



Community Update

from your friends at Johns Hopkins Bayview Medical Center

March 2023

Community Calendar and Educational Information

Lay Health Educator Program

The 2023 Kick-off will start the last week of March. This is an 8-week course designed to teach you all about health topics that impact your own communities.
Starting Tuesday evening, March 28
Email us at mgg@jhmi.edu for additional information.

Community Partners Call

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

Friday, March 3, 10, 17 and 24 at 11 a.m.

Join Dr. Panagis Galiatsatos

Via Zoom at

<https://jhjm.zoom.us/j/94256166273>

Meeting ID: 942 5616 6273 or

Dial in: (301) 715-8592 - Participant code: 94256166273#

Postpartum Support Group

Free, virtual support group for moms with new babies.

Thursdays, 11 a.m. to noon

For more details, or the Zoom link, email

sdaly9@jh.edu.

Breast Cancer Support Group

For those in inactive or post treatment. The program offers guest speakers, and 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., Francis Scott Key Pavilion, at the Medicine Education Center.

Call 410-550-6690 to register, or for more information.

American Red Cross Blood Drive In Your Community

March 1, from 1 to 6:00 p.m.

Dundalk American Legion, Post 38,
3300 Dundalk Avenue

Visit redcrossblood.org to schedule an appt.

Johns Hopkins Neighborhood Fund

Grant Applications Deadline March 16



The Johns Hopkins
Neighborhood Fund

Are you involved with a local nonprofit? You may be able to get additional funding through Johns Hopkins Neighborhood Fund (JHNF). Created in 2007, JHNF supports nonprofit organizations that both serve the communities in close proximity to Johns Hopkins campuses, and are associated with Johns Hopkins through employee or institutional involvement.

JHNF helps local 501(C)(3) nonprofit organizations build stronger neighborhoods by addressing needs in areas of:

- community revitalization
- education
- employment
- health
- public safety

Background:

<https://hr.jhu.edu/benefits-worklife/community-engagement/johns-hopkins-neighborhood-fund/>

Applications are available at:

<https://portal.neighborlysoftware.com/jhu/participant>

Organizations applying for JHNF grants must:

- hold a 501(c)(3) designation or use a 501(c)(3) as a fiscal agent;
- focus on one of the five areas of need listed above;
- be associated with Johns Hopkins through institutional, employee, retiree, or student involvement; and
- deliver service to communities within a three-quarter mile radius of any Johns Hopkins campus in Baltimore City.

If you have any questions, contact communityprograms@jh.edu

Johns Hopkins Bayview Receives Recognition for Meritorious Surgical Outcomes

Johns Hopkins Bayview has been honored as one of 78 hospitals that have achieved meritorious outcomes for surgical patient care by The American College of Surgeons National Surgical Quality Improvement Program.

To find surgical care options available to you, or to learn information about our surgical specialty areas, visit hopkinsmedicine.org/surgery, or call 443-997-1508 to schedule an appointment.

National School Breakfast Week

March 6 - 10

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. This special observance during the first week of March celebrates the national School Breakfast Program and the many ways it gives kids a great start every day. The theme for #NSBW23 is “Dig Into School Breakfast.”

Dig Into School Breakfast Because ...

... it’s the most important meal of the day! Breakfast helps energize our body for the day ahead. Everyone should eat breakfast, but it is especially important for children to eat a nutritious breakfast every day. The School Nutrition Association recommends that children eat a healthy, balanced breakfast at school for these reasons:

- Improves academic scores
- Decline in negative behaviors
- Less tardiness or absenteeism during the school year
- Convenient and less expensive for caregivers who are strapped for time and/or money

Test Your Colon Cancer Knowledge

Recognizing the significance of Colorectal Cancer Awareness Month, we wanted to test your colon cancer knowledge.

Johns Hopkins Bayview Medical Center is committed to supporting your efforts to maintain a healthy lifestyle. You may have heard how important early testing is for the detection and prevention of colon cancer. But do you know why?

Answer true or false to the following statements to find out how much you know about this disease.

- Survival rates for colon cancer are higher if the cancer is detected early.
- Colon cancer usually begins with a precancerous polyp which, if detected early and removed, eliminates the chance of that polyp turning into cancer.
- People ages 45 and older should be tested for colon cancer, regardless of whether their family has a history of the disease.
- If people got tested when they should, the colon cancer death rate could be cut in half.

If you answered “true” to all of the above statements, you are correct! You can beat colon cancer with proper testing, such as a colonoscopy—and stop it before it even starts. Talk to your doctor about getting tested. For more information on these services at Johns Hopkins Bayview, call 410-550-0796.

For other prevention tips, call the American Cancer Society at 800-227-2345 or visit www.cancer.org.

Johns Hopkins Bayview Best Hospitals for Maternity Care

Johns Hopkins Bayview’s Department of Gynecology and Obstetrics was recognized as high performing for maternity care by U.S. News and World Report! This is the highest award a hospital can earn for U.S. News’ Best Hospitals for Maternity Care.

If you or someone you know needs gynecological or maternity care, call 443-997-0400 to schedule an appointment with one of our award-winning providers, or visit hopkinsmedicine.org/gynecology_obstetrics for more information.

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; **Web:** hopkinsmedicine.org