



Building Strength and Resilience During the Pandemic

PART 1: Friday, November 5, 2021, 5 PM -7 PM

Opening Session

Virtual Main Room

Hosts: Dr. Panagis Galiatsatos and Crystal Evans

Note: The main room sessions will be recorded

Time	Title	Speaker
5:00 PM – 5:02 PM	Welcome	<p>Panagis Galiatsatos, MD, MHS Assistant Professor, Division of Pulmonary and Critical Care Medicine Johns Hopkins University School of Medicine</p> <p>Crystal Evans, MS Community Outreach Coordinator Community and Collaboration Core Johns Hopkins Institute for Clinical and Translational Research</p>
5:02 PM- 5:07 PM	Opening Remarks	<p>Daniel Ford, MD, MPH Professor of General Internal Medicine Johns Hopkins University School of Medicine Director, Johns Hopkins Institute for Clinical and Translational Research</p> <p>Cheryl Dennison Himmelfarb, PhD, RN Vice Dean for Research Sarah E. Allison Endowed Professor Johns Hopkins University School of Nursing Deputy Director, Johns Hopkins Institute for Clinical Translational Research</p> <p>Roger Clark, MBA Account Manager, East Region Oncology, CVS Community Co-Chair Community Research Advisory Council</p> <p>Pamela Ouyang, MBBS Professor of Cardiology Johns Hopkins University School of Medicine Johns Hopkins Co-Chair Community Research Advisory Council</p>
5:07 PM – 5:15 PM	<i>Sensory Break #1: Get Your Groove On. Move more. Be safe.</i>	<p>Thomas Laskow, MD Geriatric Medicine and Gerontology Fellow</p>

	.	Johns Hopkins University School of Medicine Crystal Evans
5:15 PM – 5:55 PM	<i>Fun and Fitness Demonstration: Staying Active During the Pandemic</i>	James Long and Flo Long Gospel Aerobics and More, Inc
5:55 PM – 6:00 PM	<i>Sensory Break #2: The wind blows where it wishes. You hear the sound. Listen. Be well.</i>	Dr. Tom Laskow Crystal Evans
6:00 PM – 6:25 PM	What Can We Do to End the Pandemic	Dr. Panagis Galiatsatos, Brittany Feijoo, MSN, FNP-BC Research Associate, Nurse Practitioner Center for Immunization Research Johns Hopkins Bloomberg School of Public Health
6:25 PM – 6:45 PM	Community Resources	Selwyn Ray, J.D. Director of Community Relations Johns Hopkins Health Systems Jose Jimenez, M.S. Family Caregivers Program Manager Community Services Division of Aging Services Baltimore City Health Department
6:45 PM – 6:55 PM	<i>HOPE Community: Together, we can do this.</i>	Dr. Cheryl Dennison Himmelfarb
6:55 PM- 7:00 PM	<i>Closing Remarks</i>	Roger Clark and Dr. Pamela Ouyang



Staying Strong and Authentic
PART 2: Monday, November 8, 2021, 5 PM -7 PM
Opening Session: Virtual Main Room
Hosts: Dorcas Baker and Crystal Evans

Note: The main room sessions will be recorded

Time	Title	Speaker
5:00 PM- 5:02 PM	Welcome	<p>Dorcas Baker, RN, BSN, ACRN, MA Regional Coordinator The REACH Initiative MidAtlantic AIDS Education and Training Center Johns Hopkins University School of Nursing</p> <p>Crystal Evans, MS Community Outreach Coordinator Community and Collaboration Core Johns Hopkins Institute for Clinical and Translational Research</p>
5:02 PM- 5:07 PM	Opening Remarks	<p>Daniel Ford, MD, MPH Professor of General Internal Medicine Johns Hopkins University School of Medicine Director, Johns Hopkins Institute for Clinical and Translational Research</p> <p>Cheryl Dennison Himmelfarb, PhD, RN Vice Dean for Research Sarah E. Allison Endowed Professor Johns Hopkins University School of Nursing Deputy Director, Johns Hopkins Institute for Clinical Translational Research</p> <p>Roger Clark, MBA Account Manager, East Region Oncology, CVS Community Co-Chair Community Research Advisory Council</p> <p>Pamela Ouyang, MBBS Professor of Cardiology Johns Hopkins University School of Medicine Johns Hopkins Co-Chair Community Research Advisory Council</p>
5:07 PM-	Sensory Break # 3	Thomas Laskow, MD

5:12 PM	<i>Seeing is believing.</i> See clearly. Be positive.	Geriatric Medicine and Gerontology Fellow Johns Hopkins University School of Medicine
5:12 PM– 5:45 PM	Take Charge of Your Health A panel of experts discuss strategies to enhance health and quality of life as we age.	Dorcas Baker (Moderator)
	- Cardiovascular Health	Lena Mathews, MD, MPH Assistant Professor of Cardiology Johns Hopkins University School of Medicine
	- Mental Health and Wellness	Panagis Galiatsatos, MD, MHS Assistant Professor, Division of Pulmonary and Critical Care Medicine Johns Hopkins University School of Medicine
	- Preventive Health Lifestyle	Tyrone Qualls, CHC, CLSC, MTS Total Health Now, President & CEO Certified Health Coach and Lifestyle Coach
5:45 PM– 5:50 PM	Sensory Break #4 Tasty Treats	Dr. Tom Laskow Crystal Evans
5:50 PM– 5:55 PM	Breakout Session: Introduction of Hosts (in alphabetical order)	Dorcas Baker Roger Clark
		Man Cave Hosts: Roger Clark Andre' Turner Senior Program Trainer and Coach University of Maryland Social Work Positive Schools Center Mark McLaurin Senior VP for Campaigns 1833 Group Donald Young, Jr. Community Engagement Specialist Community and Collaboration Core Johns Hopkins Institute for Clinical and Translational Research

