

Wellness Matters

At 102, Local
Philanthropist
Millie Bailey
Reflects on
Giving Back

A Patient's
Long Search for
Answers to Pain



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

President's Message



Dear Friends,

I hope this issue of *Wellness Matters* finds you well.

I want to take this opportunity to recognize Steve Snelgrove, who retired as president of Howard County General Hospital in November. Steve's service since 2014 has been deeply valued,

and we appreciate all that he did to promote the mission of HCGH. We thank him for his service to HCGH and wish him well.

I am proud to be serving as the interim president of Howard County General Hospital. Previously, I served as the vice president of medical affairs and chief medical officer at HCGH. I look forward to continuing to support all the great work done every day here.

In the following pages, you will read about one of our stalwart donors, Vivian "Millie" Bailey who, at the age of 102, recently supported us with another gift. You can read her story and message to the community on page 8. Please consider joining Millie with a year-end gift in support of HCGH and our staff working on the front lines of the pandemic.

In addition, you will read the story of a patient who had been searching for answers to his back and hip pain and found them with a Johns Hopkins orthopaedic surgeon on staff at HCGH. You can read about his journey to becoming pain free on page 10.

As this challenging year comes to a close, I wish you a happy and, most importantly, healthy holiday and new year.

Sincerely,

M. Shafeeq Ahmed, M.D., MBA, F.A.C.O.G., *Interim President*

Please direct comments regarding *Wellness Matters* to 410-740-7810.
Hospital Information: 410-740-7890

Wellness Matters



In this issue of *Wellness Matters*, you will find some helpful suggestions to stay safe during the holidays and read about a patient's long journey to find answers to his pain. Longtime donor Millie Bailey will also share her thoughts on giving back.

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No Place Like (Staying) Home for the Holidays

As we approach a year of the pandemic, it is natural to feel tired and frustrated. You may be willing to take risks during the holidays to celebrate normally, or attend indoor gatherings rather than meet outside. These feelings are normal; however, the pandemic continues to pose a real threat to our community. With your help, we can continue to stand strong.

According to the Centers for Disease Control and Prevention (CDC), the more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and spreading the virus.

This year, celebrations will look different. Keep your family and community safe by considering staying home for the holidays and enjoying time with your household members.

Mark Landrum, M.D., HCGH chief of infectious disease, shares guidance on gatherings and travel.

“As we continue to see the rise in COVID-19 numbers, the stakes are incredibly high in gatherings. If you have an elderly relative with health concerns, consider canceling or strongly limiting the number attending. A traditional large family gathering is a terrible idea this year.

“If you will be gathering, two weeks beforehand take measures: stay out of restaurants, stay in small family gatherings and skip parties.



“Where we’re seeing the most community spread is not at work or stores where everyone has a mask on. The transmission is happening when you go to ‘just a small gathering with friends,’ and it is 10 people. Someone can be ill, not symptomatic, and they’ve exposed 10 people to COVID-19. If you’re putting yourself in those risky situations, someone’s going to get infected.

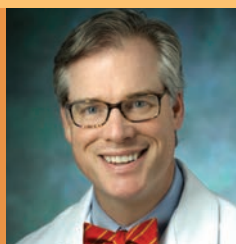
“ If you really want to make sure that you’re there for grandma at the holidays, but you’re not willing to take the time now to limit your exposure to others, you’re doing her a disservice, and you’re not helping your family.”

IF POSSIBLE, DON’T TRAVEL.

“If you must travel, the most important part is wearing a mask. Hydrate before you get on the plane so you’re not taking your mask off in flight. Do not take your mask off in the airport. If possible, protect your eyes. That’s another area where we’re concerned about transmission. If someone’s coughing and you’re within six feet, have a way of protecting your eyes — even glasses are better than nothing.

“I believe there’s light at the end of the tunnel in late spring or early summer brought by the recent promising vaccine news. The most important thing now is not to let your guard down.”

To learn more from Dr. Landrum, visit: bit.ly/Landrum-holidays.



COVID-19 Today: News and Updates to Help

We all know now that staying safe in this new normal is dependent upon us properly wearing a mask, physical distancing by staying six feet apart and thoroughly washing our hands. There are several other things we can do to keep ourselves healthy.

Preparing for Flu Season

The combination of flu season and COVID-19 may create a dangerous situation this winter if preventive actions are not taken. The two viruses have similar symptoms, including cough, fatigue, shortness of breath and more. Because both carry the risk of hospitalization or death, the importance of proper preparation cannot be understated.

To reduce the spread of each disease:

- **COVID-19:** Maintain physical distance from others while in public, wear a mask in the presence of others and wash your hands frequently. Please note that these safety measures will also protect against the flu.
- **Flu:** Get your flu shot. A flu vaccination is the best protection for you and your family. There is a test to determine if you have the flu—and this year, in certain circumstances, there is a test that, if you are symptomatic, can test you for both flu and COVID-19 at once.

