are for 2017 | source: AARP Public Policy Institute (2017)

### UPDATING THE NATIONAL ESTIMATED ECONOMIC VALUE OF FAMILY CAREGIVING

The estimated economic value of family caregiving was \$470 billion in 2017, based on about 41 million caregivers providing an average of 16 hours of care per week, at an average value of \$13.81 per hour.

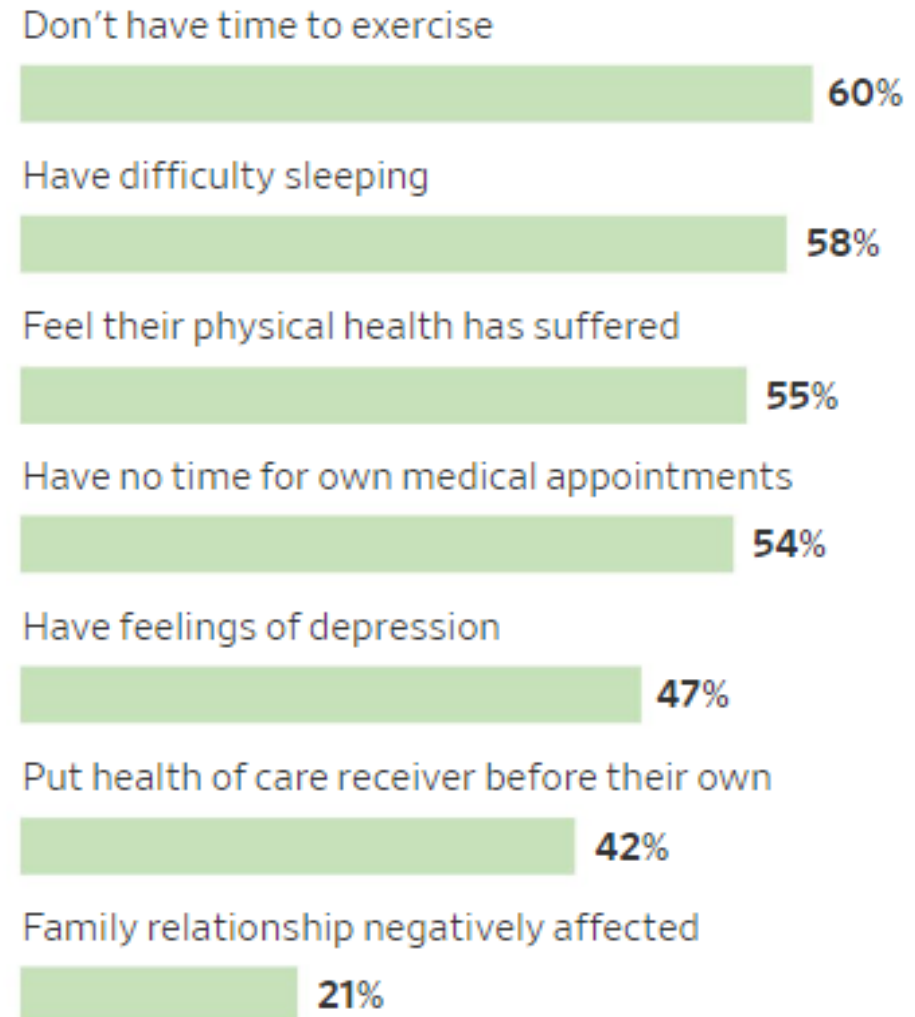
Being an unpaid caregiver can take its toll on people both financially...

### Caregivers' average annual spending on the care recipient



...and on a personal level.

### Percentage of unpaid caregivers who say they:



\*Aides, adult day services, self-care, other paid help and other expenses

Sources: AARP (expenses); Embracing Carers International Survey (personal toll)



# VIRGINIA

## ALZHEIMER'S STATISTICS



### PREVALENCE

**65+** NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S

Year	TOTAL	ESTIMATED % CHANGE
2020	150,000	<b>26.7%</b>
2025	190,000	



### MORTALITY

**DEMENTIA DEATHS DURING THE COVID-19 PANDEMIC**

**1,546** more deaths than expected from dementia in 2020 **22.4%** higher than average

**#** OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

# 2,631

**6<sup>th</sup>** leading cause of death



### HOSPICE (2017)

# 6,440

# of people in hospice with a primary diagnosis of dementia

# 19%

% in hospice with a primary diagnosis of dementia



### HOSPITALS (2018)

# 1,622

# of emergency department visits per 1,000 people with dementia

# 21.6%

dementia patient hospital readmission rate



### MEDICAID

# \$ 1.00

BILLION

Medicaid costs of caring for people with Alzheimer's (2020)

