**Workshops and Info. Sessions**

**Sept. 3 & 10: 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

**Sept. 16: Living with Type 2 Diabetes**
*Learn about strategies to manage blood glucose levels; the importance of making the right food choices; what your blood glucose numbers mean; and medications to help manage Type 2 diabetes.*
5:30 p.m.
Johns Hopkins Bayview Medical Center
**Register:** 410-550-KNOW (5669)

**Sept. 24: Nutrition and Kidney Disease**
*Learn about dietary modifications for patients with chronic kidney disease.*
5 p.m.
Johns Hopkins Bayview Medical Center
**Register:** 410-550-2820

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**Community Events**

Visit our table for health information and giveaways!

**Sept. 19: Mayor Young’s Senior Symposium**
*For Baltimore residents aged 60 and over.*
8:30 a.m. to 1 p.m.
Martin’s West, 6917 Dogwood Rd.
**RSVP:** 410-396-2042

**Sept. 28: Annual Fall Festival**
9 a.m. to 4 p.m.
Marshy Point Nature Center, 7130 Marshy Point Rd.

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**Thank You, Blood Drive Volunteers!**

On Tuesday, August 13, dozens of blood drive volunteers and recruiters gathered at River Watch Restaurant for Johns Hopkins Bayview’s annual blood drive luncheon. The event, hosted by Sharon Jones and Kelli Barbato, co-chairs of the blood drive committee, recognized the efforts of everyone who made the blood drives so successful.

“We faced a lot of challenges this year,” Jones said. “There were a number of weather events, we had fewer recruiters than usual and the Red Cross was short staffed at times. Despite it all, our volunteers worked hard to ensure we met our goals and that our donors felt appreciated.”

In FY’19, the Medical Center collected 1,030 units of blood, which saved the lives of thousands of patients in the Greater Chesapeake and Potomac Region.

“Thank you for being something special,” said J. Wes Haynes, district manager, donor recruitment, American Red Cross. “Thank you for being an example to other blood drive programs and for inspiring them to be as successful as you.”

Blood drives are held every 56 days in the Knott Conference Center. Participants receive a meal coupon, parking pass and special gift from the Medical Center. The blood drive committee also offers other incentives for donating blood throughout the year, such as a raffle to win a laptop, flat screen TV or tickets to an Orioles game. In August, three backpacks were filled with school supplies and donated to area elementary schools in the name of a blood donor.

*cont’d. on back*
Thank You, Blood Drive Volunteers cont’d.

“You are truly superstars,” said Haynes. “No one does what you do to recognize your volunteers or donors. And that’s what makes you so successful.”

If you would like to be a blood drive recruiter or volunteer, 410-550-0289. No experience is necessary and training is provided. All recruiters and volunteers receive incentives and are honored at bi-monthly recognition events.

Can’t commit to volunteering? Donate blood! Visit hopkinsmedicine.org/jhbmc/blooddrives for a complete list of upcoming blood drives.

Prostate Health Education & Screening Event*

Join providers from the Brady Urological Institute for a free event to learn if prostate screening is right for you.

September 24
5:15 to 7:30 p.m.
301 Building, 3rd floor
Johns Hopkins Bayview campus

To register, call 410-550-9135. Space is limited.

*Individual patient consultation, physical exam and/or blood tests will be performed as necessary.

Compassionate Volunteers Needed

No One Dies Alone (NODA) is a program that offers companionship and support to patients who are nearing death and may not have family or friends to sit with them at the end of their life.

NODA volunteers offer respite and moral support to family and friends whose loved one is dying. They also provide the patient with dignity, respect and comfort as they near the end of their life.

All volunteers are required to complete a four-hour training. The next orientation is scheduled for September 30, from 1 to 5 p.m.

For more information or to register, call 410-550-0627. You do not need to be a health care provider to be a NODA volunteer.

National Childhood Obesity Month

Did you know that 1 in 5 children in the United States is considered obese? Children who are obese are more likely to become obese adults. As a result, they are at greater risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer and osteoarthritis. Addressing obesity at a younger age can help prevent these types of obesity-related illnesses.

The Johns Hopkins Center for Bariatric Surgery is the first and only accredited center to offer care for adolescents ages 16 and older. Providers offer medical, nutritional, educational and behavioral support, and work with each patient and their parents to create a customized weight loss treatment plan. The team also helps teens develop healthy lifestyle habits, prepares them for bariatric surgery and provides post-surgical weight management strategies.

If you think your child may be a candidate, call 410-550-0409 or visit hopkinsmedicine.org/jhbmc/bariatrics.

Are You Up-To-Date On Your Vaccines?

Although children get the majority of the vaccinations, adults also need to be sure they are immune to certain infections and stay up-to-date on certain vaccinations. Childhood illnesses, such as mumps, measles and chickenpox can cause serious complications in adults.

Make sure you’re up-to-date with your vaccines. Talk to your primary care provider (PCP) about your immunization record. Don’t have a PCP? Schedule an appointment with General Internal Medicine – 410-550-3350.