

Healthy Communities



A publication for people who care about improving the health of our community

Summer 2016

A Note from the Director



W. Daniel Hale, Ph.D.
*Director, Healthy
Community Partnership*

A little over a year ago, the tragic death of Freddie Gray and the unrest that followed served as powerful reminders of the work that remains to improve the health and lives of the residents of Baltimore. These events also reminded us how important it is to understand the circumstances and concerns of others in our community. This is work that we must approach with open eyes and hearts, along with considerable humility.

The events of last spring also impressed upon me how important it is for Johns Hopkins Bayview to continue partnering with community organizations and to strengthen our current relationships. The hospital alone cannot meet all of the needs of our community, many of which are not strictly medical. Over the past year, we have heard concerns not only about physical illnesses, but also about the despair and desperation of people who cannot find jobs or adequate housing. By partnering with faith communities and local agencies, we are able to pool all of our resources to help those in need.

On the following pages are highlights of how we are supporting the needs of our community with the help of our partners. Also included is the summer issue of *Caregiver Connection*, a newsletter provided by our *Called to Care* program, which connects caregivers with resources, support and each other.

As always, I invite you to connect with us either by way of partnership or by providing feedback on how we can better serve you—our partners in care.

In faith and good health,

5th ANNUAL WILLIAM S. PERPER SYMPOSIUM

Faith in Action: Caregiving in the Community

This free conference provides a forum for family caregivers to connect with each other, explore the support provided by local faith communities and learn about available resources.

Wednesday, November 2, 2016

8 a.m. to 2:30 p.m.

Preston Hall

25 W. Preston Street, Baltimore, MD 21201

For more information, call **410-550-1118** or email **perper@jhmi.edu**.

UPDATE: CALLED TO CARE

Called to CARE

Last November, we launched *Called to Care*, a program that prepares and supports individuals caring for loved ones with health-related needs or limitations. We would like to take this opportunity to share with you some of the incredible results we have seen over the past seven months, and invite you to provide us with any feedback or suggestions to help us grow the program.

–**Elder Darryl Banks**, our *Called to Care* chaplain, regularly visits patients to share information about the program and to arrange in-person or phone conversations with their caregivers. To date, he has met with over 600 patients and, in turn, many of their caregivers.

–Maryland Caregiver Teleconnection is a free call-in program for individuals to hear from and talk with experts about medical conditions, hospital and community resources, and other caregiver-related issues. Previous topics have included “Making the Most Out of Your Medical Visits,” “Caregiving for the Chronically Ill,” “Caring for Someone with Dementia at Home,” and “How to Pay for Nursing Home Care.” More than 500 people have benefited from this program. A schedule of upcoming and past sessions can be found on marylandcaregiverconnection.org.

–Caregiving 101: Family Caregiver Education is a six-week course that brings together caregivers and health care providers to discuss common issues and share ideas about caregiving. To date, more than 20 caregivers have completed the course. The next session is scheduled for January 2017.

–Additionally, our outreach extends beyond the walls of the hospital and into local faith communities. Currently, we have partnered with and provided support for eight congregations that have committed to developing new caregiving ministries in their congregations.

For more information or to learn how to partner with *Called to Care*, please call **410-550-8018** or visit hopkinsmedicine.org/jhbmc/calledtocare.

MEDICAL-RELIGIOUS PARTNERS

In 2011, Johns Hopkins Bayview developed a formal medical-religious partners program based on *Building Healthy Communities through Medical-Religious Partnerships*. The program started with six congregations and has since grown to include more than 40 faith communities.

A medical-religious partner is a congregation or community group with at least one member who has participated in the Lay Health Educator or Lay Health Advocate Program; partnered with Johns Hopkins Bayview to host a health event; had a participant in the Clinical Pastoral Education Program; or visited hospitalized congregants and worked with the Department of Spiritual Care and Chaplaincy. The Medical-Religious Partner Program recently expanded to include The Johns Hopkins Hospital and Zion Baptist Church, a partner congregation.