# 26.6%

projected change in costs from 2020 to 2025



### MEDICARE

# \$25,246

per capita Medicare spending on people with dementia (in 2020 dollars)



### CAREGIVING (2020)

# 349,000

Number of Caregivers

# 521,000,000

Total Hours of Unpaid Care

# \$7,886,000,000

Total Value of Unpaid Care

# 60.4%

% of caregivers with chronic health conditions

# 23.6%

% of caregivers with depression

# 13.8%

% of caregivers in poor physical health

**2<sup>nd</sup>** highest percentage of adults who are dementia caregivers

More than **6 million Americans** are living with Alzheimer's. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$355 billion** in 2021, increasing to more than **\$1.1 trillion** (in today's dollars) by mid-century. Dementia caregivers today are providing **20% more care** than in 2009.



## Percentage of Dementia Caregivers Reporting Health Conditions by State

State	Percentage of Caregivers Reporting at Least One Chronic Condition	Percentage of Caregivers Reporting Depression	Percentage of Caregivers Reporting Frequent Poor Physical Health	State	Percentage of Caregivers Reporting at Least One Chronic Condition	Percentage of Caregivers Reporting Depression	Percentage of Caregivers Reporting Frequent Poor Physical Health
Alabama	59.8	28.3	12.9	Montana	56.9	22.8	10.0
Alaska	*	*	*	Nebraska	55.6	19.3	8.8
Arizona	53.5	15.4	9.9	Nevada	80.2	18.3	*
Arkansas	73.4	23.4	11.4	New Hampshire	†	†	†
California	*	*	*	New Jersey	68.1	27.4	13.0
Colorado	73.1	23.2	14.0	New Mexico	56.3	34.2	7.9
Connecticut	47.0	17.6	*	New York	52.2	28.4	17.0
Delaware	†	†	†	North Carolina	†	†	†
District of Columbia	65.1	20.5	*	North Dakota	62.0	14.4	14.0
Florida	47.8	16.3	*	Ohio	67.8	13.6	16.1
Georgia	54.0	21.6	13.7	Oklahoma	53.5	27.5	*
Hawaii	65.3	14.9	10.5	Oregon	53.7	19.9	16.7
Idaho	73.7	30.8	16.7	Pennsylvania	62.0	24.0	16.1
Illinois	53.5	21.4	16.7	Rhode Island	54.8	27.4	14.9
Indiana	64.0	26.8	6.9	South Carolina	54.2	21.9	11.8
Iowa	63.9	28.7	11.8	South Dakota	40.9	9.4	65.8
Kansas	62.9	23.5	13.5	Tennessee	66.7	29.8	17.0
Kentucky	69.6	27.1	20.2	Texas	56.4	10.7	*
Louisiana	54.7	20.8	16.7	Utah	69.0	22.3	10.7
Maine	69.8	25.4	11.1	Vermont	†	†	†
Maryland	68.8	27.7	13.6	Virginia	60.4	23.6	13.8

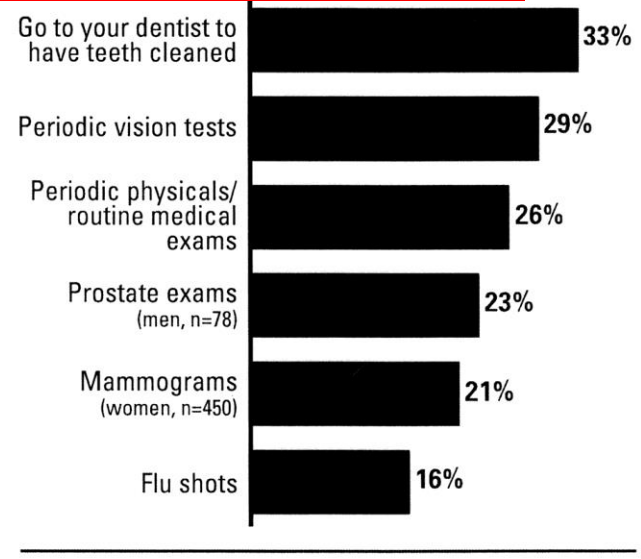
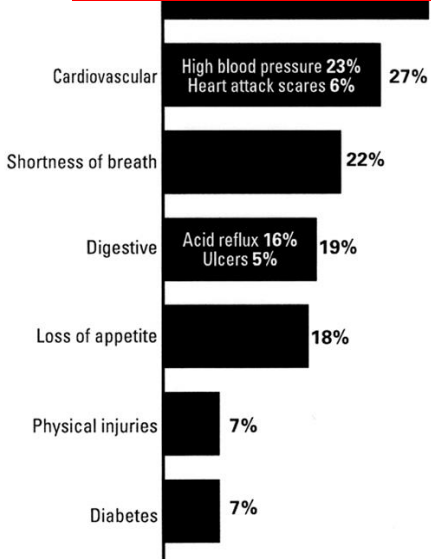
Caregiver

