



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

November 2020

## Community Calendar and Education Information

### COVID 19 Community Information Sessions:

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

Friday, Nov 6 & 20 - 11 AM

Dial in: (888) 651-5908 Participant code 3569812

For additional details contact Kimberly, 410-550-1118

### Community Partners Call

November 9: *Topic—Medication Management speaker Dr. Cat Ahlberg*

5 p.m.

Registration required. Visit

<https://jhjhm.zoom.us/meeting/register/tJUufuGrqz8uE9JYGjqtJyrTDWpYqAMkp1J9>

For details call 410-550-1118 or email [MGG@jhmi.edu](mailto:MGG@jhmi.edu).

### 2020 Medicine for the Greater Good Symposium

November 10: *Topic: Celebrating the 30th Anniversary of the Americans with Disabilities Act, Keynote speaker Jessica Long, Decorated U.S. Paralympian Swimmer*

12 p.m.

Registration required. For further information please contact: Anne Kennan, [akennan1@jhmi.edu](mailto:akennan1@jhmi.edu) 410-550-9890.

### American Red Cross Blood Drive

November 11: *All participants receive a special gift.*

1 PM to 6:30 PM

Eastpoint Mall, Former Sears Building, enter from North Point Parking Lot entrance.

Must schedule your appointments: 410-550-0289, emails [reyring1@jhmi.edu](mailto:reyring1@jhmi.edu) or visit the site listed below: [hopkinsmedicine.org/jhbmc/blooddrives](http://hopkinsmedicine.org/jhbmc/blooddrives)

### Greater Dundalk Chamber of Commerce

#### Drive-thru Food and Toy Drive

November 14: *Drive up and donate food for Johns Hopkins Bayview Food Pantry & toys for Santa's Helpers.*

10 AM - 1 PM

Greater Dundalk Chamber office, corner of Shipping Place & N. Center Place.

For more information, call 410-284-3700.

## Understanding Diabetes

People with diabetes cannot maintain healthy levels of blood glucose (blood sugar) unless they carefully monitor what they eat and, in most cases, take medication. While other people experience occasional bouts of high blood glucose, people with diabetes experience this problem more severely and frequently unless they are appropriately treated. Abnormally high blood glucose levels that persist over time can lead to a number of serious complications.

Reduce your risk of diabetes by maintaining a healthy diet, losing weight and exercising regularly. You should be screened for diabetes if you:

- over the age of 45
- have a BMI greater than 25
- have a family history of diabetes
- have/had gestational diabetes

For more information or to schedule an appointment with the Johns Hopkins Diabetes Center, call 410-955-9270.

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT  
IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

LEARN MORE AT [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)  
OR SPEAK TO YOUR DOCTOR

KEEP IT UP HELP STOP THE SPREAD OF COVID-19



MASK



DISTANCE



WASH



SELF-MONITOR



## November is National Family Caregivers Month

*If you've been called to care for a family member or friend,*

**THANK YOU!**

*Called to*  
**CARE**  
*A program for family caregivers*

[hopkinsmedicine.org/jhbmcc/calledtocare](http://hopkinsmedicine.org/jhbmcc/calledtocare)

### Recognizing Symptoms Of Shingles

Shingles is caused by the herpes zoster virus, the same virus that causes chickenpox and emerges as a painful, blistering rash

The U.S. Library of Medicine reports that you are more likely to develop shingles if you are 60 or older, had chickenpox before you were 1 year old, and have a condition that caused a weakened immune system.

Be aware of the symptoms that are typical of shingles:

- pain in the abdomen
- difficulty moving facial muscles
- droopy eyelids
- fever and chills
- lesions near the genitals
- headache
- hearing loss
- joint pain
- inability to fully move the eyes
- swollen glands
- taste and vision problems

The shingles vaccine is available to the public. Visit your doctor to get more information about the benefits of receiving the shingles vaccine.

### November Is National Alzheimer's Disease Awareness Month

More than five million Americans are living with Alzheimer's disease, and as many as 16 million Americans provide unpaid care for loved ones with Alzheimer's or other dementias. While there is currently no cure, there is a lot that can be done to help patients and their caregivers live better, fuller lives. And no one understands that more than the Johns Hopkins Memory & Alzheimer's Treatment Center.

In addition to the innovative care provided to patients, the Memory Center team also offers resources and support to caregivers through its Patient Family Advisory Council, caregiver support group, and educational workshops and conferences. Nurses, occupational therapists and social workers who specialize in the care of Alzheimer's patients also teach caregivers how to care for their loved ones and tend to their own mental health needs.

"It has been proven that caregivers of those with dementia suffer more stress and psychological and medical conditions than other caregivers," says Constantine Lyketsos, M.D., MPH, director of the Memory Center. "Caregivers serve as a lifeline for dementia patients, so they must be prepared to help and support their loved one. A healthy caregiver means a healthy patient."

**Community Update** is published 11 times a year by the Community Relations Department. **Selwyn Ray, J.D.**, director; **Meghan Rossbach**, editor; **Sara Baker, April Meise, Elaine Welkie**, contributors. **Phone:** 410-550-0289; **Web:** [hopkinsmedicine.org/](http://hopkinsmedicine.org/)