Understanding Limitations of Rapid COVID-19 Testing

Rapid COVID-19 tests can provide results within minutes rather than days, but how reliable are they? Most COVID-19 tests are molecular tests that identify the virus's genetic code. Rapid tests, however, often detect viral antigens. While all diagnostic tests run the risk of displaying a false positive or negative result, the CDC and Food and Drug Administration warn that antigen tests may be more likely to miss an infection and return a false negative. Rapid tests are less sensitive than molecular tests and perform best during the early stages of infection when you may be experiencing symptoms. If you are tested for COVID-19 by a rapid test, your doctor may confirm your results with a molecular test.

Testing Options

HCGH offers drive-through outpatient testing by appointment and with a physician referral. If you wish to be tested, see a complete list of testing options at bit.ly/HCGHtesting.

You Stay Safe this Winter

Managing the Emotional Toll of a Pandemic Winter

COVID-19 precautions like physical distancing and staying home have been effective tools to reduce the spread of the virus; however, the pandemic has been challenging for many people's mental health. As the sun starts setting earlier and the weather gets colder, many people may feel a further impact on their mood. Additionally, the poor weather that comes with winter will make it more difficult to connect with friends and family outside. Seasonal affective disorder is a type of depression that occurs in the winter. The tips below can help you care for your mental health during a challenging season in a difficult year:

- Connect regularly with your friends and family through video and phone calls.
- Stay active. If it is too cold to walk or run outside, participate in an online workout or yoga class instead.
- Practice mindfulness techniques like meditation.
- Find a new hobby.
- If you need extra support, talk to your physician.

The Race for a Vaccine

At the time of publication, news was breaking about many COVID-19 vaccine trials. Some vaccines are designed to work differently than others. The part of the virus being targeted for an immune response differs among all of them. It is not known if a specific vaccine is better than another for an individual's circumstances. In the future, it is possible that one vaccine is superior for specific situations compared to another. Vaccines from different manufacturers cannot be mixed and matched as the manufacturing process is different for each. The most important statistic is the likely effectiveness of the vaccine in a broad population as shown in well-controlled trials. More information will be available about efficacy, distribution and availability as these vaccines are approved for use in the broader population.

Tests You Cannot Skip During COVID-19

Many people are choosing to use telemedicine to communicate their health care needs with their physician, but there are some routine tests you should not skip during the pandemic.

Those include:

- Pediatric checkups and vaccines
- Pap smear tests
- Mammograms
- Bone mineral density tests
- Prostate cancer screening
- Colonoscopies

If you are experiencing symptoms of heart attack or stroke, call 9-1-1 and go to the emergency room immediately. We are here to care for you safely.

HAPPY STORIES DURING THE PANDEMIC



Long Road Home

Gonzalo Fuentes (*pictured above*) was bid farewell by HCGH staff who became family during his lengthy hospital stay battling COVID-19. Physicians, nurses, therapists and other staff from many HCGH departments worked together tirelessly to help him recover and return to his family.

Santos Amaya, his daughter, says, “His doctor told me, ‘I am treating your father as if he was my father,’ which made me cry. They are why my father is OK and getting stronger every day.”

“It was excruciating to watch him recover without his family,” recalls Brittany Harman, RN, HCGH Special Care Unit clinical coordinator. “I believe all of our staff were touched by him, and we did everything in our power to provide him with the mental and emotional support to ensure he knew that we were here with him and make him feel like he was our family.”

A Patient’s Heart-stopping Story

On a morning in late September, Vince Cullen waved goodbye to his sister and headed for a swim at the Roger Carter Community Center. “I remember driving to the pool, getting into the water and starting to swim,” says Vince. “The next thing I knew, I was in the emergency room.”

Vince’s heart stopped while he was swimming. Pool staff quickly pulled Vince from the pool, performed CPR and called 9-1-1. He was rushed to HCGH where doctors stabilized him. “I recall Dr. Schwartz telling me that if I were a cat, I would have used two of my nine lives,” says Vince.

Vince’s doctors performed a cardiac catheterization to check his arteries for blockages. Surprisingly, his arteries were clear.

HCGH cardiologist **Eric Schwartz, M.D.**, identified the cause of Vince’s heart stopping as ventricular fibrillation, a type of heart arrhythmia that can cause sudden cardiac arrest. Dr. Schwartz performed a procedure to insert an implantable cardioverter-defibrillator (ICD), which will send electrical signals to Vince’s heart when needed to help it beat normally.

“If not for the prompt lifesaving measures of center staff and EMS, Mr. Cullen would not have had a chance to receive further care for his heart,” says Dr. Schwartz. “It’s a perfect example of how important it is for everyone to learn CPR—you never know when it could save someone’s life.”

Vince, who recently moved to Howard County, is thankful for the care he received at HCGH. “I told the ER staff that this was not the way I wanted to be introduced to the hospital for the first time, but the service was excellent,” he says. “I’m very grateful to be alive.”



Helen Rosenblum with her granddaughter.

A Salute to Hospitalists

Bruce Rosenblum remembers the night he received the call from his mother’s assisted living facility. At 92, she had tested positive for COVID-19. She was taken to HCGH where she was cared for by Johns Hopkins hospitalist **Trushar Dugarani, D.O.**, and the team of nurses and specialists in the ICU.