n=528

Energy

The first rule of caregiving is that the **care of the caregiver** is the most effective treatment for the person with Alzheimer's disease. Until this is fully understood and embraced by the whole family, especially the **primary care giver**, the effectiveness of the plan of care will be compromised, and the patient will suffer even more pain and complications.

Less p





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**Are any of your doctors/the doctors of  
the person you provide care for aware of  
your caregiving role?**

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*n=528*

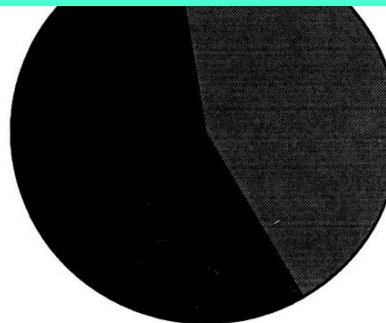
Care recipient's  
doctors only  
**17%**



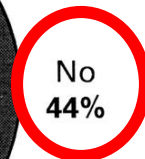
**DON'T ASK**

**DON'T TELL**

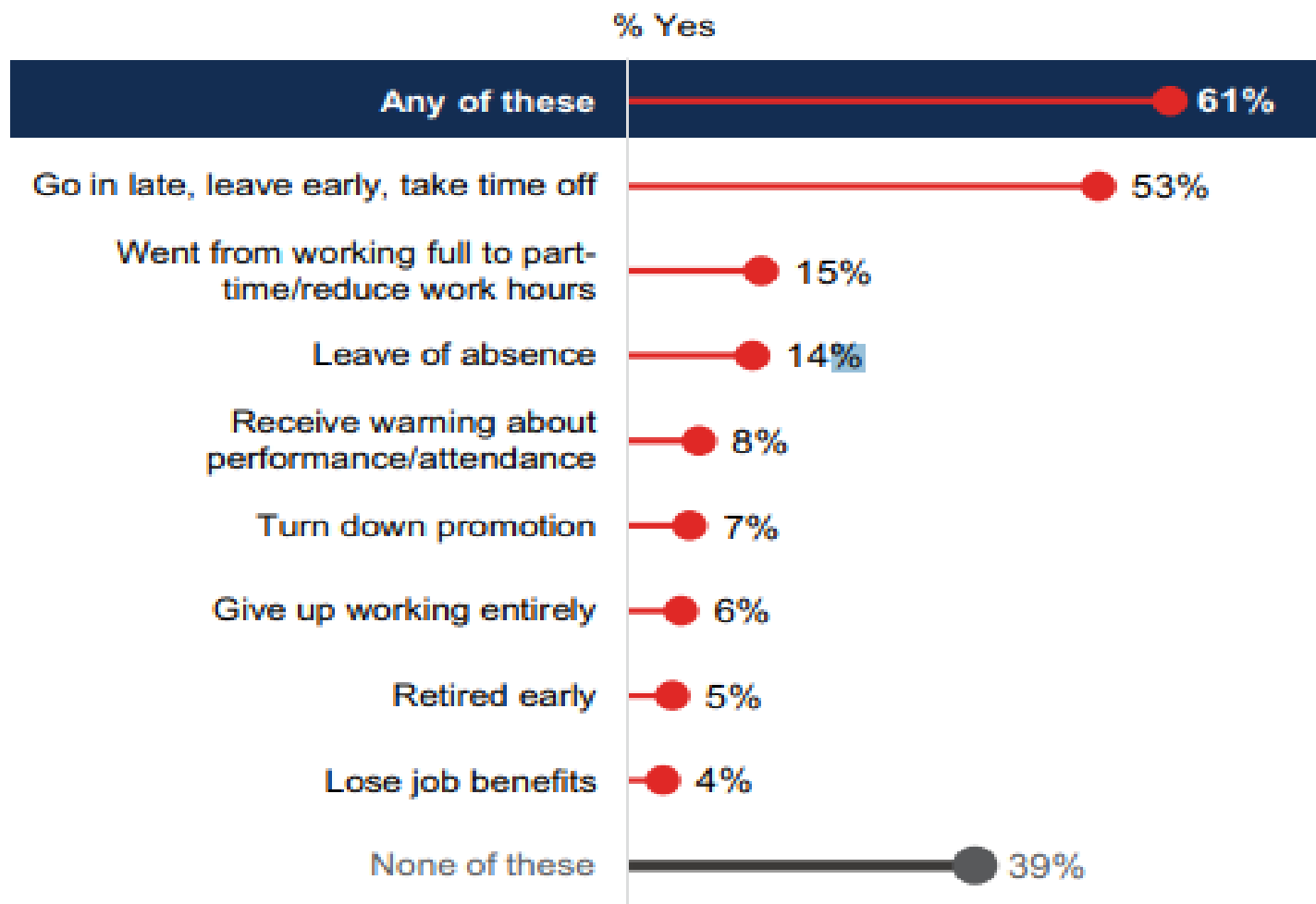
Yes  
**56%**



No  
**44%**



**Figure 69. Work Impacts as a Result of Caregiving**



Q34. As a result of caregiving, did you ever experience any of these things at work?

**2020 Base: All Working Caregivers of Recipient Age 18+ (n=837)**

*Note: Respondents may select more than one response; results add to greater than 100 percent.*

# Why Do We Teach CPR and Not Caregiving 101?

Richard W. Lindsay M. D.

# CAREGIVING: A HIDDEN HEALTHCARE CRISIS



**FRIDAY,  
MARCH  
5TH  
2-3**

**EARN TWO  
HOURS  
TOWARDS  
YOUR  
EXPERIENCE**

**RSVP  
HERE.**

ZOOM LINK PROVIDED  
UPON REGISTRATION.

