

# BRANCATI CENTER BULLETIN



Baltimore

## DEAR NEIGHBORS,

In this issue of the Bulletin, we spend some time talking about how to stay safe during the holidays. We are seeing a spike in flu cases early this season, and this, along with COVID-19, and another virus, RSV, makes us concerned about a “triple-demic.” RSV is already filling many children’s hospitals. Vaccines, masks, and social distancing may be even more important now than ever.

November is Diabetes Awareness Month, and we give some tips on how to eat well through all of the holiday gatherings. We are pleased to announce that we are recruiting for the DECIDE Power to Control Diabetes program for adults living with diabetes; reach out to us today to learn more. Finally, we shine a spotlight on our Director of Education, Dr. Tanjala Purnell; under her leadership, we hope to build a pipeline of health care professionals to serve our community for years to come. Thanks for giving our newsletter a read, and please let us know what you’d like to see in the next issue of the Bulletin.

–The Brancati Center Team

## COVID CORNER

Vaccinations and treatments help protect us against COVID-19. But, the coronavirus still causes sickness, hospitalization, and death, especially for people who are not vaccinated or who are immunocompromised. So, here are some tips to make holiday gatherings safer for **everyone**:

- Get your updated **COVID-19 booster** before the holidays; you may be eligible if you are 5 years or older
- Avoid gatherings if you were exposed to COVID-19 or have symptoms
- Isolate yourself from others if you test positive for COVID-19, even if you are vaccinated
- Wear a mask if you are not fully vaccinated or if you are immunocompromised
- Let your contacts know if you test positive

## COVID-19, FLU, AND RSV: TRIPLE-DEMIC

In the last two years, the number of COVID-19 and flu cases increased during the winter. This year, the rapid spike in RSV (respiratory syncytial virus) cases has worried health experts about the threat of the ‘triple-demic’ of **COVID-19, flu, and RSV**.

### What is the ‘triple-demic’ of COVID-19, flu, and RSV?

The ‘triple-demic’ refers to the widespread occurrence of three infectious diseases, COVID-19, flu, and RSV, simultaneously and in the same communities.

### Who is at risk?

- Everybody can get COVID-19, flu, or RSV

The risk of severe RSV is higher for

- Infants under 5 years
- Adults 65 years and older, especially those with chronic heart or lung diseases
- People who are immunocompromised

### How to prevent the diseases?

- Flu vaccine for **eligible** people 6 months of age and older
- COVID-19 vaccine and booster for eligible people 5 years and older
- There is no vaccine to prevent RSV
- Masking, hand washing, covering coughs and sneezes
- Stay home if you are sick

### What to do if you or your child get sick?

- If you have difficulty breathing, do not delay, go to the emergency room (ER)
- If you have mild symptoms, talk to your healthcare provider

Website: [www.brancaticenter.org](http://www.brancaticenter.org)

Email: [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu)

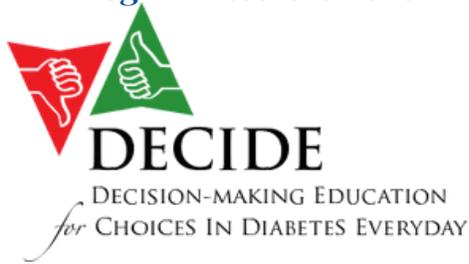
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The Johns Hopkins Brancati Center is based in Baltimore, Maryland



## Program Recruitment



We're recruiting for **DECIDE Power to Control Diabetes!**

**What is it?** A 3-month program about better managing your diabetes

**Who can join?** Adults with diabetes based on hemoglobin A1c and medications

**How do I learn more?** Visit our website:

<https://www.brancaticenter.org/decide-power-to-control-diabetes.html>

**How do I join?** Email us at

decidenow@jhmi.edu or call us at 410-215-1913 (Tonya Rosebrough)



*"Temptations and stress can run high during the holiday season. Planning can be the difference between weight gain and inactivity or staying on track with your health goals. Unfortunately, diabetes doesn't take a holiday!"*

Sophie Lauver MS, RD, LDN, NBC-HWC

### To Eat Well and Thrive this Holiday Season

1. **Measure your portions while cooking and serving. Be aware of how much you're putting on your plate.**

- You can go back for seconds if you're still hungry (often we just want to finish what's on our plate!)
- Use a smaller plate so less fits and it appears fuller.
- For additional accountability, write down what you eat and track it.

2. **Go for variety and color!**

- Rather than focusing on the turkey and mashed potatoes, add a variety of different vegetables and side dishes to your plate. Including different naturally-colored foods helps us know that we're eating antioxidant and fiber-rich foods. Watch out for creamy or buttery sauces!



3. **Come prepared with an action plan. Plan ahead for:**

- The dishes that are important to you. Skip the dishes you don't love.
- Challenges: Think about how you'll work around them. Is there a food you're always tempted by? A family member who serves you large portions? Do you tend to eat more after a few drinks?
- Hunger: Don't arrive hungry! Eat slowly and enjoy your food.
- Limiting sugar-sweetened beverages and alcohol.



## Spotlight:



### Meet Our Director of Education

We are excited to introduce our new Director of Education, Dr. Tanjala Purnell. Dr. Purnell has a decade of experience with community-engaged initiatives in Baltimore.

Our major Education initiative is the development and implementation of a community engagement curriculum for Johns Hopkins physicians in training. We'd love your input on how our physicians in training can work with your organization.

**Join our Webinar:  
Decoding Diabetes**

November  
30, 2022 at 12pm  
**REGISTER  
HERE:**