“As it turned out, my mother had both COVID-19 and congestive heart failure,” recalls Bruce. “So, I was quite concerned and fearful of the prognosis.”

“She was dealing with COVID-19, which given her age, luckily for her she did fairly well with, but it did affect her heart for some period of time,” says Dr. Dugarani. “We were able to remove excess fluid off her lungs and get her back to good health.”

“One of the biggest challenges at the time was that families weren’t able to come into the hospital, and so the communication process had to change quite a bit.”

Bruce says, “I was so appreciative that Dr. Dugarani offered to use his phone for the Zoom conference. It was unbelievably reassuring to be able to see my mother and for her to see me. Thank you for your amazingly competent and compassionate care.”



To see a video of her story, visit bit.ly/hcgh-care-story.

HCGH Launches Race to Support Nurses



The first Race Across Howard County was held virtually Dec. 1-15 to raise funds for critical initiatives at Howard County General Hospital and establish our Nursing Excellence Fund.

Hospital staff, friends, families, neighbors and colleagues came together to give back to HCGH while challenging themselves to get active and walk or run a fun run, 5K, or half or full marathon.

Jennifer Baldwin, HCGH chief nursing officer, brought the idea of a virtual challenge race to the Howard Hospital Foundation earlier this year. “I wanted to find a way to recognize our exceptional nursing staff and to promote wellness during the winter months as well,” says Jennifer. “Since COVID-19 struck, our dedicated nurses have not only served tirelessly on the front lines of the pandemic, they have also become family to countless patients who were not able to have loved ones at their bedside. I am truly humbled and inspired to be part of the nursing team at HCGH, and I hope that our community will join me in honoring our health care heroes by supporting the Nursing Excellence Fund.”



Nursing Excellence Fund

Every day, in every unit, HCGH’s 800 nurses strive to deliver exceptional patient- and family-centered care. Donations support nurses by funding continuing education and training, resources to promote resilience and wellness of staff, and tools to improve the quality of care and health outcomes for patients.

Make a gift to the Nursing Excellence Fund today: hcg.org/give.

With Gratitude

HOWARD COUNTY GENERAL HOSPITAL THANKS THE RACE ACROSS HOWARD COUNTY SPONSORS* FOR THEIR OUTSTANDING SUPPORT.

Charles and Mary Lisa Langmead



Emily & Aaron Shreve

Doc & Kathy Walther

*sponsors committed by 10/31/20

A Centenarian's Lesson in Giving

AT 102, VIVIAN "MILLIE" BAILEY MAY SEEM SLIGHT IN STATURE, BUT MANY WILL TELL YOU HER HEART IS BIG.

Howard County General Hospital has benefitted over the past 25 years from Millie's support both as a donor and as the longest-serving member of the hospital's board of trustees.

The hospital is once again a recipient of her heartfelt philanthropy. In recognition of Millie's recent generous donation, the hospital's cafeteria will be named the Vivian C. "Millie" and William Harrison Bailey Cafeteria.

Millie and her late husband Bill moved to Columbia in 1970, and when she retired in 1975 from the Social Security Administration, she continued giving back to the community. "Bill was very active in the county just as I have been," recalls Millie. "He was involved with the Community Action Council and extremely active with the Howard County Police Department on crime prevention."

When Millie was a little girl growing up in Tulsa, Oklahoma, she says, "I never dreamed that I would be able to do anything of significance for anybody else. Today, I tell everybody, try to find something, a cause that is important to you, and support that cause. Some people think you must have a lot of money to do something, but they forget that small amounts add up to large amounts."

When it comes to supporting HCGH, Millie says, "I think it's extremely important for Howard County residents to support their only community hospital. Even though I have the hospital in my will, I wanted to donate this year. The cafeteria is a place where everybody goes, and therefore, they'll be able to see that the Baileys gave, and it may inspire others to do something like that too."

When asked for the secret to living to 102, she says there is no real secret but she believes eating well, maintaining a healthy weight and regularly exercising your mind and body all play a part in her being a centenarian. "I think that just sitting and doing nothing is a waste of time," says Millie. "If you sit and look at television all day you are not thinking, you are not having to use your mind."

"I like what Jackie Robinson said, 'A life is not important except in the impact it has on other lives,' and I regularly try to think of ways that I can help other people and to make life a little better for someone.

"I would like to be remembered as being a giving person — someone who tried to do some good and tried to make things a little better. That would be good enough for me."

Words to live by...

• MILLIE'S FAVORITE PRAYER •

Lord, let me live from day to day in such a self-forgetful way; That even as I kneel to pray, my prayers will be for others.

Millie's story has been inspirational to many.

Please consider an end-of-year gift to support the hospital.

Visit hcgh.org/give.

▶ Hear more of Millie's story, visit bit.ly/hcgh-bailey.



COVID-19 Legislation Encourages Charitable Giving in 2020

The Coronavirus Aid Relief and Economic Security (CARES) Act became law in March. While it focuses mainly on economic relief for individuals and businesses, tax provisions for charitable giving in 2020 are also included. Depending on how you file your tax return, if you make a donation this year to a qualified charity such as Howard County General Hospital, you could benefit.