# Demographics of Caregiving

• **65.7 million caregivers make up 29% of the US adult population and 31% of households**

➤ **3.9 million care for only child recipients**

➤ **48.9 million care for only adult recipients**

➤ **12.9 million care for both child and adult recipients**

## Portrait of Caregiver:

- **48-year-old women who works and care**

**Average of 20.4 hours of care per week for her mother for an average of 4.6 years**

- **34% care for two or more people**

- **86% provide care for a relative**

# WOMEN AND CAREGIVING

Most older individuals with long term care needs-65%--rely exclusively on family and friends to provide assistance. Another 30% will supplement care with assistance from paid providers'

Women's caregiving is essential !!!!!

Although men also provide assistance, female caregiver may spend as much as **50%** more time providing care than male caregivers

## Women's Long Term Care Needs

Women who were 65 in 2000 can expect to live another 19 years to age 84.  
In 2000 almost 40% of women age 65+ were living alone, 51% of women age 80 were living alone

# TRENDS- CAREGIVING

\*At least 53 million adult family caregivers & **3.4-5.4 million** child caregivers in the US

\*Among family caregivers of adults, 24% care for multiple people

CDC Named family caregiving as a national health priority

Spring FLYRBS—23.6% public middle and 16.4 high school students are doing some type of caregiving(>290,000 students)



