



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

February 2019

## Calendar of Events

### Feb. 11: Living with Type 2 Diabetes

*This class will feature a pharmacist who will focus on insulin therapy.*

5:30 p.m.

Johns Hopkins Bayview Medical Center

**Register:** 410-550-KNOW (5669)

### Feb. 5 & 12: 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

### Feb. 18-20: Red Cross Blood Drive

*All participants will receive a parking pass, meal coupon and special gift.*

7:30 a.m. to 5 p.m.

Johns Hopkins Bayview Medical Center

**Appointments:** 410-550-0289

### Feb. 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

### Mar. 13: Home Dialysis—Fitting Dialysis Into Your Life

*This online seminar will focus on the treatment of kidney disease using home dialysis options.*

7 to 8 p.m.

**Register:** hopkinsseminars@jhmi.edu

## #NBAW

# National Burn Awareness Week

**FEBRUARY 3–9, 2019**

Did you know that nearly 80 percent of all burns are preventable? Johns Hopkins Bayview Medical Center, home to the Johns Hopkins Burn Center, is committed to educating the community about burn prevention and fire safety. While the Burn Center is prepared to treat a wide range of burns, the Medical Center is committed to burn prevention and education and offers the following:

- Educational materials are distributed at health fairs and community meetings, including sun safety tips and burn prevention during the holidays. Fire safety-themed items, such as coloring books, are given to school-aged children.
- Women who have a baby at Johns Hopkins Bayview are discharged with a “Safe Baby Kit,” which includes a smoke detector, heat-sensitive baby spoon, spill-proof thermal travel mug and a bathtub thermometer.
- A retired Baltimore City firefighter teaches burn prevention education to students in Baltimore City and County schools. Burn Center nurses also provide burn prevention education to older adults.

If your community group or organization is interested in burn or fire prevention education, call the community relations department 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



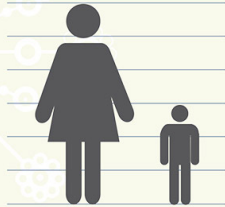
# SEASONAL DEPRESSION

What you need to know about depression



**21 MILLION**

American adults suffer from depressive illness during any one year period.



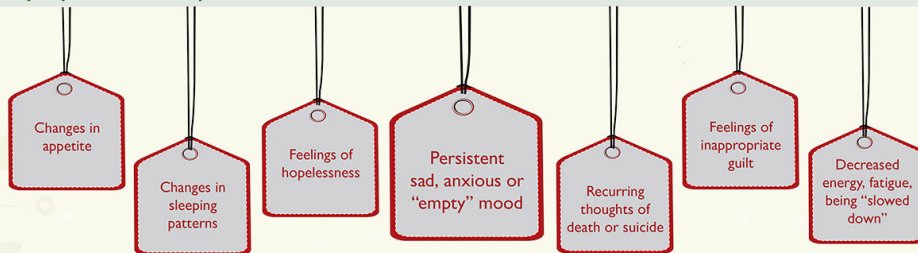
**WOMEN**

experience depression **2x** as often as men.



Without treatment, depression can last weeks, months or years.

Symptoms of depression



Major depression is classified as a type of affective disorder or mood disorder that goes beyond the day's ordinary ups and downs, becoming a serious medical condition and important health concern in this country.



## Help Wanted: Junior Volunteers

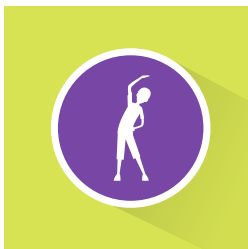
Do you know a high school student who needs

service-learning hours? The Junior Volunteer Program is accepting applications from 14- to 18- year olds who need to fulfill this requirement.

The program is scheduled to begin on June 17 and offers a variety of responsibilities, such as performing clerical work and assisting with patient programs

For more information about the program, call **410-550-0627**. To apply online, visit [hopkinsmedicine.org/jhbmc/volunteers](http://hopkinsmedicine.org/jhbmc/volunteers).

The deadline for application is March 8.



## Keeping Fit in the Winter Months

It can be difficult to stay motivated to exercise during the cold and dark months of winter, but if you're flexible in terms of how and where you exercise, you can continue to work on your fitness goals no matter what the weather may be. An exercise routine can improve your mood,

increase your energy level and help you sleep better.

Stay fit this winter by following the tips below.

### Indoor Exercise

- Walk at your local mall on a regular basis.
- Take the stairs instead of the elevator.
- Join a gym. If it has an indoor swimming pool, try swimming laps.
- Exercise at home with workout equipment or a fitness DVD.

### Outdoor Exercise

- Check with your doctor to make sure there are no concerns about exercising outdoors in the cold.
- Wear a hat and gloves; dress in layers.
- Wear reflective clothing at night.
- Use sunscreen during the day. Snow reflects the sun's rays.
- Drink plenty of water.

## It's a Girl Thing!

*An All-Day Workshop for Girl Scout Juniors, Cadettes and Troop Leaders*



Come share a day with friends to celebrate what truly makes you great! We'll talk all about you – your life,

things you like to do and other important issues like nutrition, peer pressure and exercise. Activities will get you moving and games will earn you some very cool prizes. There will even be workshops for adults!

**Saturday, March 16**

9:45 a.m. to 2:45 p.m.

Johns Hopkins Bayview Medical Center

**Cost:** \$12 (includes a patch and lunch)

Space is limited to 110 girls, so register today! Visit [gscm.org](http://gscm.org). For additional information, call **410-550-6958**.