



Community Update

from your friends at Johns Hopkins Bayview Medical Center

May 2018

Calendar of Events

May 1 & 8: Weight Loss Surgery Info.

For individuals 100 pounds or more overweight who are considering weight loss surgery. This seminar is required to receive a consult for bariatric surgery.

4:30 to 6 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-0409

May 14: Living with Type 2 Diabetes

For individuals who want to learn about strategies to manage blood glucose levels, the importance of making the right food choices and medications to help manage type 2 diabetes.

5:30 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-KNOW (5669)

May 16: Inch-by-Inch Support Group

For stroke survivors and their family members

6 to 7:30 p.m.

Johns Hopkins Bayview Medical Center

Info.: 410-550-8065

May 22: ABCs of Kidney Disease

For individuals with kidney disease who want to learn about normal kidney function, the causes and stages of chronic kidney disease, the effects of kidney disease on the body and treatment options for kidney disease and failure.

5 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-2820

May 30: Senior Fitness Day

Walk the park for fun and fitness! Adults ages 50 and older can enjoy wellness check-ups, health information, music, dancing and a picnic lunch.

10 a.m. to 2 p.m.

Patterson Park, 2601 E. Baltimore St.

Cost: \$20

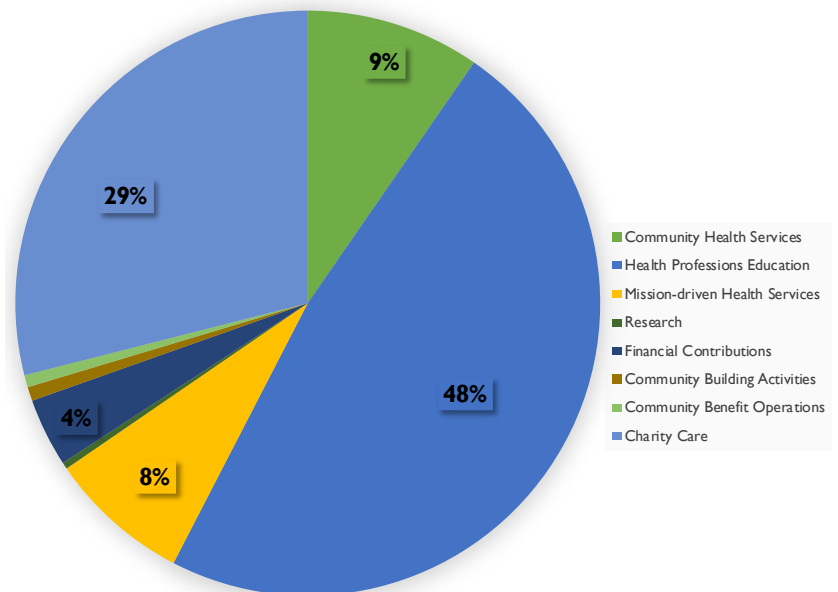
Info.: bcrp.baltimorecity.gov/recreation/senior

FY'17 Community Benefits Report

Last fiscal year, Johns Hopkins Bayview Medical Center spent \$60,668,113 on services and contributions to benefit the community. This amount reflects costs associated with medical education (physicians, nurses and other health professionals), research, charity care and community health education and outreach.

In the state of Maryland, every not-for-profit hospital is required by law to submit a yearly community benefit report to the Health Services Cost Review Commission (HSCRC), a state agency that sets the rates that Maryland hospitals may charge for patient care services. The report contains specific documentation of all of the community benefit activities undertaken by the reporting hospital, as well as information about operating revenue and expenses. The reports are available to the public on the HSCRC's website at hscrc.state.md.us/Pages/init_cb.aspx.

Below is a breakdown of the categories of community benefit activities that are reported and the percentage of the \$60.7M spent.



Note: Community benefit operations, community-building activities and mission-driven health services comprise a total of approximately three percent of the Medical Center's contributions.



**Call for Applications:
Gayle Adams
Community Service Grant**

Grants will be provided to organizations in southeast Baltimore whose projects focus on the improvement of the health and wellness of the surrounding community by utilizing innovative and

creative responses to community health needs. Funds for individual projects can range from \$250 to \$1500. All tax-exempt community organizations, as well as local schools, are eligible to apply.

Applications are due June 1, 2018. To fill out the application, visit hopkinsmedicine.org/jhbmc/servicegrant. Projects are expected to be completed within 12 months of award.

For more information, contact Sharon Jones at sjones8@jhmi.edu or 410-550-3015.



May is Arthritis Awareness Month

Now is a good time to get the facts straight about this often-debilitating disease.

Did you know...

- Arthritis isn't just minor aches and pains that affect older people. It's actually a complex family of musculoskeletal disorders consisting of more than 100 different diseases or conditions that can affect people of all ages, races and genders.

- Arthritis is the nation's leading causes of disability with one million hospitalizations each year.
- Arthritis affects more than 53 million Americans.

The Johns Hopkins Arthritis Center provides care to patients with inflammatory arthritis with a focus on the care of rheumatoid arthritis, psoriatic arthritis, and ankylosing spondylitis.

For more information or to schedule an appointment, call 410-550-8089.



Get Your Zzzs

Sleep is crucial to our physical, emotional and mental health. Most people need about seven to eight hours a night, but everyone is different. For a better night's sleep:

- Establish a consistent sleep schedule each day of the week.
- Limit any stimulating activities such as exercise.
- Create an optimal sleeping environment. It should be dark, well-

ventilated and at an appropriate temperature.

- Avoid alcohol, nicotine and caffeine close to bed time.

If you are still having difficulties sleeping through the night or falling asleep at night contact the Sleep Disorders Center at 410-550-0571.



Get FRESH!

Food Re-education for Elementary School Health (FRESH) teaches elementary school children heart healthy nutrition and exercise habits. This summer, staff are available to provide instruction at summer camps, day care centers, vacation bible schools and other summer programs. Topics include heart health, My Plate, healthy snacks and the importance of exercise.

For more information or to schedule a FRESH instructor, call 410-550-6958 or 410-550-6960.