American Association of  
**Caregiving**  
**Youth**

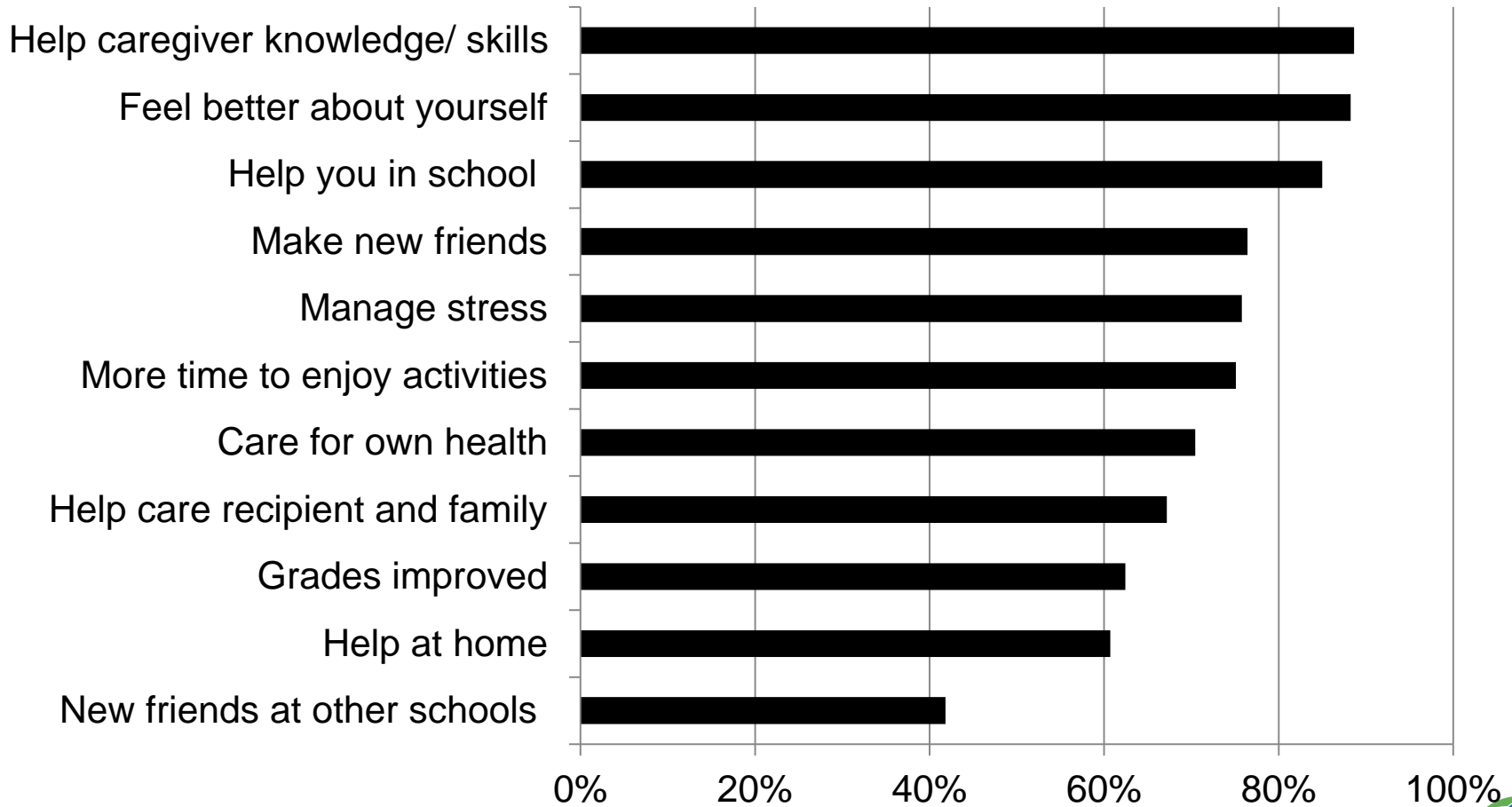




## CAREGIVING YOUTH AND EDUCATION

- \*Of young adults who dropped out of school, 22% said it was to care for a family member
- \* May miss school, be tardy, have trouble completing homework as well as focusing
  - 20 hours per week: The average number of hours that a caregiving youth spends caring for loved ones
  - \*They become isolated from friends & lack socialization; unable to participate in extra-curricular activities
  - \*They miss experiencing their childhood

# CYP RESULTS



# USA CAREGIVING YOUTH CONNECT

**FIRST EVER CONNECTION EVENT!**



ZOOM WITH AACY YOUTH AMBASSADORS  
CHARLIE & KAYLIN



**FRIDAY, MAY 7th AT 7 PM EASTERN**

**ALL MIDDLE & HIGH SCHOOL CAREGIVING YOUTH WELCOME!**

**WIN PRIZES!**

**HEAR & SHARE STORIES OF KIDS WHO ARE CAREGIVERS JUST LIKE YOU**

**REGISTER:** <https://www.eventbrite.com/e/usa-caregiving-youth-connect-tickets-152393624433>

## What are you thinking, learning, feeling?



Find the following words in the puzzle.  
Words are hidden ↑ ↓ → ← and ↘ .

