



Community Update

from your friends at Johns Hopkins Bayview Medical Center

December 2022

Community Calendar and Education Information

American Red Cross Blood Drive at
Johns Hopkins Bayview:

Asthma & Allergy Center Atrium,
5501 Hopkins Bayview Circle
December 27, 28 & 29 – 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, or visit the site listed below:
hopkinsmedicine.org/jhbmc/blooddrives.

American Red Cross Blood Drives in your community:

December 14 – 1:30 to 6 p.m.
Dundalk American Legion, Post 38, 3300 Dundalk Ave.
An appointment must be scheduled online at:
redcrossblood.org.

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.

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

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.
Next Support Group meeting, December 22.
Johns Hopkins Bayview's Francis Scott Key Pavilion,
inside the Medicine Education Center.
Call 410-550-6690 to register, or for more information.

Vaccines for Older Adults

When fall arrives, many of us know it's time to get the annual flu shot. It's also a good time to consider what other vaccines or boosters to get to protect your health.

Staying up to date on vaccines is especially important for older adults. Our immune system helps the body fight infection, but it gets weaker as we age. Vaccines help to strengthen the immune system.

Other vaccines that are important to older adults include COVID-19, pneumonia, shingles, and TDP (tetanus, diphtheria, and pertussis).

It's best to get the flu vaccine by the end of October, so you'll be protected when flu season starts. But it's not too late to get the shot even a few months later. Certain flu vaccines are designed especially for people ages 65 and older.

Studies show that COVID-19 vaccines make it less likely you'll get seriously ill or need to go to the hospital if infected with the virus. They also reduce the risk of getting the disease. New booster shots targeting the Omicron variants became available in fall 2022.

The pneumococcal vaccine is recommended for all adults ages 65 and older. It protects against serious infections like pneumonia. As for other vaccines, the TDP booster shot should be given every 10 years. And the shingles vaccine is safe and effective for healthy adults ages 50 and older.

Protect yourself by keeping your vaccines up to date. Talk with a health care provider about which ones you need and if they can be taken together.

Visit www.nia.nih.gov/health/vaccinations-older-adults.

Information provided by National Institute of Health.

Stress and the Holidays

The holiday season can be a stressful time for people. Those who have difficulty managing stress will display symptoms, such as loss of appetite, anger, depression, and difficulty concentrating.

Try to reduce your holiday stress by keeping these tips in mind:

- Limit spending.
- Establish your own traditions.
- Don't over-commit yourself.
- Manage your expectations.
- Take care of yourself. Eat well, exercise and get a good night's sleep.
- Bring good cheer to others.

If holiday stress becomes too much to handle or you experience some of the symptoms mentioned above, you may need professional help. Our Community Psychiatry Program offers treatment for relationship difficulties, stress, obesity, depression, anxiety, schizophrenia, memory loss, dementia, sleep problems and behavior problems, to name a few. Call 410-550-0104 for an appointment.

Be Heart-Healthy This Holiday Season

The holiday season is about family and food, and all too often, adding a few extra pounds to our waistlines. The American Heart Association offers these smart substitutions for your favorite holiday meals.

Beverages

- Replace alcohol with club soda
- Replace sugar with 100 percent fruit juice or fresh-squeezed juice
- Replace heavy cream or whole milk with low-fat or skim milk

Baking

- Replace butter with equal parts cinnamon-flavored, no sugar-added applesauce
- Replace sugar with low-calorie sugar substitute
- Replace heavy cream or whole milk with low-fat or skim milk
- Replace white flour with half white flour and half whole wheat flour
- Replace chocolate chips or candies with dried fruit, such as cranberries or cherries

Cooking

- Replace butter with vegetable or olive oil
- Replace salt with herbs and spices, such as rosemary and cloves
- Replace white bread and pasta with whole grain bread and pasta
- Replace fried vegetables with baked, grilled or steamed vegetables
- Replace heavy cream or whole milk with low-fat or skim milk

Holiday Plants Can Pose Health Risks to Children & Pets

Decorative plants may add holiday sparkle to your home, but did you know that some may pose a risk to children and pets?

Mistletoe –

While all parts of mistletoe are toxic if eaten, the white berries tend to be the most attractive to children and pets. Consuming mistletoe can result in blurred vision, nausea, abdominal pain, diarrhea, blood pressure changes and even death. Seek immediate medical attention if your child or pet ingests any mistletoe.

Holly Berries –

The bright red berries can fall and end up on the floor, where a child or pet might find and eat them. Children can suffer vomiting, diarrhea, dehydration and drowsiness if they eat as few as two holly berries.

Poinsettias –

Poinsettias aren't toxic, but they can be an irritant. Children or pets who eat the leaves or flower part of the plant may develop a mouth rash and upset stomach. The plant's milky sap also can irritate the skin.

For more holiday health and safety tips, visit cdc.gov/family/holiday.

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