If you take the standard deduction, as most taxpayers do, you may receive a new above-the-line charitable deduction for cash contributions up to \$300.

If you itemize your deductions, you may deduct annual contributions up to 100% of your adjusted gross income for cash gifts made this year. This adjustment may be attractive if you wish to make a large cash donation.

Required retirement plan distributions have been temporarily waved by the CARES Act for most retirement plans in 2020. However, if you are 70½ or older, you are still able to make a tax-free gift of up to \$100,000 directly from your traditional IRA.

If you wish to give to HCGH, consult your financial advisor. For more information about donating to the hospital, contact Jennifer Smith at jsmit448@jhmi.edu or 410-740-7899.

Show your support for health care workers by making a tax-deductible gift by year's end, visit hcg.org/give.

A Man with a Vision for Giving

Hailed by the horseracing community as the man who put Maryland thoroughbred racing back on the map, Robert Tyree “Bob” Manfuso was not only a visionary in the equine world; he also had a vision for giving back to our community hospital in recognition of Howard County General Hospital past President and CEO Vic Broccolino.

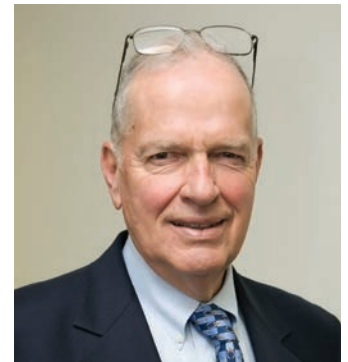
“Bob felt Howard County General Hospital was critical to this community, and as long as we are part of the community, it is the most important thing to support. He could afford to do something meaningful, and HCGH was a priority.”

— Katy Voss, *longtime partner*

Together, Bob and Katy built the nearly 200-acre Chanceland Farm in western Howard County, where they raised, bred and trained thoroughbred horses. Bob, a former co-owner of Pimlico and Laurel racetracks, served as a trustee of the HCGH board from 2003-2013. In honor of their relationship with Vic and Tina Broccolino,

Bob and Katy became supporters of the Claudia Mayer/Tina Broccolino Cancer Resource Center.

Bob passed away earlier this year and included a \$250,000 gift to HCGH in his estate plan. With this gift, Bob will be posthumously inducted into the HCGH Jim Rouse Visionary Society, which honors the hospital's most generous donors.



Robert Tyree “Bob” Manfuso

“Bob Manfuso was a true champion of philanthropy, and we are grateful for his tremendous support and leadership over the years. We hope that this inspires others in our community to consider making a planned gift to the hospital,” says Jennifer Smith, vice president of Development at Howard Hospital Foundation.

A Patient's Long and



Alex La Grange

A Search for Answers and the Right Diagnosis

Alex La Grange has wrestled with back pain from a young age. The son of farmers, he pushed through the discomfort to get the work done. Having worked in heavy construction all his life, aches and pains from standing on concrete went with the job. But in 2006, Alex was diagnosed with rheumatoid arthritis and retired. Over the years, he continued to work around his property in Anne Arundel County, fighting back pain to enjoy his hobby rebuilding cars. By 2019, enough was enough for Alex. The pain had become unbearable.

Alex visited numerous physicians including a hip specialist, rheumatologist and pain specialist in search of answers. He had X-rays and MRIs and received injections to ease his pain. Nothing worked, and the pain continued. It was now April 2020, the pandemic had struck, and Alex was left in limbo in quarantine.

“I felt like an old man,” recalls Alex. “I felt like no one cared.” When sharing his plight with a friend, they shared their story of pain-relieving back surgery by **Amit Jain, M.D.**, a Johns Hopkins orthopaedic surgeon on staff at HCGH.

“In July, I saw Dr. Jain, and he was very compassionate,” says Alex. “He looked at my X-rays and MRI and listened to my story. Dr. Jain was straightforward and said I had lots going on with my back and right hip, and he wanted to be sure of the source of the pain. I will never forget. He said, ‘If you were my father, I would recommend you see a hip doctor. I don’t believe your pain is from your back.’ My wife and I were both in tears—we finally had someone who cared.”

Dr. Jain referred Alex to **Savya Thakkar, M.D.**, a Johns Hopkins board-certified orthopaedic surgeon on staff at HCGH.

“As a spine surgeon, I always think about what I would want for my family member. I come to work every day with that in mind.”

— Amit Jain, M.D.

Painful Road

Within days, Alex and his wife were meeting with Dr. Thakkar at the Johns Hopkins Musculoskeletal Center in Columbia.

“Dr. Thakkar listened to my story, looked at my tests and kept shaking his head in a very caring way and apologized for all the pain I had endured.”

— Alex La Grange

“Again, we had tears of joy that someone cared. Dr. Thakkar looked me straight in the eye and said, ‘You need a hip joint replacement. Your joint is worn down, which is causing your pain.’”

Dr. Thakkar explains, “The hip and pelvis are intimately connected with the spine. It is essential to maintain balance between the spine and the pelvis for us to stand, walk and remain active. Our spine surgeons work closely with the hip surgeons to create a seamless and positive patient experience.”

