



Community Update

from your friends at Johns Hopkins Bayview Medical Center

January 2023

Community Calendar and Education Information

Virtual Club Memory

A stigma free social group for people with early-stage Alzheimer's disease, mild cognitive impairments or other forms of dementia, and their caregivers.

1st and 3rd Wednesday of every Month, 2 to 3 p.m.

<https://jhjhm.zoom.us/j/91677376798>

For more information, email anelso18@jhmi.edu.

Postpartum Support Group

Each Thursday, 11 a.m. to noon.

A free, virtual support group for moms with new babies.

For more information, or to receive a Zoom link for the support group, email sdaly9@jh.edu

COVID-19 Partners Call

Discussion from hospital staff on topics relevant to the hospital's preparation and readiness.

Friday, January 6, 13, 20 and 27 at 11 a.m.

Join Dr. Panagis Galiatsatos

Via Zoom at <https://jhjhm.zoom.us/j/94256166273>

Meeting ID: 942 5616 6273 or

Dial in: (301) 715-8592 - Participant code: 94256166273#

American Red Cross Blood Drives in your community:

January 18 - 1:00 to 6 p.m.

Dundalk American Legion, Post 38, 3300 Dundalk Ave.

An appointment must be schedule online at:

redcrossblood.org.

Breast Cancer Support Group

For those in inactive or post treatment. The program offers guest speakers an opportunity to share one's experience, compassion and support. Attendees are welcome to bring a family member or friend.

Fourth Thursday monthly, from 6 to 8 p.m.

Next Support Group meeting, January 26.

Johns Hopkins Bayview's Francis Scott Key Pavilion, inside the Medicine Education Center.

Call 410-550-6690 to register, or for more information.

National Glaucoma Awareness Month

Glaucoma is a damaging disease that puts increased pressure on the optic nerve. This nerve sends information from your eyes to your brain and back.

There are two types of glaucoma: open-angle and closed-angle. Symptoms for each type are different. The major symptom of open-angle glaucoma is a loss of vision. Symptoms of closed-angle glaucoma include redness of the eye, severe pain in the eye, and a sudden blurring of vision.

Treatment of glaucoma lowers the amount of pressure affecting the optic nerve. The first course of treatment is usually medicines, such as eye drops. If that does not work, laser treatments or surgery may be necessary to alleviate the pressure on the optic nerve.

Regular eye exams (every one to two years) may catch early onset of glaucoma and other conditions. To schedule an appointment with a provider in the Wilmer Eye Institute, call 410-955-5080.

Winterize Your Health!

Now that winter is in full swing, remember to do your part to prevent the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your sleeve—not your hands.
- Wash your hands frequently. Soap and warm water is the best method for killing germs and bacteria. If you aren't near a bathroom, an alcohol-based hand sanitizer is a good substitute.

Maximize Your Winter Workouts

Exercising outdoors is a great way to maintain your physical activity any time of the year. Follow these tips to get the most out of your workouts this winter season.

Don't "bundle up." There's no need to add extra layers of clothing when going for a run or exercising outside. The American College of Sport Medicine says that heat produced by the body during moderate or heavy exercise is enough to prevent cold weather illnesses, such as hypothermia.

Wear a hat. Your body loses most of its heat through your head. Wear a hat to reduce the amount of heat you lose during exercise.

Block the wind. Windproof clothing protects the skin from frostbite when the wind chill is high. Don't forget to wear gloves on especially cold days.

Listen to your body. Exercising in cold temperatures can make your heart work harder. If you experience chest pain while exercising out in the cold, contact your physician. He/she may recommend another exercise plan.

Making and Keeping Your New Year's Resolutions

Once the clock strikes midnight and a new year begins, many people make resolutions. Although all are well-intentioned, most people ultimately allow these resolutions to go by the wayside after a short amount of time. Fortunately, there are strategies that can help you stick with your resolutions and achieve your goals.

- Schedule a start date. Pick a date that is realistic.
- Write your resolution down. If you see the resolution every day, you may be more likely to stick with it.
- Make your goals reasonable. If your resolution is too far-fetched, you may become frustrated and abandon the whole idea.
- Find a resolution "buddy." People are more likely to complete a task—such as exercise—if they have a friend to encourage them and hold them accountable
- Keep a journal of your progress. Writing down your feelings about a particular victory or mishap can help you later if the issue arises again.
- Don't get discouraged. Challenges are likely to crop up from time-to-time and impede your progress. Push these setbacks aside and continue on your path to success.

Winter Safety Tips

Winter is here to stay for the next couple of months. The Federal Emergency Management Agency (FEMA) suggests taking the following precautions before any major storms, or extreme cold hit the area so you and your family will be protected. You may need:

- Ice melt for icy sidewalks and driveways
- Snow-removing equipment like shovels
- Proper amounts of blankets and warm clothing to keep warm
- An emergency kit that includes non-perishable foods, sufficient water supplies for each family member, important medications and documents.

Listen to weather forecasts for your area regularly for important information.

New Year Greetings

May 2023 bring you happiness, peace and prosperity. Wishing you a joyous New Year!

Community Update is published 11 times a year by the Community Relations Department. **Selwyn Ray, J.D.**, director; **Melanie Smith**, editor; **Sara Baker, April Meise, Elaine Welkie**, contributors. **Phone:** 410-550-0289; **Website:** hopkinsmedicine.org