



Community Update

from your friends at Johns Hopkins Bayview Medical Center

June 2018

Calendar of Events

June 5, 12 & 19: 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

June 11: Living with Type 2 Diabetes

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)

June 26: ABCs of Kidney Disease

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

June 20: Inch-by-Inch Stroke Support Group

Free education and support for stroke survivors, their families and caregivers.

6 p.m.

Johns Hopkins Bayview Medical Center

Info.: 410-550-8065

June 28: Breast Cancer Survivors' Community Program

Education and support for breast cancer survivors and their families. Dinner and parking provided.

6 to 8 p.m.

Johns Hopkins Bayview Medical Center

RSVP: cklein3@jhmi.edu

Hale Receives Anti-Stigma Advocacy Prize

W. Daniel Hale, Ph.D., director of the Healthy Community Partnership at Johns Hopkins Bayview, was awarded the 2018 Maryland Foundation for Psychiatry (MFP) Anti-Stigma Advocacy Prize for his June 2016 article in the Baltimore Sun, "We Need to Talk About Depression."



In the article, Dr. Hale addresses the stigma commonly associated with depression, sharing personal stories about his daughter Libby's battle with depression, as well as his own. "We believe your courage may give others the courage to speak more openly about their own, or their family's, suffering," says MFP president **Neil Warres, M.D.**, in a letter to Dr. Hale. "Hiding depression only makes it harder to get help and delays recovery."

MFP established this annual prize to recognize a worthy piece published in a major newspaper that shares a personal experience with mental illness, helps others overcome their inability to talk about mental illness and/or imparts insightful observations on the general subject of mental illness.

To hear Dr. Hale share his story, visit hopkinsmedicine.org/jhbmc/patientstories.



Hopkins Bayview Receives Partner for Change Award

Johns Hopkins Bayview was awarded the Partner for Change

Award from Practice Greenhealth, the nation's leading organization dedicated to environmental sustainability in health care, for achievements in sustainability.

The Partner for Change Award recognizes health care facilities that continuously improve and expand upon programs to eliminate mercury, reduce and recycle waste, source products sustainably, and more. Winning facilities must demonstrate that they are recycling at least 15 percent of their total waste, have reduced regulated medical waste, are on track to eliminate mercury, and have developed successful sustainability programs in many areas.

FREE EVENT

Light dinner and parking provided.

3rd Annual Community Forum on Healthy Aging

Real Talk About Healthy Aging and Research



Monday, June 11, 2018

4 to 8:30 p.m.

Richard A. Grossi Auditorium
Asthma & Allergy Center
Johns Hopkins Bayview campus
5501 Hopkins Bayview Circle, Baltimore, MD 21224

Interactive Session: Diabetes, Weight and Aging

Jeanne Clark, M.D., Division of General Internal Medicine, Johns Hopkins Hospital

The Man Cave: Men's Health Class

Men's Health and Stress

Panagis Galiatsatos, M.D., Division of Pulmonary Medicine, Johns Hopkins Hospital

Prostate Health, Sex and Aging

Christian Pavlovich, M.D., Department of Urology, Johns Hopkins Bayview Medical Center

Take Charge of Your Health

Tyrone Qualls, CHC, CLSC, Total Health Now

The Sister Circle: Women's Health Class

Women's Heart Health

Pamela Ouyang, M.D., Division of Cardiology, Johns Hopkins Bayview Medical Center

Managing Menopause Matters

Wen Shen, M.D., Department of Gynecology, The Johns Hopkins Hospital

The Power of Self-Care

Jennifer Ayana Harrison, Founder and CEO, Ayana Wellness Spa and Educational Center

To register, visit communityhealthforum2018.eventbrite.com.
For more information, call 410-361-7893.

The Community Health Forum is sponsored by Johns Hopkins Medicine, the Johns Hopkins Institute for Clinical and Translational Research, Medicine for the Greater Good, the Brancati Center for the Advancement of Community Care and Divinity Lutheran Church.



Are You a Match for a Patient in Need?

Did you know that African-American, Asian-American and Latin-American blood donors may have the unique ability to help patients with special needs? When you donate blood and mark your race on the blood donor record, you are taking that extra step toward specifically helping individuals with sickle cell disease or rare blood types.

Johns Hopkins Bayview Medical Center is hosting an American Red Cross blood drive **June 25-27 from 7:30 a.m. to 5 p.m. in the Knott Conference Center**. Every participant will receive a meal coupon, parking pass and special gift from the Medical Center.

To schedule your life-saving donation, call **410-550-0289**.

Kiwanis Wellness in the Community Fund

Kiwanis Club of East Baltimore

Food Re-education for Elementary School Health (FRESH) thanks the Kiwanis Wellness in the Community Fund for their generous contribution to its annual poster contest. The donation was used to purchase materials and prizes for the students.

Every year, third and fourth graders at area schools create a poster to show what they have learned throughout the school year. Each student receives a participation prize and one winner from each grade is selected to earn a bigger prize.

The community relations department continues its mission of heart health education at 17 local elementary schools. Through the FRESH program, we hope children will understand the importance of living a heart healthy lifestyle.



Fireworks Safety

Fireworks are often used to mark special events and holidays, but they also cause thousands of burns and eye injuries each year.

- Sparklers cause 16 percent of fireworks injuries.
- The risk of fireworks injury is highest for those ages 15 to 24, followed by children under 10.
- Every year on Independence Day, more U.S. fires are reported than on any other day. Fireworks account for two out of five of those fires—more than any other cause of fires.

During the school year, Johns Hopkins Bayview offers an elementary school-based burn prevention education program. The program also is offered over the summer months to churches, schools or camps.

For more information or to schedule a visit, call Tom McLhinney at **410-550-0289**.

Community Update is published 11 times a year by Johns Hopkins Bayview's Community Relations Department. **Selwyn Ray, J.D.**, director; **Meghan Rossbach**, editor and designer; **April Meise**, **Sharon Jones**, **Elaine Welkie**, contributors.

Phone: 410-550-0289; Web: hopkinsmedicine.org/jhbmc