On August 7, Alex had his hip replaced by Dr. Thakkar at HCGH during a same-day outpatient procedure.

“I have never been operated on in my life. I was scared, really scared. Everyone at HCGH — from the intake person to the X-ray tech to the nurses — they were so kind. They made me

feel like family and were comforting and reassuring that everything was going to be okay, and it was,” says Alex.

Four hours after surgery, Alex was up walking with a walker and headed home.

“Mr. La Grange’s surgery went very well,” Dr. Thakkar notes. “After surgery, his pain levels were low allowing him to walk with therapists in the recovery room and go home the same day. It was heartening to see him on the road to becoming pain free again.”

During his post-op visit with Dr. Thakkar two weeks later, Alex was only walking with light use of a cane. “Dr. Thakkar said everything looked good, and my new hip would last 30 years. Wow!” recalls Alex. “I had suffered with severe back and hip pain for years, and now I have a new pain-free life.”

Alex finished physical therapy in October and has returned to his current project rebuilding a truck.

“Today, physically, my hip is excellent,” Alex says. “Mentally, I can now think more clearly without the pain clouding my mind. It feels good to breathe in fresh air without pain. I am loving life.”


Learn more from Dr. Thakkar

at a free, virtual seminar

Managing Joint Pain — When is it Time to Consider Joint Replacement?

January 15, 2021 • 12 p.m. - 1 p.m.

When you have joint pain, everyday movement can become unbearable. Dr. Thakkar will share ways to manage hip and knee pain and give details about the newest treatment options aimed at increasing comfort and mobility. Registration is required at hcggh.org/events.

 Hear about hip surgery from Dr. Thakkar at bit.ly/ThakkarHip.

Savya Thakkar, M.D., is a board-certified orthopaedic surgeon with Johns Hopkins Musculoskeletal Center in Columbia.

Appointments: 443-997-2663



Drs. Thakkar (left) and Jain (right) at the Johns Hopkins Musculoskeletal Center in Columbia.

Oh Baby!

Pregnancy and Giving Birth in a Pandemic

Pregnancy and birth often involve a lot of excitement and a few nerves. COVID-19 has increased that anxious feeling for many expectant mothers. At HCGH, we are doing everything we can to support families during pregnancy and birth while protecting the safety of mom, baby and our hospital staff. *Sarah Sheikh, D.O.*, an OB/GYN on staff at HCGH, answers your questions about pregnancy and giving birth in the pandemic.

Q&A

WITH

Sarah Sheikh, D.O.

Q. Is it safe to give birth at HCGH?

A. I'm confident in the hospital's protocol to ensure safety during the pandemic. We are constantly updated on the latest CDC recommendations and guidelines. Everyone is diligent about wearing PPE, and we meet regularly throughout the day on the Labor and Delivery Unit to discuss patients and review any new COVID updates.

The hospital uses cleaning materials that are government regulated in all public and private spaces and follows CDC guidelines for disinfecting all surfaces to ensure your health and safety.

Q. How has COVID-19 impacted the birthing process at HCGH?

A. The main difference is testing, mask use and visitor limits. Everyone is required to wear a mask when they enter the hospital. Mom will receive a rapid COVID-19 test upon admission. The care team will follow our COVID-19 protocol and will resume non-COVID-19 guidelines if the test comes back negative. For extra precaution, Labor and Delivery Unit care providers wear face shields in addition to masks.

Q. What if I test positive for COVID-19?

Will I be separated from my baby after birth?

A. If you test positive prior to delivery, you will get the same care but deliver in a different area on the Labor and Delivery Unit. There are also other safety measures and medications your doctor may prescribe. Following birth, we encourage skin-to-skin and baby rooming in with you, and the hospital will continue to follow current CDC guidelines.

Q. Do I need to wear a mask during labor and giving birth?

A. Yes. Even if you test negative upon hospital admission and are asymptomatic, you should wear a mask while giving birth. Rapid tests can be a good diagnostic tool, but they have a high number of false negatives. Wearing a mask protects everyone, including your baby.

Q. Do I have to stay in the hospital after birth, or can I go home early?

A. We are making every effort to ensure mom can leave as soon as it is safe for mom and baby. The first day we go to see a mom after a vaginal birth, we always discuss her thoughts on going home if the baby's okay to go home too. When appropriate, we give mom the opportunity and let them decide what is best.

Sarah Sheikh, D.O., is a board-certified OB/GYN with Capital Women's Care Howard County in Fulton.

Appointments:
410-531-7557



Q Should I delay starting or expanding my family until after the pandemic?

A Your concerns are understandable. It all depends on your family's unique needs. Certainly, there are more risks involved, given the fact that you could contract COVID-19 during the pregnancy, but I think it depends on your comfort level. Whatever a patient chooses, we will support them throughout their pregnancy or help them plan for a future pregnancy.

Regardless of where you are in your journey to motherhood, we advocate for physical distancing, wearing a mask and frequent handwashing as continued safety measures throughout the pandemic.

