NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY
Saturday, Oct. 26, 2019
10 a.m.–2 p.m.

Join Johns Hopkins in helping to stop prescription drug misuse.

On Oct. 26, Johns Hopkins Medicine will be participating in National Prescription Drug Take-Back Day. Drive up and drop off your unused or expired prescription medications at either of our two locations.

Our on-site staff will be at both locations and will dispose of them for you safely and securely. No questions asked. This event is open to employees, patients and the public.

If you need assistance on the day of the event, look for a security guard or volunteer in a bright yellow t-shirt.

For more information, visit www.JHTakeBack.com or contact the pharmacy team at 866-679-0707.

Community Events
Visit our table for health information and giveaways!

Oct. 19: Annual Family Fall Festival
10 a.m. to 2 p.m.
Veterans Park at Shipping Place, Dundalk, MD 21222

Oct. 30: Power of Age Expo
9 a.m. to 8 p.m.
Maryland State Fairgrounds, Timonium, MD 21093

Workshops and Info. Sessions

Oct. 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

Oct. 5: Caring for Kidney Disease
A free conference for patients who have been diagnosed with kidney disease and their families.
10 a.m. to 3:30 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-KNOW (5669)

Oct. 14: 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)

Oct. 21-23: Red Cross Blood Drive
All participants receive a meal coupon, parking pass and special gift.
7 a.m. to 5:30 p.m.
Johns Hopkins Bayview Medical Center
Appointments: 410-550-0289

Oct. 29: 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
Expanded Roundtrip Partnership Offers Reliable Patient Transportation

Johns Hopkins Bayview is expanding its partnership with Roundtrip to provide reliable transportation to patients in need. After a successful pilot program last year, Roundtrip is now offering non-emergency medical transportation to and from all inpatient areas of the Medical Center, as well as some targeted clinics.

Roundtrip is HIPAA compliant, and works with Lyft to provide rides to patients who aren’t able to navigate public transportation or rely on a family member or friend to drive them. Offering the service to clinics such as general internal medicine, cardiology and oncology helps to promote the use of ambulatory services instead of the ED, says Kai Shea, director of social work. “Every ride that is scheduled from Johns Hopkins Bayview comes up as a ‘VIP’ in the Lyft driver’s view,” she says.

Fire Safety in the Home

The crisp air of the fall brings cooler weather, which means many people are turning their heat on for the first time in months. Before you heat your home, keep the following in mind:

- Check the batteries in your smoke and carbon monoxide detectors.
- Make sure your fire extinguishers are in working order.
- Keep at least three feet of empty space around space heaters.
- Have your chimney inspected at the beginning of the season and use fire screens to contain sparks.
- Plan and practice a fire escape plan.

If you would like to learn more about burn and fire prevention, call 410-550-0289. A retired firefighter is available to provide education to your community organization or school.

Protect Your Eyes!

Did you know nearly half of all eye injuries each year occur in and around the home?

Follow these tips to protect your eyes:

- Be careful when opening bottles for wine or carbonated drinks.
- Wear chemical safety goggles when using hazardous solvents and detergents. Don't mix cleaning agents.
- Turn nozzles away from your face before spraying.
- Wash your hands after using household chemicals.
- Use guards on all power equipment.
- Wear protective eye gear while using a lawnmower or weed trimmer, because debris may fly through the air.