

Healthy Communities



A publication for people who care about improving the health of our community

Fall 2017

A Note from the Director



W. Daniel Hale, Ph.D.
Director, Healthy
Community Partnership

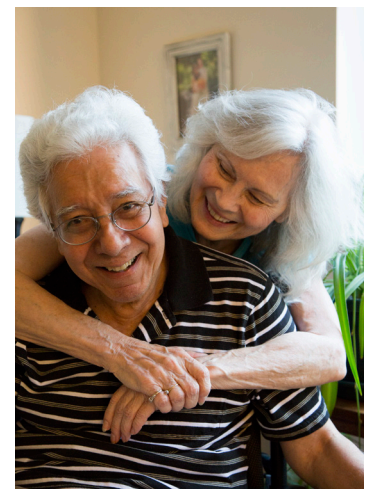
Two years ago, our Healthy Community Partnership helped launch *Called to Care*, a program that prepares and supports individuals caring for loved ones with health-related needs or limitations. Thanks to a generous grant from The Harry and Jeanette Weinberg Foundation and partnerships with more than twenty-five community organizations and a dozen churches, we have been able to offer a number of services and resources for family caregivers in Baltimore.

One of the experts we turned to as we developed *Called to Care* was **Rev. Greg Johnson** of New York. Greg is Senior Advisor for Family Caregiving at EmblemHealth and one of the ministers at Marble Collegiate Church. With almost two decades of experience in the field of caregiving, he provided us with valuable advice and guidance, and co-authored with me a helpful booklet, *Called to Care: A Guide for Family and Friends*. During one of my first meetings with Greg, he made an interesting statement – “I’ve buried more caregivers than I have care recipients.” I don’t know if that is literally true, but he makes an important point. Caring for a loved one can be very stressful, and often the health needs of the caregiver take a distant second place to those of the care recipient.

I was reminded of Greg’s statement this summer when two of the family caregivers I had come to know so well and who had made valuable contributions to *Called to Care* passed away, just a day apart. The first was **Rev. Sandy Johnson** who took care of her mother. You can read more about her and her many contributions on page three in this newsletter. The second was **Mary Rios** (*right*) who took care of her husband, Emilio, who has multiple sclerosis. Their story is featured in *Called to Care: A Guide for Family and Friends* and in a video we have on the *Called to Care* website — www.hopkinsmedicine.org/jhbmc/calledtocare.

These two deaths serve as powerful reminders of the importance of recognizing and supporting family caregivers. Let’s never forget how important that is.

In faith and good health,



Mary Rios, with husband,
Emilio.

Inside

2

Caring for the City
Updates

Reflection

3

Community Partners
Award

LHE Spotlight

4

Calendar of Events



JOHNS HOPKINS
MEDICINE
JOHNS HOPKINS
BAYVIEW MEDICAL CENTER

CARING FOR THE CITY UPDATES

Caring for the City is beginning its second year. **Rev. Christopher Brown** leads the program that was birthed from a deep commitment to social justice healing the community. There were 29 participants in last year's sessions. This fall, past participants begin phase two of the program. The focus for the alums is "caring for the caregiver." We know that providing care in a congregational setting as a leader can be stressful. Often congregational leaders struggle with health issues including mental health. *Caring for the City* recognizes this and provides a safe space for support and continuing education.



*Caring for the City Summer 2017
Participants*

Caring for the City participants have begun to claim their role in inspiring congregants to improve their health. Some congregations have completed health assessments in order to better address needs for increasing health literacy. Health care providers are focused on "population health" or the well-being of the community overall. *Caring for the City* participants are deepening their knowledge of ways that they can increase the health of their own congregation as well as the community at large. Congregational leaders strengthen programs of health and well-being for their congregation by also practicing self-care of body, mind and spirit.

Caring for the City also began its first Community Partners Clinical Pastoral Education program in the Mary Harvin Transformation Center. Seven individuals will attend the Lay Health Educator program, learn about how to provide spiritual care in the community, and explore the deep connection between spirituality and well-being.

For more information, contact **Andrea Fitz** at afitz@jhmi.edu or **410-550-1197**.

REFLECTION

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." -Jeremiah 29:11

These words from Jeremiah are powerful. They inspire trust and assure us. To engage this scripture passage as a doorway to increased health, consider this exercise. Take a moment to center yourself. Take a few deep breaths. Reflect on each part of the scripture.

