



Community Update

from your friends at Johns Hopkins Bayview Medical Center

August 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, August 5, 12, 19 and 26 at 11 a.m.
Dial in: (888) 651-5908 - Participant code: 3569812
For more details, contact Kimberly at 410-550-1118.

A Woman's Journey
A Journey for Women of Color
A series of three podcasts
Guest speaker: Kelly Swoope, WMAR2 News
Airdates: August 9, 16 and 23.
Podcasts are on Apple Music, Spotify or wherever you get your podcasts.
Search "A Woman's Journey: Insights that Matter".
For more information, call 410-955-5660 or email awomansjourney@jhmi.edu.

American Red Cross Blood Drive in your community:
August 17 from 1 to 6:30 p.m.
Dundalk American Legion, Post 38,
3300 Dundalk Avenue
To schedule an appointment, go to redcrossblood.org.

American Red Cross Blood Drive
August 23, 24 and 25, from 7:30 a.m. to 5:30 p.m.
Johns Hopkins Bayview Medical Center
4940 Eastern Avenue
Asthma & Allergy Center
To schedule an appointment, go to 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.
Johns Hopkins Bayview's Francis Scott Key Pavilion, inside the Medicine Education Center.
Call 410-550-6690 to register, or for more information.

JH Bayview Medical Center President Richard G. Bennett to Retire at Year's End

After more than a decade as president of Johns Hopkins Bayview Medical Center (JHBMC), on December 31, 2022, Richard G. Bennett will retire. Dr. Bennett has been a part of the leadership team on the campus for almost 30 years. Since the mid-1990s, he has worked with hospital and faculty leaders to transform JHBMC's physical and academic environment. Starting almost 20 years ago, when he became JHBMC's vice president of medical affairs, he began to advocate for completing the modernization of the hospital's infrastructure.



A Baltimore native, Dr. Bennett received his bachelor's degree in chemistry and economics from Dartmouth College in Hanover, New Hampshire. He came to Johns Hopkins in 1978, arriving on campus as a medical student. After graduating from medical school, he began an internship at what was then Baltimore City Hospitals (now JHBMC). Influenced by his family's ownership of a small nursing home business, after completing his residency at the hospital, he pursued a fellowship in geriatric medicine and gerontology at Johns Hopkins.

With experience gained as the executive medical director of the Johns Hopkins Geriatrics Center, in 1994, he was named as JHBMC's director for long-term care. Thus, he began his rise through the leadership ranks at JHBMC. Through the years, he would work his way up the ladder from instructor to being named the Raymond and Anna Lublin Professor in Geriatric Medicine in the Johns Hopkins University School of Medicine.

As his career evolved, he took on many roles, including several with Johns Hopkins Health Care. He first served as associate medical director before becoming medical director and then chief medical officer. These experiences positioned him to return to JHBMC in 2003 as the vice president of medical affairs. He later became senior vice president before taking on the post of executive vice president and chief operating officer. Then, in 2009, he was appointed as Johns Hopkins Bayview's president.

We thank Dr. Bennett for his commitment to the people of Johns Hopkins Bayview Medical Center and for his many contributions to Johns Hopkins throughout the years.

988 Mental Health Hotline Launched

On July 16, the **988 Mental Health Hotline** launched nationally — anyone in the United States who is suicidal or experiencing a mental health crisis can call or text this three-digit number, and get connected to a trained mental health professional. This is not a new service, just an easier way to access help and support. The Baltimore Here2Help Hotline also became **988** on July 16. Note that if you call the old 10-digit number, your call will be connected to **988**.

This is a hotline that offers free and confidential emotional support, 24 hours a day, seven days a week, connecting callers with trained counselors who are part of the National Suicide Prevention Lifeline network. If you are willing to turn to someone in your moment of crisis, 988 will be there.

How the call works:

- Person calls 988:
 - If they press 1, they are connected to veteran services.
 - If they press 2, they are routed to Spanish sub-network.
- The call is routed to their local crisis center (see map below).
- If a local crisis center is unable to answer, the call is routed to the national backup network.

The hotline is also for people who are dealing with a mental health or substance use issue. You may need to talk about loneliness, depression, sexual identity, economic concerns, relationships, overcoming abuse, and physical illnesses. It doesn't matter if you think the problem is minuscule — if you want help, call or text 988.

A Journey for Women of Color

Visit hopkinsmedicine.org/awomansjourney/womenofcolor for more information.

JOHNS HOPKINS MEDICINE'S
A Woman's Journey
Invites you to listen up!

A Journey for Women of Color
A series of three podcasts devoted to health issues among women of color.

Guest moderator for this year's special podcast series, **Kelly Swoope**, Anchor/Reporter for WMAR 2 News.

AIRDATE: AUGUST 9
Coping with Stress and Anxiety
Erica Richards, M.D., Ph.D.

AIRDATE: AUGUST 16
Confronting the Threat of Colon Cancer
Alodia Gabre-Kidan, M.D., M.P.H.
Nilu Azad, M.D.

AIRDATE: AUGUST 23
The Beat: Preventing Heart Disease
Sabra Lewsey, M.D., M.P.H.
Yvonne Commodore-Mensah, Ph.D., M.H.S., R.N.

Join us. Tune in for a discussion of the latest medical information. Take care of yourself and your family.
Listen to the podcasts on Apple Music, Spotify or wherever you get your podcasts (simply search for A Woman's Journey: Insights that Matter).

PLUS Register here for an online program book including articles about health disparities, mental health, colon cancer and cardiovascular disease among women of color and receive a special invitation to attend Johns Hopkins Medicine's annual fall women's health program, A Woman's Journey.

hopkinsmedicine.org/awomansjourney/womenofcolor
410-955-8660 | awomansjourney@jhmi.edu

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JOHN'S HOPKINS MEDICINE

Take Precautions During the Summer's Extreme Heat

Extreme heat is the number one weather related killer in the U.S. People that are obese, are very young or elderly, or take certain prescription drugs can be more susceptible to extreme heat. The Centers for Disease Control and Prevention (CDC) offers the following tips to help keep you safe in extreme heat:

- Air-conditioning (AC) is the number one protective factor against heat-related illness and death. If you do not have air conditioning, go to a location that is AC equipped.
- Check local news and weather channels for updates on outside temperatures and the extended forecasts.
- Increase your fluid intake by drinking cool, non-alcoholic beverages.
- **DO NOT LEAVE CHILDREN OR PETS IN ANY VEHICLE FOR ANY PERIOD OF TIME -- EVER.**

If you must be outdoors in extreme heat, be sure to wear sun block to protect your skin, but also pace yourself. Take several breaks and drink plenty of cool water.

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