

Healthy Communities



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

Winter 2016

A Note from the Director



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Director, Healthy
Community Partnership

This issue of *Healthy Communities* is dedicated to a new, innovative program for family caregivers that we have launched at Johns Hopkins Bayview. *Called to Care*, which is funded in part by a generous grant from The Harry and Jeanette Weinberg Foundation, prepares and supports individuals who are caring for loved ones with health-related needs or limitations. A key aspect of the program is our continued outreach to faith communities, where we will work together to identify family caregivers and offer ways to address their needs.

Kimberly Monson and I are devoting a lot of our time to *Called to Care* with the assistance of three new team members: **Linda Stewart**, caregiver project manager; **Candyce Norris**, community relations coordinator; and **Darryl Banks**, chaplain and clinical pastoral education resident.

Linda (pictured below on the far left) brings experience in non-profit administration, program development and community outreach to *Called to Care*. Prior to coming to Johns Hopkins Bayview, she served in leadership positions with the National Mentoring Partnership, the Maryland Mentoring Partnership and United Way. Linda is an active member of Colonial Baptist Church in Randallstown.

As community relations coordinator, Candyce (pictured below on the far right) will meet with local congregations on a regular basis. She comes to Johns Hopkins Bayview from the National Kidney Foundation, where she served as an outreach and training associate who worked primarily with faith communities. Candyce has personal experience as a family caregiver and brings a strong commitment to supporting those who are caring for their loved ones. She also serves as the health ministry leader at Liberty Grace Church of God.

Darryl (pictured at right in the middle) is the newest member of the *Called to Care* team. He will be meeting with and offering support to family caregivers of hospitalized patients. He previously worked in pastoral care at SUNY Upstate Hospital in Syracuse, New York. Like Candyce, he brings personal as well as professional experience to his new position. Darryl is an elder in the Seventh-day Adventist Church, and is prayerfully looking forward to finding a local congregation where he can serve.

More information about *Called to Care*, its programs and resources can be found in the following pages. I encourage you to share this newsletter with those in your community who have been called to care for a loved one.



Inside



2

Are You Called to Care?
Caring for a Spouse:
Mary's Story



3

Caregiving 101



4

Caregiver
Cafes



ARE YOU CALLED TO CARE?

Called to CARE

As a caregiver, you may think the support you provide—helping your mother purchase and organize her medications, or taking a friend to his doctors' appointments—is small in the grand scheme of things. But the truth of the matter is that the role you play in the health and well-being of your loved one is just as important as the care provided by doctors and nurses.

At Johns Hopkins Bayview, we recognize the importance of caregivers, as well as the physical and emotional stresses that can accompany caregiving. For this reason, we have created a new program—*Called to Care*—that prepares and supports individuals caring for older loved ones with health-related needs and limitations. The program, which is funded in part by a generous grant from the Weinberg Foundation, offers assistance in several ways: education, supportive services, and partnerships with community organizations and agencies.

Key programs within *Called to Care* include:

Caregiving 101—a six-week program for family caregivers (*see next page*)

Maryland Caregiver Teleconnection—a call-in program that allows individuals to hear from experts about medical conditions and treatments, hospital and community resources, and other caregiver-related issues

Caregiver Cafés—“pop-up” support programs and information centers for caregivers (*see back page*)

Community Partnerships—organizations and agencies in Maryland that already provide valuable services to caregivers and their loved ones, including home modification services, legal assistance, financial planning, meal delivery and transportation services

For more information about *Called to Care*, call **410-550-8018** or visit hopkinsmedicine.org/jhbmc/calledtocare.

CARING FOR A SPOUSE: MARY'S STORY



Mary's life didn't change too much after her husband, Emilio, was diagnosed with multiple sclerosis. He was able to continue working as a civil engineer, and the couple was still able to enjoy many activities together.

However, as Emilio's multiple sclerosis progressed, Mary found her life changing dramatically. One of the most far-reaching changes came when she and Emilio had to uproot themselves from their Colorado home, leaving behind many friends, and move to a warmer, more hospitable climate. Mary also had to take on many additional responsibilities, including coordinating Emilio's increasingly complex medical care. And much of what she needed to do every day was physically demanding and emotionally draining, often leaving her little time or energy to attend to her own health.

There has been no escaping the physical and emotional strain of caregiving, but Mary has wisely recognized that to be a good caregiver, she also needs to take good care of herself.

One way to do this has been to meet with other caregivers who understand what she is going through. But she also finds it important to take time to meet with friends and engage in activities that allow her to shift her attention away from caregiving. Caregiving remains a central part of her life, but is not all-consuming.



To see Mary talk about her life as a caregiver, visit bitly.com/maryrios.

To view other *Called to Care* videos, visit hopkinsmedicine.org/jhbmc/calledtocare.

REFLECTION: SPIRITUAL CHALLENGES OF CAREGIVING

Johns Hopkins, who endowed The Johns Hopkins Hospital, School of Medicine and University, left a clear message about caregiving in his instructions to the trustees responsible for implementing his vision. Dated 1873, his letter said:

“It will be your duty to ... erect (a) ... suitable building for the reception, maintenance and education of orphan colored children ... or who ... require the aid of charity ... You will provide for the reception of a limited number of patients who are able to make compensation for the room and attention they may require. The money received from such persons will enable you to appropriate a larger sum for the relief of the sufferings of that class which I direct you to admit free of charge and you will thus be enabled to afford to strangers and to those of our people who have no friends or relatives to care for them in sickness ... the advantage of careful and skillful treatment.”



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

Hopkins' words are a legacy. They remind us to attend to racial disparities, the underserved, children and youth, those who are eligible for economic assistance, and individuals who are alone in the world. Hopkins envisioned caregiving as a way to address a recognized social problem—as a community effort. This mindset is particularly important following the unrest that occurred in Baltimore last year.

Caregiving addresses challenges such as jobs, housing, education and opportunity. It can be an individual and intimate act, as well as an obligation to address social injustice.

What does caregiving look like in your community?

CAREGIVING 101



Caregiving 101 is a program that brings together caregivers and health care professionals in a relaxed setting to discuss common issues, share ideas and gain a better understanding of each other's perspectives on caregiving.

The six-week course is offered at Johns Hopkins Bayview and covers the following topics:

- What It Means to be a Caregiver
- Taking Care of Yourself
- Building Cooperative Relationships
- Preventing and Solving Problems
- Accessing and Developing Resources
- Home Safety and Fall Prevention

The next class is scheduled for February 4 through March 10, from 5 to 7 p.m. on the Johns Hopkins Bayview campus. There is no cost to participate; however, space is limited.

To register, call **410-550-1118** or email **kmonson1@jhmi.edu**.

CAREGIVER CAFÉS



Caregiver Cafés are “pop-up” support programs and information centers for caregivers. The cafés provide a warm environment for caregivers to relieve stress, have informal conversations with health care providers and other caregivers, and obtain helpful resources.

2nd Thursday of every month

11 a.m. to 1 p.m.

Knott Conference Center
Johns Hopkins Bayview Medical Center

3rd Friday of every month

11 a.m. to 1 p.m.

Enoch Pratt Free Library–Southeast Anchor Branch
3600 Eastern Avenue, Baltimore, MD 21224

No registration is required. Caregivers may attend at their convenience.

For a complete schedule of Caregiver Cafés, visit hopkinsmedicine.org/jhbmc/calledtocare.

For more information about Healthy Community Partnership, visit hopkinsmedicine.org/jhbmc/hcp.