## U.S. News & World Report

**More Than 3 Million Youth Play a Caregiving Role. They Need Our Support.**

Family caregiving should be recognized as a social determinant of health.

By Anthony D'Alto, Contributor May 20, 2020

**THE MOST RECENT** Caregiving in the U.S. report by the National Alliance for Caregiving and AARP found that in addition to 42 million adults who are family caregivers, 3.4 million children under the age of 18 are assisting with care.

- USING MEDICAL EQUIPMENT
- TAKING TO THE BATHROOM
- HELPING WITH MOBILITY
- I CAN'T DO THIS ANYMORE
- GIVING MEDICATIONS
- FEELING FRUSTRATED
- EMOTIONAL SUPPORT
- CHANGING DIAPERS
- GROCERY
- SHOPPING
- KEEPING COMPANY
- MISSING FRIENDS
- TRANSLATING
- SCHEDULING
- COMPASSION
- DEPRESSED
- DRESSING
- GRIEVING
- HONORED
- WORRIED
- ANXIOUS
- BATHING
- FEEDING
- LONELY
- ANGER
- WHY ME




**Camp Corral ... Hope Loves Company ... Kids Are Caregivers Too... USA**



# VirginiaNavigator

disAbilityNavigator | SeniorNavigator | VeteransNavigator

 **SeniorNavigator**  
A VirginiaNavigator Website

Find local services, articles, and more... [Login](#) [Register](#)

City, County, or Zip  What do you need?

[Aging Well](#) [Caregiving](#) [Community](#) [Financial](#) [Housing](#) [Legal](#) [Our Websites](#)

## Caregiver Tech Tool Finder

 **CAREGIVER**  
TECH TOOL FINDER

CHOOSE TOPIC(S)   **SEARCH**

 POWERED BY 

Overwhelmed by all the technology options for caregivers? The Caregiver Tech Tool Finder from nonprofit VirginiaNavigator gives you independent, unbiased recommendations for the best caregiving apps, devices and other tech.

# JMU students provide respite for caregivers

Rhonda Zingraff Ph.D  
Faculty Emeritus  
College of Health and  
behavioral Studies  
Former Director JMU  
Institute for Innovation  
in Health and Human  
Services

# US National Median Long Term Care Support Services Costs

Category	Year Over Year Increase <sup>1</sup>	Hourly <sup>2</sup>	Daily	Monthly	Annually	5-year Compound Annual Growth Rate <sup>11</sup>
Homemaker Services	7.14%	\$22.50	\$141 <sup>3</sup>	\$4,290 <sup>6</sup>	\$51,480 <sup>7</sup>	3.44%
Home Health Aide	4.55%	\$23.00	\$144 <sup>3</sup>	\$4,385 <sup>6</sup>	\$52,624 <sup>7</sup>	3.09%
Adult Day Health Care	4.17%	N/A	\$75 <sup>4</sup>	\$1,625 <sup>6</sup>	\$19,500 <sup>8</sup>	2.90%
Assisted Living Facility*	1.28%	N/A	\$133 <sup>3</sup>	\$4,051 <sup>5</sup>	\$48,612 <sup>9</sup>	2.97%
Nursing Home - Semi Private Room	0.96%	N/A	\$247 <sup>4</sup>	\$7,513 <sup>6</sup>	\$90,155 <sup>10</sup>	3.10%
Nursing Home - Private Room	1.82%	N/A	\$280 <sup>4</sup>	\$8,517 <sup>6</sup>	\$102,200 <sup>10</sup>	3.13%