Under the leadership of the **Rev. Dr. Marshall Prentice**, Zion Baptist Church hosted three brunches for medical-religious partners and Johns Hopkins employees to strengthen relationships and discuss ideas for upcoming projects. In response to concerns discussed at an earlier meeting, **Laura Spada**, executive director of the Baltimore Alliance for Careers in Healthcare (BACH), spoke to the group about her organization’s commitment to recruit and train residents of nearby neighborhoods for 375 new jobs in local hospitals. The goal of this joint effort is to address unemployment in Baltimore City.

The medical-religious partnerships also include solid relationships between individual congregants and staff at the Medical Center. Congregational visitors to inpatient units have access to chaplaincy services for help with parking, navigating the campus, visiting congregants when their clergy are unavailable and escorting visitors.

Medical-religious partnerships are vital for our community and its health. We invite you to partner with us.

For more information, call **410-550-7569**.

LAY HEALTH EDUCATOR PROGRAM

LHE Participant Spotlight:

Peggy Haroth, RN, parishioner, St. Rita Catholic Faith Community

What is your role in the faith community?

As a registered nurse, I have been engaged in a variety of health-related volunteer activities at St. Rita Church during the past 15 years. Initially, these activities were limited to visits to homebound parishioners and bi-monthly blood pressure screenings. Following an invitation with our neighboring Johns Hopkins Bayview Medical Center through the Healthy Community Partnership (HCP), our ministry was able to utilize HCP resources for hosting two health fairs, providing guest speakers and handouts for small group church gatherings, and introducing our parishioners to programs offered at Johns Hopkins Bayview, such as the Lay Health Educator Program (LHE).

Currently, my role as a minister of care involves home visitation of parishioners who are no longer able to attend church due to failing health or disability. During these home visits, I am privileged to accompany parishioners along their spiritual journey as they share with me their prayer life and ways of coping with illness and other life-changing events. My 40 years of experience as a health care professional gives me the opportunity to not only focus on spiritual and religious support of these individuals but also address some of their physical and emotional concerns.

How have you used what you learned from LHE?

Health education is another way in which I reach out to parishioners and others within the Dundalk community. **Karen Armacost, RN**, and I share this activity, which involves submitting health and wellness tips to our weekly church bulletin. Many of these topics are presented in LHE. **Dennis Krouse**, one of our parishioners and a minister of care volunteer, also has served as guest speaker at church gatherings and presented topics from LHE.



Left to right: Sr. Michael Marie Hartman, Suzan Smith, Peggy Haroth and April Meise volunteered at one of St. Rita's health fairs.

What is the Lay Health Educator Program?

The Lay Health Educator Program is a 10-week program for leaders and members of faith-based communities. Instruction is provided by Johns Hopkins Bayview physicians, psychologists, nurses, social workers and chaplains.



LHE participants receive training, materials, access to resources and ongoing support that enable them to organize meaningful programs on important health matters for their congregations and communities. No prior training or experience in health care is required.

The next session is scheduled for:

September 8 to November 17

Thursdays, 5 to 7 p.m.

Johns Hopkins Bayview campus

There is no cost to participate; however, space is limited.

To register, please contact Kimberly Monson at **410-550-1118** or **kmonson1@jhmi.edu**.

CALENDAR OF EVENTS



Docs in the Park Family Fun-n-Fit Day

Saturday, September 10

Rain date: September 11

11 a.m. to 2 p.m.

Joseph Lee Park
5900 E. Pratt Street
Baltimore, MD 21224

Docs in the Parks is sponsored by Baltimore City Recreation and Parks, and provides an opportunity for families to play and explore nature together. Johns Hopkins Bayview pediatricians will be available to talk with families and share strategies for getting outside and staying healthy.

For more information, call 443-812-3659 or email jennken47@gmail.com.



LIGHT THE LABYRINTH

DECEMBER 6, 2016

5 P.M.

Join us for a celebration of light and diversity on Johns Hopkins Bayview's own unique space—the labyrinth. The program features:

- Reflections on light from diverse perspectives
- Music provided by local musicians
- Light refreshments

Every person who attends also may place a candle on the labyrinth, creating a display of light and peace.

For more information, call 410-550-7569.

For more information about Healthy Community Partnership, visit hopkinsmedicine.org/jhbm/hcp.

