

# Healthy Communities



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

Spring 2015

## A Note from the Director: *The Importance of Hospital Chaplains*



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The value of hospital chaplains was never more clear to me than on the day my mother had open heart surgery a number of years ago. After learning that the lengthy surgery had gone well, my sister and I were advised to go home, get some rest and return the following day when our mother would be able to talk with us.

A few hours later, we were surprised—and alarmed—to receive a call from the hospital asking us to return as soon as possible. When we arrived, we were met by her surgeon, cap in hand and grim-faced. He informed us that our mother had experienced serious post-surgical complications that required emergency surgery. She had been rushed back into surgery in an effort to save her life, but they were unsuccessful. He explained exactly what had happened, assured us they did everything they could and offered his condolences. We were stunned. We did not know what to say or do.

As the surgeon quietly slipped away, another gentleman appeared. He introduced himself as a hospital chaplain and suggested we go to another room where we could have some privacy. Once there, he listened to our disbelief and pain, and prayed with us. He also asked if there was anything else he could do to help us during this difficult time. My sister did have a request—would it be possible to view our mother once more, this time without all the tubes and wires that had been there previously?

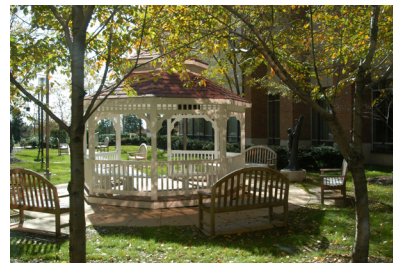
He asked that we give him a little time to work on this. A few minutes later he reappeared and told us that the nurses would be glad to honor my sister's request. Thus, the final image of our mother that we carried with us from the hospital that day was not one of her tethered to machines, but rather one of her in peaceful repose.

Almost 30 years later, my sister and I remember and remain deeply grateful for the support and assistance we received from that chaplain.



*The Department of Spiritual Care & Chaplaincy includes 14 chaplains at both The Johns Hopkins Hospital and Johns Hopkins Bayview Medical Center.*

# HEALING SPACES, BEAUTIFUL PLACES



A pleasant garden path lures you into a quiet courtyard where you can relax in a country-style gazebo. Gateway arbors welcome visitors to a labyrinth for the start of a journey toward meditation and healing. A weeping willow beckons and reminds us to pause and relax for a few moments to watch a mother duck and her ducklings paddle in the pond. It's hard to believe all these wonderful and beautiful spaces are on a busy hospital campus!

The Johns Hopkins Bayview campus offers year-round beauty, but it really comes to life during the spring months. The next time you are in the area, we invite you to visit the sacred spaces we have to offer.

**Community Park and Pond** (*top*)—The first thing you notice when you turn from Eastern Avenue onto the Johns Hopkins Bayview campus is its park-like environment, complete with a pond, walking path and benches. You'll often see children feeding the ducks, staff relaxing or neighbors walking their dogs.

**Labyrinth** (*center*)—Since its opening 15 years ago, thousands of people have walked, run and even danced on the spiral walking course.

**Gaston Courtyard and Wenz Gazebo** (*bottom*)—Located between the Bayview Medical Offices and Francis Scott Key Pavilion, the gazebo and courtyard provide visitors and staff a quiet place to relax.

## Save the Date: A Celebration of the Labyrinth Through Art

*Celebrate the 15th anniversary of the Johns Hopkins Bayview labyrinth with performances by local musicians, dancers and artists.*

**June 2, 2015**

4 to 6 p.m.

The event is free and open to the public. Light refreshments and complimentary parking will be provided.

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

## SPIRITUALITY & HEALTH REFLECTION

Finding your sacred space is a form of renewal. An act of self-care. It can be a physical place, a mood or even an activity that allows you to take some time for yourself. Perhaps your sacred space is enjoying a quiet moment, humming in the shower, or standing in a bright beam of sunlight. It can be soft rain and whispering wind, or a long walk or run on a beautiful path. Or maybe your sacred space is a labyrinth, a church, a coffee shop or simply sitting beside a friend's chair.

We often create sacred spaces to help us on a particular journey. I have created a "sacred" space in my home—a chair surrounded by my favorite books, a candle and a journal. As soon as I enter that corner, I slow down. In that space, I have felt the deeply loving presence of the divine; I also have felt alone. I have solved problems and I have reflected on those I could not remedy. In that corner, I have been challenged about my intentions and moved to right the course. I write, sit and stare, and talk to myself. In that space, I am most grateful.