Category	Cost Per Visit
In-Home Care - Skilled Nursing	\$87.50 <sup>12</sup>

Genworth Cost of Care Survey 2019, Conducted by CareScout®, June 2019

<sup>1</sup> Based on 2018 and 2019 Annual Percentage Change

<sup>2</sup> As reported, hourly rate

<sup>3</sup> Based on annual rate divided by 365 days

<sup>4</sup> As reported, daily rate

<sup>5</sup> As reported, private, one bedroom

<sup>6</sup> Based on annual rate divided by 12 months

<sup>7</sup> Based on 44 hours per week by 52 weeks

<sup>8</sup> Based on 5 days per week by 52 weeks

<sup>9</sup> Based on 12 months of care, private, one bedroom

<sup>10</sup> Based on 365 days of care

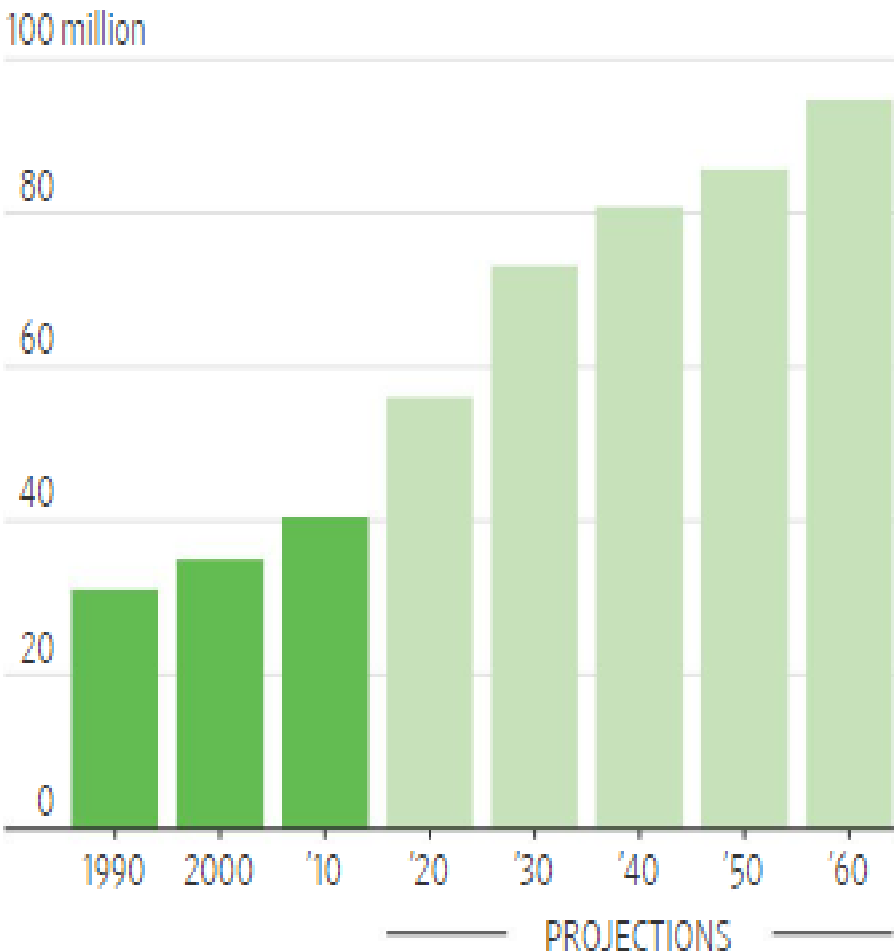
<sup>11</sup> Represents the compound annual growth rate based on Genworth Cost of Care Surveys conducted from 2014 to 2019.

<sup>12</sup> Only national median cost is available for 2019. As reported per visit median from 205 regions

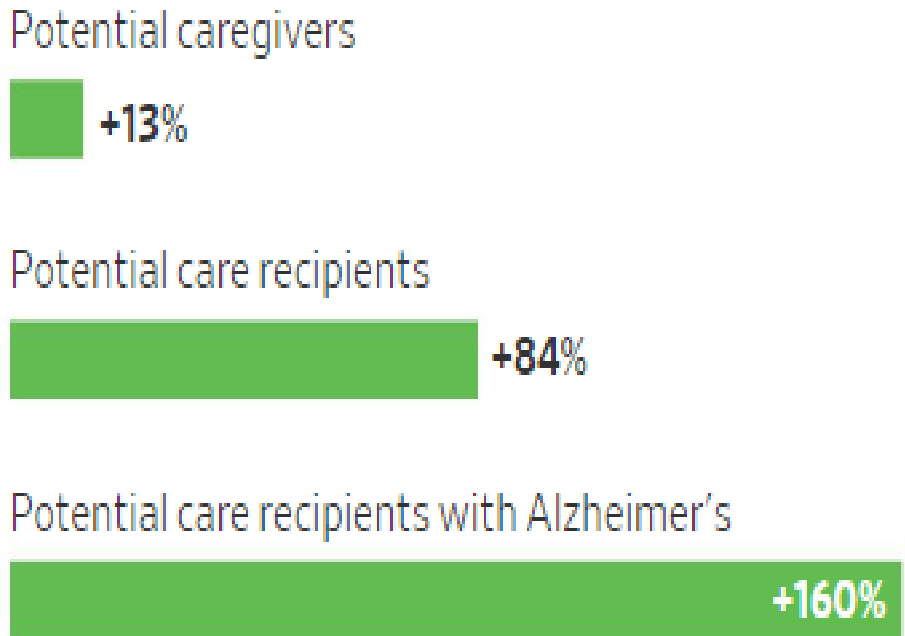
\* Referred to as Residential Care facilities in California