		<p>Andre' Turner Senior Program Trainer and Coach University of Maryland Social Work Positive Schools Center</p>
<p>5:55 PM- 6:50 PM</p>	<p><i>Breakout Sessions</i></p>	<ul style="list-style-type: none"> - <i>Man Cave (Virtual Room 1)</i> - <i>Sister Circle (Virtual Room 2)</i> - <i>Club House (Virtual Room 3)</i>
<p>6:50 PM- 6:55 PM</p>	<p><i>Coming together as a community – De-brief from Real Talk Sessions (Main Room)</i></p>	<p>Dorcas Baker</p>
<p>6:55 PM- 7:00 PM</p>	<p><i>Closing Remarks</i></p>	<p>Roger Clark and Dr. Pamela Ouyang</p>

5TH COMMUNITY FORUM ON HEALTHY AGING

Staying Healthy, Strong, and Resilient.

Staying Strong and Authentic

PART 2: Monday, November 8, 2021, 5 PM -7 PM

Virtual Room 1: Man Cave Breakout Session

Hosts: Roger Clark, MBA and Andre' Turner

This breakout session will not be recorded.

Time	Title	Speaker
5:55 PM- 6:00 PM	Welcome and Introductions	Roger Clark Andre' Turner
6:00 PM- 6:10 PM	Real Talk about Prostate Health	Otis W. Brawley, M.D, MPH Bloomberg Distinguished Professor of Oncology and Epidemiology Johns Hopkins University School of Medicine
6:10 PM– 6:20 PM	A better life with each breath: How lung health helps with healthy aging	Panagis Galiatsatos, MD, MHS Assistant Professor, Division of Pulmonary and Critical Care Medicine Johns Hopkins University School of Medicine
6:20 PM- 6:40 PM	Interactive Discussion	Roger Clark Andre' Turner
6:40 PM- 6:50 PM	Final Thought:	Dr. Otis Brawley Dr. Panagis Galiatsatos
6:50 PM- 6:55 PM	Coming together as a community – De-brief from Real Talk Sessions (Return to Main Room)	Dorcas Baker



Staying Strong and Authentic
PART 2: Monday, November 8, 2021, 5 PM -7 PM
Virtual Room 2: Sister Circle Breakout Session
 Hosts: Dorcas Baker and Crystal Evans

This breakout session will not be recorded.

Time	Title	Speaker
5:55 PM – 6:00 PM	Welcome	Dorcas Baker and Crystal Evans
6:00 PM- 6:10 PM	HERstory of Resilience: From Cervical Cancer Patient to Advocate	Tamika Felder CEO and Chief Visionary Cervivor, Inc
6:10 PM- 6:20 PM	Cervical Cancer: Know the Facts	Anna Beavis, MD, MPH Assistant Professor of Gynecologic Oncology Johns Hopkins University School of Medicine
6:20 PM - 6:30 PM	More than a Flash: Menopause and Vitality	Wen Shen, MD, MPH Assistant Professor of Gynecology and Obstetrics Co-Director, Women’s Wellness and Healthy Aging Program Director, Menopause Medicine Clinic Johns Hopkins University School of Medicine
6:30 PM – 6:40 PM	Real Health Begins with Self-Care	Jennifer Ayanna Harrison Health and Wellness Coach Community Educator Ayanna Wellness Center
6:40 PM – 6:50 PM	Interactive Discussion	Dorcas Baker and Crystal Evans
6:50 PM – 6:55 PM	Coming together as a community De-brief from Real Talk Sessions (Return to Main Room)	Dorcas Baker



Staying Strong and Authentic
PART 2: Monday, November 8, 2021, 5 PM -7 PM
Virtual Room 3: Club House Breakout Session
 Hosts: Mark McLaurin and Donald Young, Jr

This breakout session will not be recorded.

Time	Title	Speaker
5:55 PM – 6:00 PM	Welcome	Mark McLaurin Senior VP for Campaigns 1833 Group Donald Young, Jr. Community Engagement Specialist Community and Collaboration Core Johns Hopkins University Institute for Clinical and Translational Research
6:00 PM – 6:10 PM	Because of You: I AM	Paula Neira, J.D., M.S.N., Clinical Program Director Johns Hopkins Center for Transgender Health Assistant Professor of Plastic and Reconstructive Surgery Johns Hopkins University School of Medicine
6:10 PM- 6:20 PM	Pushing through the Pandemic: Maintaining a Healthy Relationship During Quarantine	Loy Stuart Tonika Custalow-Stuart Relationship Experts
6:20 PM- 6:30 PM	Taking Off the Mask: Living in Your Truth	Monique Carter-West Social Influencer
6:30 PM – 6:40 PM	Body Positive and Alive	Donald Young, Jr. James Burrell, Jr. PrEP Coordinator Certified Community Health Worker Social Work and Outreach Department Chase Brexton Health Care
6:40 PM – 6:45 PM	Interactive Discussion	Mark McLaurin, Jr. Donald Young, Jr.
6:45 PM-	Motivational Minute	Dr. L.A. McCrae

6:50 PM		Recovery Chaplain
6:50 PM – 6:55 PM	Coming together as a community De-brief from Real Talk Sessions (Return to Main Room)	Dorcas Baker