



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

December 2020

## Community Calendar and Education Information

### American Red Cross Blood Drive

December 9: *All participants receive a special gift.*  
1 PM to 6:30 PM

Dundalk American Legion, Post 38, 3300 Dundalk Avenue, Dundalk MD.

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](https://hopkinsmedicine.org/jhbmc/blooddrives)

### COVID 19 Community Partners calls:

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

Friday, Dec 11 and 18 - 11 AM

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

For additional details contact Kimberly, 410-550-1118

### American Red Cross Blood Drive

December 21, 22 & 23: *All participants receive a parking pass, meal coupon and special gift.*  
7:30 a.m. to 5 p.m.

Johns Hopkins Bayview Medical Center, Asthma & Allergy Center, 5501 Hopkins Bayview Circle.

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](https://hopkinsmedicine.org/jhbmc/blooddrives)

Holiday Greetings from the Community Relations Department at Johns Hopkins Bayview Medical Center  
*We wish our Southeast Baltimore community partners, religious partners, local business partners, community residents and neighbors a Happy, Healthy and Prosperous Holiday Season!*

**KEEP IT UP HELP STOP THE SPREAD OF COVID-19**



**MASK**



**DISTANCE**



**WASH**



**SELF-MONITOR**

## How We Can Make New Holiday Traditions During the Pandemic



Reasons to celebrate good cheer have been in short supply for many during the coronavirus pandemic. So Neda F. Gould, Ph.D., understands why some people put up holiday decorations or started listening to holiday music well before the calendar turned to December.

“Traditions help us create times to look forward to and a sense of comfort and stability,” says Gould, a clinical psychologist and assistant professor in the Department of Psychiatry and Behavioral Sciences. “They help give structure to the year and to our lives.”

Social distancing guidelines mean Christmas, Chanukah and Kwanzaa celebrations will be unlike any in recent history, but Gould recommends using this unusual holiday season to start new holiday traditions, whether trying a new recipe or sending video messages to family and loved ones.

“You don’t need to compare this year to other years,” she says. “Think outside the box. What can we do to bring a little joy this year?”

Some people might find respite in the lack of holiday hustle-and-bustle, Gould adds, and those who associate the holidays with negative feelings have a chance to start fresh. If nothing else, the holiday season gives everyone a chance to reflect on what is important in life. Dr. Gould reminds us that a stressed brain tends to overlook the positive. “I think it’s really important to practice gratitude daily,” she says. “This is a perfect time of year to do it.”

## Holiday Plants Can Pose Health Risks

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 mistletoe is ingested.

**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 that 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](https://www.cdc.gov)

### Safety Hazards: Button Batteries

Every year in the United States, more than 3,500 people of all ages swallow button batteries. Button batteries are commonly used in hearing aids, watches, toys, games, musical greeting cards and other items. They are thicker than a nickel and between the size of a penny and a nickel in diameter.

Most button batteries pass through the body and are eliminated in the stool. However, sometimes batteries get "hung up" in the esophagus. An electrical current can form around the outside of the battery and cause a tissue burn. When a battery is swallowed, it is impossible to know whether it will pass through or get "hung up."

If your child has swallowed a battery:

- Contact your pediatrician immediately or call the National Battery Ingestion Hotline at 800-498-8666.
- If swallowed, do not induce vomiting or allow the child to eat or drink until an X-ray shows the battery is beyond the esophagus.
- Watch for fever, abdominal pain, vomiting or blood in the stools. Report these symptoms to your pediatrician immediately.
- Check the stools until the battery has passed.

### Mindful Meditation for Stress Relief

We are no strangers to stress, especially during our nation's pandemic crisis along with the added stress of the holiday season. So, what can you do to make the holidays a little more enjoyable? Practice mindfulness meditation.

"Mindfulness meditation is a form of present-moment awareness that can be cultivated with practice," says Neda Gould, Ph.D., clinical psychologist. "Research shows that mindfulness meditation reduces stress, anxiety, depression and pain, and improves our overall well-being."

Dr. Gould learned how to teach mindfulness in 2008, when she was working with burn patients. Her clinical work and research focus on how mindfulness training can improve the well-being of patients with various medical and psychiatric illnesses.

Want to try mindfulness for yourself? The following two-minute meditation is a great way to start incorporating these skills into your daily life. Take a breath, relax your shoulders, and spend a few minutes doing nothing more than looking at a picture of natural beauty such as a sunset or a field of flowers or a beautiful lake.

"To practice this type of meditation, begin by looking at the image broadly, noticing colors, textures, depth and shading," says Dr. Gould. "Then take a moment to focus on a particular part of the photo and explore these same components there. When thoughts take you away from the image, just gently return to what you see."