What to Expect

Giving Birth at HCGH During COVID-19

PREPARING FOR BIRTH

- Learn about important topics including breastfeeding, infant care and childbirth by attending HCGH's online and virtual classes. Read more about these educational opportunities on page 15. To register, visit hcg.org/events.
- Take a virtual tour of the birthing center with a nurse and have your questions answered.
- Monitor for COVID-19 symptoms. If you have a fever or any respiratory difficulty such as coughing or shortness of breath, call your doctor and explain your symptoms over the phone before going to the doctor's office, urgent care facility or emergency room. If you have a medical emergency such as severe shortness of breath, call 9-1-1.
- Call prior to coming to the hospital if you have symptoms or if you have tested positive for COVID-19 by an outside facility.
- To speed the admitting process for delivery, you can preregister with your doctor's office in advance of your due date.

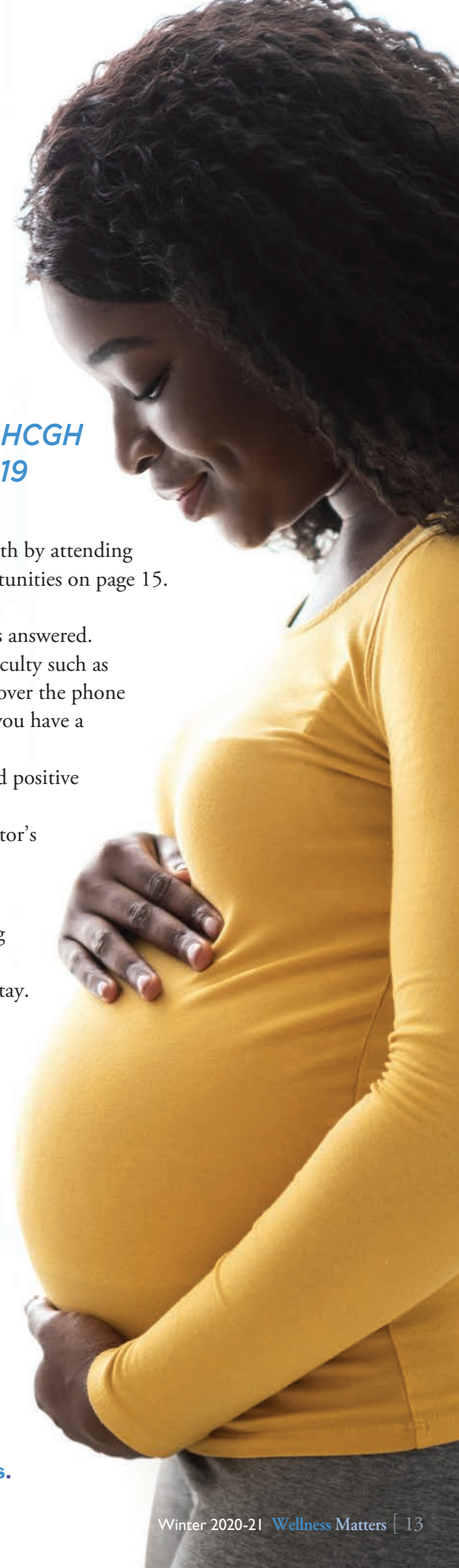
IT'S DELIVERY DAY!

- Enter the hospital through the main entrance and check in with the Admitting Department in the main lobby.
- You can have one person stay with you while you give birth and during your stay. This visitor can remain with you after delivery, but we recommend minimal re-entry. Visitors will be screened for flu-like symptoms, such as fever, cough or shortness of breath, and will not be able to stay if symptomatic.
- Due to COVID-19 visitor restrictions, other family and friends will not be allowed to enter the hospital or wait in lobby areas. For the most up-to-date visitor policy, visit bit.ly/HCGHNewVisitor.

AFTER BIRTH

- Plan to stay at home as much as possible.
- Introduce your extended family and friends to your baby through a video visit rather than an in-person gathering.
- If you go out, wear a mask, practice social distancing and wash your hands with soap and water frequently and thoroughly for at least 20 seconds.
- Join the New Moms' Online Support Group for first-time new moms and their babies up to 5 months old. For dates and times, see page 15. Register at hcg.org/events.

**For more information on childbirth and COVID-19, visit bit.ly/hcg-ob-faqs.
For general childbirth information, visit hcg.org/baby.**



Sleep Center Changes Name

The Johns Hopkins Center for Sleep has announced a new name: The Johns Hopkins Center for Sleep and Wellness, reflecting the ongoing commitment to the growing science supporting the symbiotic relationship between sleep and wellness. Pursuit of healthy sleep leads to overall wellness, and overall wellness will lead to better sleep. To learn more about the center, visit hcgh.org/sleep.

Baltimore Magazine Top Doctors 2020

Congratulations to the following HCGH doctors who were recently recognized in *Baltimore* magazine's Top Doctors Guide for 2020.

ALLERGY/IMMUNOLOGY

Dara Lee Neuman-Sunshine, M.D.

BREAST SURGERY

Lisa Jacobs, M.D.

CARDIOLOGY

Ajay Soodan, M.D.

