

Presented By:

Johns Hopkins  
Adult Sickle Cell Program

Johns Hopkins University  
Division of Pediatric Hematolo-

Maryland iHOMES Network

Transition is a process that begins long before pediatric patients actually transfer their care to adult health care providers. It is recommended that parents & patients start this process by age 13 to ensure a safe and smooth transition before age 22.

Dine & Learn Sessions provide the information sickle cell patients and care givers need to begin the process.

To RSVP or if you have any questions contact Lauren Whiteman, 443-287-0608, [lwhitem1@jhmi.edu](mailto:lwhitem1@jhmi.edu)

# Dine & Learn Sessions for Sickle Cell Transition Education & Support



**WHEN:** 3<sup>RD</sup> WEDNESDAYS 5:30PM-7:30PM

**WHERE:** EUDOWOOD BOARD ROOM  
ON THE 2ND FLOOR OF THE DAVID RUBENSTEIN CHILD HEALTH BLDG  
200 N. WOLFE ST, BALTIMORE, MD 21287

**WHO CAN ATTEND:** INDIVIDUALS WITH SICKLE CELL DISEASE AGE 13 AND OLDER AND THEIR CAREGIVERS

ALL SESSIONS ARE FREE AND INCLUDE DINNER WITH AN EDUCATIONAL TALK FOLLOWED BY SEPARATE SUPPORT GROUPS FOR YOUTH & THEIR CAREGIVERS

## Program Schedule

(topics without listed speaker are subject to change)

**May 15, 2013 – Pain Management 101** (Dr Keefer)

June 19, 2013 – Treating Depression to Manage Pain (Pat Carroll)

July 17, 2013- Sickle Cell Basics: What you need to know (TBA)

August 21, 2013 - Educational Rights & Accommodations  
(Stephanie Fleckinger & Shanta Robertson)

September 18, 2013– Complimentary & Alternative Pain Management

October 16, 2013 - Insurance, SSI Benefits, & Disability Resources

Nov 20, 2013- Primary Care & General Health Care (EBMC, HLC PMD)

December 2013 – No Meeting. Meet at the holiday party

January 15, 2014- Chronic Pain Management

February 19, 2014- After High School: scholarships, employment & more  
(Kim Winship)

March 19, 2014—Nutrition & Stress Management