My sacred space helps focus my spiritual life and reminds me that I am loved. May you find your sacred space.



**Rev. Paula Teague, D. Min.**

*Senior Director*

*Spiritual Care and Chaplaincy  
Johns Hopkins Health System*

# THE ROLE OF THE HOSPITAL CHAPLAIN

*Not many people understand what a chaplain truly is. Are chaplains an extension of a church or faith-based community? Do they only provide spiritual support to patients? Below are answers to commonly asked questions about hospital chaplains.*

## **What is a chaplain?**

A chaplain is a clinically trained and board-certified faith leader who provides spiritual and emotional support to patients, their families and loved ones, hospital staff and providers. Most chaplains have a master's degree in theology or religion, and are ordained, endorsed and in good standing with their faith community.



## **What is the role of a hospital chaplain?**

A chaplain makes an assessment of the spiritual needs of the patient and his/her family. This may include faith tradition and values, as well as the importance of spirituality in the patient's health care. A chaplain then provides services as requested by the patient or family within the faith tradition or values of the patient. Hospital chaplains also offer support to patients and families who are making difficult medical decisions, including end-of-life planning. Patients may request to see a chaplain, or a staff member can make a referral.

In addition, chaplains lead memorial services and other spiritual programs at the hospital throughout the year.

## **How can a hospital chaplain partner with community clergy?**

Traditionally, chaplains have been associated with care at the bedside. Today, there are new opportunities for chaplains in the congregational pew and community. At the bedside, chaplains support the patient and the medical team while serving as a liaison between the health care team and the community clergy. Chaplains also help navigate the health care process and offer hospitality to community spiritual care providers. Additionally, chaplains provide general health information to congregations, including advance care planning, grief and bereavement counseling, and various other health topics.

## **How can I contact a Johns Hopkins chaplain?**

### ***Johns Hopkins Bayview Medical Center***

*Phone:* 410-550-7569

*Web:* [hopkinsmedicine.org/jhbmc/spiritualcare](http://hopkinsmedicine.org/jhbmc/spiritualcare)

### ***The Johns Hopkins Hospital***

*Phone:* 410-955-5482

*Web:* [hopkinsmedicine.org/spiritualcare](http://hopkinsmedicine.org/spiritualcare)

## MEDICAL-RELIGIOUS PARTNERSHIPS

Medical-religious partnerships are a covenant between Johns Hopkins Bayview Medical Center and local congregations with one common goal—improving the health and well-being of the communities they serve.

When a faith community becomes a “medical-religious partner,” they commit to a dialogue about health care and wellness. Congregations have access to a number of programs and services that the Medical Center offers. This includes volunteer education, and health and wellness programs. Johns Hopkins Bayview, in turn, relies on the clergy and faith leaders of area congregations to provide information that would encourage healthy behavior among their congregants.

If you want to learn more about medical-religious partnerships, we invite you to attend our **inaugural networking breakfast**.

**April 30, 2015**

7:30 to 9 a.m.

Turner Concourse

Johns Hopkins Medical Campus  
720 Rutland Avenue, Baltimore, MD 21205

*Featuring Guest Speaker*

**Rev. Debra Hickman, M.Div.**

*Co-founder and President*

*Sisters Together and Reaching (STAR)*

**RSVP by** April 16 to 410-550-7569.



## Volunteers Light the Way

April 12-18, 2015 is National Healthcare Volunteer Week. During this special week, we are especially grateful for our volunteers.

Thank you for donating your time, energy and talents to the Healthy Community Partnership.

We couldn't do it without you!

## The Excitement is Building!

For many decades, Johns Hopkins Bayview has grown and evolved to meet the needs of the communities we serve. This March, we opened the Sidney Kimmel Cancer Center and the North Pavilion—all to provide an exceptional health care experience for patients and their families.



The **Kimmel Cancer Center** (*left*) includes medical oncology with 21 infusion chairs overlooking a tranquil garden space, 20 exam rooms, hematology, surgical oncology, interventional pulmonology, palliative care and radiation oncology.



The **North Pavilion** (*left*) includes an expanded emergency department, dedicated observation unit, and combined pediatric emergency department and inpatient unit. The new facility will help us to better care for patients with additional treatment spaces and ambulance bays, and a larger waiting area and psychiatric evaluation area.

For more information about Healthy Community Partnership, visit [hopkinsmedicine.org/jhbm/hcp](http://hopkinsmedicine.org/jhbm/hcp).