



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

April 2022

## Community Calendar and Education Information

### COVID 19 Community Partners calls:

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

Friday, April 1, 8, 15, 22 & 29 at 11 a.m.

Dial in: (888) 651-5908 - Participant code: 3569812

For additional details, contact Kimberly at 410-550-1118

### Caregivers 7 week course held every Tuesday

April 6 thru May 18 from 11 a.m. to 12:30 p.m.

*Dementia and Powerful Tools for Caregivers*

To register, contact Penny Tilghman

at [agtilg88@aacounty.org](mailto:agtilg88@aacounty.org)

### American Red Cross Blood Drives in your community:

April 6 from 10 a.m. to 3 p.m.

April 14 from 1 p.m. to 6:30 p.m.

Dundalk American Legion, Post 38,

3300 Dundalk Avenue

To schedule an appointment, go to [redcrossblood.org](http://redcrossblood.org)

### American Red Cross Blood Drive

April 25, 26 & 27

Johns Hopkins Bayview Medical Center

Asthma & Allergy Center, 5501 Hopkins Bayview Circle

*All participants receive a parking pass, meal voucher and special gift.*

Appointments are required. To schedule, call

410-550-0289, email [reyring1@jhmi.edu](mailto:reyring1@jhmi.edu) or visit

[hopkinsmedicine.org/jhbmc/blooddrives](http://hopkinsmedicine.org/jhbmc/blooddrives)

### Postpartum Support Group

Thursdays from 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](mailto:sdaly9@jh.edu).

### Maryland Kids in Safety Seats

Video Car Seat Assistance Program

*Offers Video Car Seat Assistance appointments for remote education and guidance on your car seat as well as installation assistance.*

Via: Facetime, Duo, Google Handouts and Skype!

Sign up for an appointment at [www.mdkiss.org](http://www.mdkiss.org)

## Gayle Adams Community Service Grant Now Accepting Applications

Community service grants will be awarded to organizations in southeast Baltimore whose projects focus on the improvement of the health and wellness of the surrounding community by utilizing innovative and creative responses to community health needs.

Applications will only be accepted from organizations who are located in the following zip codes: 21205, 21206, 21213, 21214, 21219, 21220, 21221, 21222, 21224, 21231, 21234, 21236, 21237, 21052, 21128, 21162. Grants for individual projects can range from \$250 to \$1500. All tax-exempt community organizations and local schools are eligible to apply.

The application includes:

- A description of the project and benefit to the community.
- A plan to evaluate success.
- A budget (up to \$1,500).

Applications are due June 30, 2022. For more information or to complete an application, visit [hopkinsmedicine.org/jhbmc/servicegrant](http://hopkinsmedicine.org/jhbmc/servicegrant)

## National Prescription Drug Take Back Day

*Saturday, April 30, 2022  
10 a.m. to 2 p.m.*

Join Johns Hopkins in helping to stop prescription drug misuse. On April 30, Johns Hopkins Medicine will be participating in National Prescription Drug Take Back Day. Drive up and drop off your unused or expired prescription medications at any of our locations.

Our on-site staff will dispose of them for you safely and securely--no questions asked. This event is open to the general public.

For details, visit [JHTakeBack.com](http://JHTakeBack.com) or contact the pharmacy team at 866-679-0707.

## Autism Awareness Month

Autism— also known as autism spectrum disorder (ASD)—is a disorder that causes impairment in social interaction, as well as the presence of repetitive, restricted behaviors and interests. It is usually first diagnosed in early childhood.

According to the Center for Disease Control and Prevention, ASD affects roughly 1 in 68 children. There is no medical test for autism. A diagnosis of autism is made by observing behaviors, and psychological and educational testing. Symptoms of autism include, but are not limited to: lack of eye contact, repetitive language or movements, inability to create friendships, and a delay or lack of spoken language.

The Adult Autism and Developmental Disorders Center at Johns Hopkins Bayview provides treatment to adult patients with known or suspected developmental disorder or disability such as:

- ASD
- Asperger syndrome
- Fetal alcohol exposure
- Genetic disorders, such as Down's, Fragile X and others
- Cerebral palsy
- Various intellectual disabilities

The program is designed to meet the unique and complex needs of this patient population and is committed to providing expert mental health assessment and treatment in a caring and supportive environment.

For more information or to schedule an appointment, call 410-550-0104.

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## They Can Become Irritable, Too!

April is Irritable Bowel Syndrome (IBS) Awareness Month, and yes, even your bowel can become irritable. "IBS is a disorder characterized by abnormal pain or discomfort, and altered bowel habit," according to [www.aboutIBS.org](http://www.aboutIBS.org). Here are some facts about IBS:

- It affects between 10 to 15 percent of the United States population. IBS does not discriminate and can affect people of all ages.
- It is not known why people develop IBS. It could be due to the way brain, nervous system and gut work together. Stress itself does not cause IBS, but can trigger or worsen symptoms due to the gut-brain link.
- Treatments are available to help cope with symptoms, but may not work for everyone.
- IBS can only be diagnosed by speaking to a healthcare professional.

Contact the Center for Digestive Diseases at Johns Hopkins Bayview Medical Center at 410-550-0790 if you or a loved one is suffering from IBS or have another gastroenterology concern.

## National Safe Kids Week May 8 - 14

More children die from accidental injuries than from disease, violence and suicide. Everyone can play a role in helping prevent the accidental death of a child. Below are some safety tips to keep in mind.

Please note that this is not a comprehensive list!

- Know which household products are poisonous and keep them out of the reach of children.
- Keep the National Poison Control Center hotline number by each telephone you own: 1-800-222-1222.
- Choose medicines and products that have child resistant caps.
- Throw away old medicines and cleaning products.
- Make sure your children have their own child safety seats or safety belts that are appropriate for their age and size.
- Supervise young children who are near water – pools, toilets, bathtubs, buckets.
- Make sure your children have properly fitting helmets and other protective gear when riding bikes, scooters, skates or skateboards.
- Assist children under the age of 10 across streets.
- Supervise children at playgrounds.

## Allergy Season is Here!

Spring has arrived, and for some, that means the return of sneezing, wheezing and watery eyes. If you suffer from seasonal allergies, don't let it prevent you from enjoying the great outdoors. Take these precautions:

- Schedule activities for late afternoon or after a heavy rainfall, when pollen levels are lower. Pollen index levels fluctuate, so check local weather reports for updates.
- Close windows and doors, and use air conditioning instead of window fans. Air conditioning helps filter pollen particles.
- Don't hang clothes or sheets outdoors to dry. They will pick up pollen that can be brought indoors.

If you are experiencing chronic allergy symptoms, you may need to schedule an appointment with an allergist. Johns Hopkins Division of Allergy and Clinical Immunology treats a wide variety of allergy and respiratory conditions. To schedule an appointment, call 410-550-2300.

**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](http://hopkinsmedicine.org)