CARDIOLOGY-INTERVENTIONAL

Rani Hasan, M.D.

Jon R. Resar, M.D.

CLINICAL GENETICS

Carol L. Greene, M.D.

COLON AND RECTAL SURGERY

Irina Bernescu, M.D.

Jonathan Efron, M.D.

EMERGENCY MEDICINE

Mustapha Saheed, M.D.

ENDOCRINOLOGY

Heidi A. Karon, M.D.

Rosalie Naglieri, M.D.

GASTROENTEROLOGY

Ekta Gupta, M.D.

Lauren Halvorson, M.D.

Reezwana Chowdhury, M.D.

Darryn Potosky, M.D.

GENERAL SURGERY

Michael Robert Marohn, M.D.

GYNECOLOGIC ONCOLOGY

Amanda Nickles Fader, M.D.

HEMATOLOGY/ONCOLOGY

Nicholas W. Koutrelakos, M.D.
(retired)

Mohit Narang, M.D.

INTERVENTIONAL RADIOLOGY

Kevin Jarrell, M.D.

MATERNAL FETAL MEDICINE

Jeanne S. Sheffield, M.D.

NEUROLOGY

Rafael Llinas, M.D.

OPHTHALMOLOGY

Yassine Daoud, M.D.

ORTHOPEDICS-GENERAL

Nicholas Grosso, M.D.

Michael Wallace, M.D.

ORTHOPEDIC SURGERY-HAND

Khurram Pervaiz, M.D.

ORTHOPEDIC SURGERY-JOINT

Julius Oni, M.D.

Scott L. Silverstein, M.D.

Ke Xie, M.D.

ORTHOPEDIC SURGERY-SPINE

Oren G. Blam, M.D.

ORTHOPEDIC SURGERY-SPORTS MEDICINE

Scott L. Silverstein, M.D.

Morris Brian Polsky, M.D.

Michael Wallace, M.D.

ORTHOPEDICS-SPORTS MEDICINE NON-SURGICAL

Richard Kinnard Sr., M.D.

PALLIATIVE MEDICINE

Delia Chiaramonte, M.D.

PEDIATRIC RADIOLOGY

William Reid Thompson, M.D.

PEDIATRIC PULMONOLOGY

Laura Sterni, M.D.

PEDIATRIC SLEEP MEDICINE

Laura Sterni, M.D.

PEDIATRIC SPORTS MEDICINE

Scott Adams, M.D.

Ralph Zade, M.D.

PEDIATRIC SURGERY

Samuel M. Alaish, M.D.

Alejandro Garcia, M.D.

Eric Jelin, M.D.

PEDIATRIC UROLOGY

Adam Kern, M.D.

PLASTIC SURGERY

Maakan Taghizadeh, M.D.

Kristen Broderick, M.D.

PLASTIC SURGERY-HAND

Brian Janz, M.D.

PODIATRY

Marc N. Lipton, D.P.M.

PODIATRY-FOOT & ANKLE

Roberto Brandao, D.P.M.

RADIATION ONCOLOGY

Mark Mishra, M.D.

Pranshu Mohindra, M.D.

Jason K. Molitoris, M.D.

Elizabeth M. Nichols, M.D.

William F. Regine, M.D.

THORACIC SURGERY

Gavin L. Henry, M.D.

VASCULAR SURGERY

James H. Black III, M.D.

Consider Virtually Volunteering for an HCGH Patient Advisory Committee

Even and especially during a pandemic, we rely on the input from patients and families to provide the best care to our community. The patient's perspective is valued and needed in three patient and family advisory councils. Meeting virtually now, this is an opportunity to meet others and confidentially share your experience with us to improve the health of our community.

We are seeking individuals who can bring a variety of perspectives to our council discussions. If you have had a recent experience at HCGH and would like to participate, visit bit.ly/HCGH-advisory, email HCGH-PFAC@jhmi.edu or call **410-740-7725** to learn the details.

HCGH
doctors
serving you

These HCGH physicians have recently relocated or established new offices in Howard County.

GASTROENTEROLOGY

Farzin Rashti, M.D.

Gastro Center of Maryland

7120 Minstrel Way, #100

Columbia, MD 21045

410-290-6677

OBSTETRICS AND GYNECOLOGY

Elena Bryce, M.D.

Signature OB/GYN

10710 Charter Drive, #200

Columbia, MD 21044

410-997-0580

ORTHOPEDIC SURGERY

Brian Janz, M.D.

Orthopaedic Associates

of Central Maryland

10710 Charter Drive, #300

Columbia, MD 21044

410-826-0178

RADIATION ONCOLOGY

Nicola Nasser, M.D.

Central Maryland Radiation Oncology

10710 Charter Drive, #G030

Columbia, MD 21044

443-546-1300

Wellness Classes:

ONLINE COURSES

provide material for review that can be accessed at any time.

MENTAL HEALTH FIRST AID FOR ADULTS:

A Virtual Class

Learn to assist someone experiencing a mental health or substance use challenge. Participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Includes digital manual. 3/12 or 5/14, 8:30 a.m.-3 p.m. Free.

