



Community Update

from your friends at Johns Hopkins Bayview Medical Center

April 2019

Calendar of Events

Apr. 2 & 9: 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

Apr. 8: Living with Type 2 Diabetes

This class will feature a registered dietitian who will offer a detailed review of how to use nutrition to balance glucose.

5:30 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-KNOW (5669)

Apr. 30: 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



Red Cross Blood Drive

All participants receive a meal coupon, parking voucher and special gift.

Apr. 22-24

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

Johns Hopkins Bayview

Community Event

Apr. 12: Advance Directives Workshop

Learn what advance directives are, how to write an advance directive and how to communicate final wishes.

6:30 p.m.

Freedom Baptist Church, 7001 German Hill Rd.

Register by Apr. 7: 410-288-4301

Heartfelt Thanks to Our Volunteers!



National
Volunteer Month



At Johns Hopkins Bayview, we salute our hundreds of volunteers who work thousands of hours, offering their time, energy and good cheer. Volunteers donate their time in clinics, clerical services, patient relations, the child development center, recreation therapy, the gift shop and many other areas.

We offer special thanks to the fantastic volunteers of the community relations department, including our advisory board members, blood drive volunteers and everyone who helps us with health fairs and community events. We also are grateful for the Johns Hopkins Bayview staff who work with our department and support our efforts in the community.

Now Accepting Applications: Gayle Adams Community Service Grant

Community service grants will be awarded 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. Grants for individual projects can range from \$250 to \$1500. All tax-exempt community organizations and local schools are eligible to apply.

The application includes:

- Description of the project and benefit to the community
- A plan to evaluate success
- A budget (up to \$1,500)

Applications are due June 3, 2019. For more information or to complete an application, visit hopkinsmedicine.org/jhbmc/servicegrant.

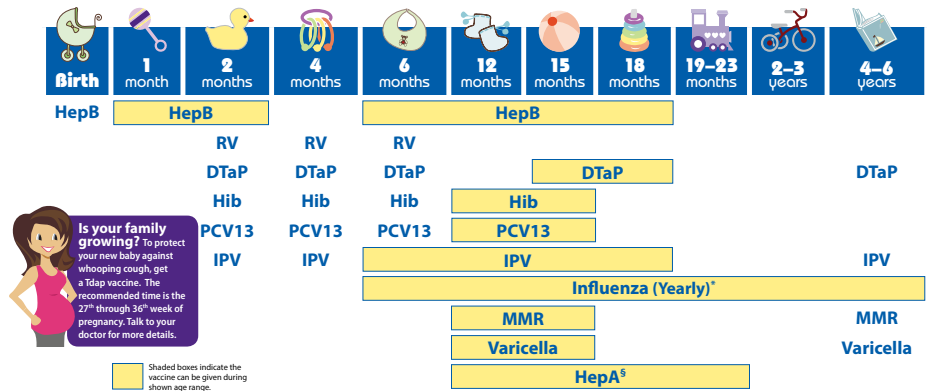
National Infant Immunization Week

April 27 – May 4

National Infant Immunization Week promotes the benefits of immunizations and aims to improve the health of children two years old or younger. In the U.S., vaccines have drastically reduced infant death and disability caused by preventable diseases. Vaccines also can now protect infants and children from 14 vaccine-preventable diseases before the age of two (*see image above*).

Vaccination plays a critical role in protecting our children, communities and public health. Be sure to follow your pediatrician's recommendations when vaccinating your child.

2019 Recommended Immunizations for Children from Birth Through 6 Years Old



It's Allergy Season!

Spring has arrived, and for some, that means the return of sneezing, wheezing and watery eyes.

If you suffer from seasonal allergies, don't let it prevent you from enjoying the great outdoors. Take these precautions:

- Schedule activities for late afternoon or after a heavy rainfall, when pollen levels are lower. Pollen index levels fluctuate, so check local weather reports for updates.
- Close windows and doors, and use air conditioning instead of window fans. Air conditioning helps filter pollen particles.
- Don't hang clothes or sheets outdoors to dry. They will pick up pollen that can be brought indoors.

If you are experiencing chronic allergy symptoms, you may need to schedule an appointment with an allergist. Physicians in the Johns Hopkins Division of Allergy and Clinical Immunology treat a wide variety of allergy and respiratory conditions. To schedule an appointment, call **410-550-2300**.

JHBMC In The Community

Visit Our Booth at These Events!

Apr. 27: Healthy Kids Day

9 a.m. to 12 p.m., The Y in Perry Hall

Apr. 27: Día del Niño/ Kids Day

11 a.m. to 2 p.m., Pagoda Hill in Patterson Park



Donate Life Month

Nearly 114,000 people nationwide are waiting for a life-saving organ transplant—including more than 3,300 people in Maryland. Donate Life Month is a great way to bring attention

to the need for organ, eye and tissue donors.

In celebration of this special month, The Living Legacy Foundation and Johns Hopkins Bayview have partnered together to host several special activities.

Thursday, April 4, 12 p.m. – Flag Raising

Entrance of Francis Scott Key Pavilion (red awning)

Johns Hopkins Bayview's Donor Council will raise the Living Legacy donor flag to show its appreciation for past and present donors. Attendees can also take this opportunity to view the Organ & Tissue Donor Memorial Wall, which is located in the lobby of the Francis Scott Key Pavilion (red awning entrance).

Friday, April 12: National Green and Blue Day

Wear a green- and/or blue-colored item of clothing or accessory to show your support for organ, eye and tissue donation. Share your photo on social media with #BlueGreenDay and don't forget to tag us – [facebook.com/JohnsHopkinsBayview](https://www.facebook.com/JohnsHopkinsBayview)

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.

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