As baby boomers age, more older Americans will find themselves in need of care, yet there are fewer caregivers

### U.S. population aged 65 and older



### How caregiving is projected to change, 2015-2050



Sources: Census Bureau (population); Merrill Lynch/Age Wave study (change)

# You Take Care of Mom, But Who Will Take Care of You?

Family caregivers provide the majority of long-term services and supports (LTSS). But the supply of family caregivers is unlikely to keep pace with future demand. The Caregiver Support Ratio is defined as the number of potential family caregivers (mostly adult children) aged 45-64 for each person aged 80 and older—those most likely to need LTSS. The caregiver support ratio is used to estimate the availability of family caregivers during the next few decades.

## Caregiver Support Ratio



50% of the elderly who have a long-term care need but no family available to care for them are in nursing homes, while only 7% who have a family caregiver are in institutional settings.

it is expected to further fall to less than **3 to 1** in **2050**.

**POLICY ACTION:** Rising demand and shrinking families to provide LTSS call for new solutions to the financing and delivery of LTSS and family support.

Source: D. Redfoot, L. Feinberg, and A. Houser, *The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers* (Washington, D.C.: AARP Public Policy Institute, August 2013). [www.aarp.org/research/ppi](http://www.aarp.org/research/ppi)



# REWARDS OF CAREGIVING

- \*Special relationship with the care recipient
- \*Enhanced self-esteem with the care recipient
- \*Mature life skills
- \*Sense of purpose
- \*Increased empathy
- \*Career choice linked to the caregiving experience
- \* Invaluable transfer of intergenerational experiences and knowledge.



CAREACADEMY

# THE CAREGIVER CAREER PATH

By 2060, ninety-million people will be age 65 or older. Now is the time to find, train and cultivate great caregiver talent by demonstrating how caregiving can be a rewarding career with long-term growth opportunities.



**AVERAGE SALARY**  
\$10.33 per hour

## HOME HEALTH AIDE

Home Health Aides (HHAs) can be licensed or unlicensed professionals depending on state requirements. HHAs work exclusively in a patient's home and take care of basic daily needs like bathing, feeding, exercising, and dressing.

## CNA

HHAs often get certified as a Nursing Assistant. By obtaining this credential, CNAs can work in homes in addition to



**AVERAGE SALARY**  
\$11.68 per hour



**AVERAGE SALARY**  
\$41,000 - \$61,000 per year

## LPN/RN

Licensed Practical Nurses perform more extensive duties under the supervision of a Registered Nurse. They perform more complex medical tasks based on a nursing plan.



## GERIATRIC CARE MANAGER

A relatively new field, care managers plan and coordinate eldercare to help seniors maintain independence and quality of life.



**AVERAGE SALARY**  
\$54,000 per year



**AVERAGE SALARY**  
\$74,000 per year

## NURSE EDUCATOR

After obtaining a Masters of Nursing degree, a Registered Nurse can plan and teach courses in colleges, hospitals, technical and trade schools, and training programs.

## NURSING HOME ADMINISTRATOR

Administrators manage all aspects of nursing home operations including staffing, finance, medical care, medical supplies and customer service.



**AVERAGE SALARY**  
\$88,000 per year



Identifying a clear path for career advancement can serve eldercare agencies well when cultivating the caregiver talent needed to help their business grow.

# Key Challenges and Action Steps to Build A Livable Community for All Ages

Housing



Planning and Zoning



Transportation

Health and Supportive Services



Develop Community Based

Programs to Improve Quality of Life



for individuals with Dementia

Culture and Lifelong Learning

Public Safety



Encore Career Training



Civic Engagement and Volunteer

Opportunities



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- Do you have life experience to share?
- Do you want to make a difference?

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