



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

October 2022

## Community Calendar and Educational Information

**Breast Cancer Support Group - Monday Minute**  
*Sign up for our Monday Minute email list to learn about upcoming programs including webinars with experts, walk and talks, support group meetings, and online classes.*

Programs are available for both early stage and metastatic disease. If interested in participating, email Jill Mull at [jmull1@jhmi.edu](mailto:jmull1@jhmi.edu).

Note: You do not need to be a patient of Johns Hopkins Bayview to participate.

### 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](mailto: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](mailto:sdaly9@jh.edu).

### American Red Cross Blood Drive at Johns Hopkins Bayview:

Asthma & Allergy Center Atrium,

5501 Hopkins Bayview Circle

October 19, 20 and 21 – 7:30 a.m. to 5:30 p.m.

*Participants receive a gift of appreciation.*

Call 410-550-0289 to schedule an appointment, email

[reyring1@jhmi.edu](mailto:reyring1@jhmi.edu), or visit the site listed below:

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

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

October 26 – 1:30 to 6 p.m.

Dundalk American Legion, Post 38, 3300 Dundalk Ave.

An appointment must be schedule online at:

[redcrossblood.org](http://redcrossblood.org).

## Thank You to Our Blood Donors

### Meet Tanya Bobo-Lenoci

We are thrilled to announce the lucky winner of our yearly blood donor drawing. **Tanya Bobo-Lenoci** is a faithful donor at the Johns Hopkins Bayview Medical Center blood drives.

As an extra incentive, Johns Hopkins Bayview enters the names of our blood donors into a free yearly drawing.

Ms. Bobo-Lenoci's name was drawn from 1,300 donor entries during our FY22 drawing.



Tanya always arrives with a smile on her face hoping to provide her life saving donation.

Congratulations to Tanya! We look forward to seeing her at our future drives during FY23.

\*\*\*\*\*

If you have never donated blood before, we invite you to participate in one of the upcoming blood drives. You can donate blood if you:

- are in general good health and feeling well.
- are at least 17 years old.
- weigh at least 110 pounds.
- have not donated blood in the last 56 days.

For more information about what to expect during a blood donation, visit [redcrossblood.org](http://redcrossblood.org).

## October is Bullying Prevention Month

According to [stopbullying.gov](http://stopbullying.gov), bullying “is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance.”

Look for changes in your child that might suggest he or she is experiencing bullying. This may include:

- Injuries your child cannot explain.
- Frequent stomachaches, headaches, or faked illnesses.
- Changes in appetite.
- Not wanting to attend school or slipping grades.

Many children do not talk about being bullied because they might be seen as weak, or because they feel humiliated or isolated. Research shows that children look to their parents for advice and reassurance.

Talking to your children about bullying can be the first step in helping them gain the knowledge and power needed to stand up for themselves.

## Recognizing Fire Prevention Week

**October 9-15**

Autumn brings cooler weather, which means many people are running their heating systems for the first time in months. Keep these safety tips in mind as you prepare to heat your home:

- Check that your smoke detectors and carbon monoxide detectors are in working order.
- Make sure your fire extinguishers are fully charged and in working order.
- Schedule an appointment to have your central heating system inspected, cleaned and serviced.
- Keep at least three feet of empty space around space heaters.
- Have your chimney inspected at the beginning of the season and use fire screens to contain sparks.
- Plan and practice a fire escape plan with your family.

To learn more about burn and fire prevention, call Community Relations at 410-550-0289.

## Poison Prevention for Seniors

Seniors may think they do not need poison prevention services since they have a lifetime of experience and know how to use household products. The fact is that poisoning can occur when anything is taken into the body in an amount that is incorrect or in a manner that is unintended. This includes personal care products and medication. Examples of accidental poisonings are:

- I placed my medicine and my husband’s medicine on the kitchen counter. He thought it was meant for him and took both medicines.
- I did not put my glasses on to brush my teeth and accidentally put arthritis rub on my toothbrush.

Seniors often take multiple medications which puts them at risk for drug interactions. This means they must have a system or a routine that enables them to take their medicine properly. If a senior forgets whether they have taken a medication, there could be severe outcomes if they take a second dose too soon or skip a dose. Here are some poison prevention tips for seniors:

- ✓ Turn on the lights and wear glasses to read product labels each time a medicine or product is used.
- ✓ Keep products in their original containers and do not store non-food items near food items.
- ✓ See your doctor regularly and have recommended blood tests done as directed.
- ✓ If you cannot remember whether you took your medicine, do not guess. Call the poison center immediately for advice.
- ✓ Use one pharmacy to fill prescriptions and make sure all your doctors know all the medications and supplements you are taking.
- ✓ Use a system to help you remember to take your medicine as directed, such as a daily pill organizer or charts.

Seniors account for approximately five percent of calls to poison centers nationwide, but they account for 13 percent of deaths due to poisoning.

Do not let seniors in your family or community become a statistic. Keep the phone number to the Maryland Poison Center near your phone (**1-800-222-1222**) and call anytime a poisoning or overdose is suspected – or call **911**.

**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/)