"For I know" – What do you know? What are your strengths? What can you bring to the plans that God has for you?

"Plans I have for you" – What health plan might there be for you? What would make you more whole — in body, mind or spirit? Who can support you?

"Plans for welfare" – What will increase your success with your own health? How can you put your strengths to work in order to be healthier?

"Not for evil" – What is the biggest threat to your health? What will challenge you? What might you need to release?

"Give you a future and a hope" – What is your hope as you grow in well-being? What will increased health give you?

May you know deep in your spirit that there is a plan for you — a plan that will increase your health and well-being so that you can engage in all that you are called to do.



Rev. Paula Teague, D. Min.
*Senior Director
Spiritual Care and Chaplaincy
Johns Hopkins Health System*

COMMUNITY PARTNERS AWARD

The Spiritual Care and Chaplaincy Department of The Johns Hopkins Health System established the Sandy Johnson Community Partners Award in August, 2017. **Rev. Sandy Johnson** was a member of the spiritual care and chaplaincy department, a beloved community pastor and employee of The Johns Hopkins Hospital for 27 years. Sandy exemplified partnership in every arena of her ministry: with leaders in the hospital, with those she served in support services, in her congregation and social ministries and in social justice efforts.

The award will be given annually to a person who exemplifies the words “community” and “care.” Community means the diverse neighborhoods surrounding Hopkins, as well as those within the walls of the Johns Hopkins Institutions. Care means providing service to hurting people, sometimes at personal sacrifice, addressing suffering, offering hope and creating sacred spaces for transformation. This award is given to a person who exemplifies an interfaith understanding of service and love. The recipient of this award is a person whose care is informed by theological education as well as a passion for community and social justice.



Rev. Debra Hickman

The 2017 recipient of the award is **Rev. Debra Hickman**. Rev. Hickman has partnered with Johns Hopkins in many efforts at the Urban Health Institute, in the community health worker programs and developing Medical-Religious partnerships to increase the health of the neighborhoods. Rev. Hickman is the founder and executive director of Sisters Together and Reaching (STAR). For the past two years, Rev. Hickman has supported the Medical-Religious Partners brunches where the community has met in order to address congregational health assessments, jobs, youth and education, disaster planning and advance care planning.

Rev. Sandy Johnson is missed! This award honors her life and ministry while celebrating the on-going mission Sandy embodied.

LAY HEALTH EDUCATOR PROGRAM

LHE Participant Spotlight: *Antoinette Joyner*

What is your role in the faith community?

My role at my church, St. John AME, is to first serve God and His people. I'm also a Steward, Usher, Missionary and Co-chair of our health ministry.

How did you find out about the LHE program?

Our Pastor shared her vision with us. She appointed me as a member of the health ministry and I immediately started looking for faith-based programs. My friend then put me in touch with **Kimberly Monson**.

How have you used what you learned from the LHE program?

We have taken everything we have learned from LHE back to our church and community and we are applying it to kingdom building.

What would you tell others about the LHE program?

I would tell every person that I could about all the wonderful teachings, medical support and Godly love that the LHE program has to offer. **Dr. Peggy E. Wall**, the LHE and all of the St. John Family appreciate all that you do.



Antoinette Joyner, fourth from left, with other LHE volunteers.

CALENDAR OF EVENTS

CAREGIVING 101: FAMILY CAREGIVER EDUCATION

Caregiving 101 is a 7-week course that brings together caregivers and health care providers to discuss common issues and share ideas about caregiving. It is free and open to the public.

Every Tuesday, January 2 through February 13, 12-2 p.m.

Johns Hopkins Bayview Campus

Info/Register: Contact **Kimberly Monson** at kmonson1@jhmi.edu or **410-550-1118**.

CARING FOR THE CITY

Caring for the City is a 6-week program led by Rev. Christopher Brown for congregational leaders to support the health of their congregations.

Every Tuesday, January 16 through February 20, 5:30 p.m.

Mary Harvin Transformation Center

Info/Apply: Contact **Andrea Fitz** at afitz@jhmi.edu or **410-550-1197**.

LIGHT THE LABYRINTH

Join us for a celebration of light and diversity on Johns Hopkins Bayview's own unique space—the labyrinth. The program features reflections on light from diverse perspectives, music provided by local musicians and light refreshments.

Tuesday, December 5, 5 p.m.

Info: Call **410-550-7569**.