YOUTH MENTAL HEALTH FIRST AID:

A Virtual Class

Learn how to help an adolescent (age 12-18) who may be experiencing a mental health or addiction challenge. In an updated format, participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Includes digital manual. 4/16, 8:30 a.m.-1:30 p.m. Free.

LIVING WELL WITH DIABETES: *A Virtual Class*

In this instructor-led format, learn self-management skills including goal setting and stress management; glucose monitoring, skin and foot care; techniques to cope with frustration, fatigue, pain and isolation; skills to more effectively communicate with family, friends and health professionals; and appropriate exercise and nutrition for those with diabetes. Visit bit.ly/diabetes-virtual for dates and times. Free.

LIVING WELL WITH CHRONIC DISEASE:

Toolkit

In this six-week, self-management program, learn skills to help you manage chronic health conditions. Includes self-paced materials and activities. Each week you will meet with your instructor in a small group, 30-minute conference call to discuss your self-management progress. A Spanish version of this class, Tomando Control de su Salud, is also available. Free. Visit hcgh.org/events for dates and times.

During COVID-19, we are offering classes and support groups virtually where possible.

To register, visit hcgh.org/events.

For more information, call 410-740-7601 or email jstanto6@jhmi.edu.

VIRTUAL CLASSES

are held live at a set day and time via computer video and audio using Zoom to allow for real-time instruction and interaction.

CHILDBIRTH AND NEW PARENT CLASSES

Prenatal classes use online and virtual instruction to help you prepare for the birth of your baby. Online courses include comprehensive information, videos, interactive activities and parent resources. Complete the online course before attending an instructor-led virtual class. The online-only classes are also available without a virtual class for \$35 each. For dates, times and to register for the childbirth and new parent classes, Birthing Center Tour Online and New Moms' Support Group, visit hcgh.org/babyclasses.

- **Childbirth Preparation: *Virtual and Online Class***

Learn about pregnancy, labor, childbirth, comfort techniques, caesarean section and medical procedures in the online course, *Understanding Birth*. In the virtual class, a childbirth educator will discuss relaxation and breathing techniques, elaborate on topics in the online class and answer your specific questions. \$75.

- **Breastfeeding: *Virtual and Online Class***

Topics in the online course, *Understanding Breastfeeding*, include when to breastfeed, getting enough milk, latching and positioning, breast care and the breastfeeding lifestyle. After completion of the online course, attend a virtual course taught by a lactation consultant. \$40.

- **Infant Care: *Virtual and Online Class***

In the online class, *Understanding Your Newborn*, learn about your newborn's appearance, traits and behaviors; crying and comforting; bathing and dressing; feeding and sleeping; and signs of illness and newborn health and safety. Practical skills will be demonstrated in the virtual, instructor-led class. \$65.

- **New Moms' Online Support Group**

Share experiences with other new moms at this virtual support group. Includes discussion of parenting topics, referrals, guest speakers and time to share and support. The group is for first-time new moms and their babies up to 5 months old. Mondays, 1/18-3/8, 4-5:30 p.m. Tuesdays, 1/19-3/9 or 3/23-5/11, 10-11:30 a.m. Free.

- **Birthing Center Tour: *Virtual***

Our nurse will show a video of the birthing center at Howard County General Hospital and answer your specific questions. Learn about hospital services, preregistration, where to park and enter when you arrive at the hospital, COVID-19 policies for L&D and MCU and more. Free.

- **Empower: Supporting Positive Parenting for Substance-exposed Newborns: *Virtual Class***

Mothers will learn to console their baby experiencing neonatal abstinence syndrome in this instructor-led course. Families will have questions answered, be empowered to care for baby through the withdrawal period and collaborate with the health care team to give baby the best possible outcome. 1/27, 2/24 or 3/24, 5:30-6:30 p.m. Free.



Managing Joint Pain

WHEN IS IT TIME
TO CONSIDER
JOINT REPLACEMENT?

A Virtual Seminar



Savya Thakkar, M.D.

January 15, 2021/12-1 p.m., Free.

When you have joint pain, everyday movement can become unbearable. Johns Hopkins orthopaedic surgeon **Savya Thakkar, M.D.**, will share ways to manage hip and knee pain and give details about the newest treatment options aimed at increasing comfort and mobility. Registration is required at hcg.org/events.

STATE OF HEALTH CARE IN HOWARD COUNTY

The COVID-19 Effect: Your Health and Care

Presented by



HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

EXPERTS BROUGHT TOGETHER

HCGH recently held the State of Health Care in Howard County, The COVID-19 Effect: Your Health and Care. Hundreds joined virtually to hear a panel of Johns Hopkins experts in emergency medicine and infectious disease discuss the latest advances with vaccines and COVID-19 care, health equity and recommendations to stay safe and healthy in the pandemic. In addition, the HCGH Promise of Health Award was given to Howard County Executive Calvin Ball in recognition of his leadership during the pandemic.

For the latest COVID-19 news and updates on testing, vaccines, visitor policies and information on future programs, visit bit.ly/HCGH-COVID and sign up for our monthly enews, *Your Wellness Matters* at hcg.org/news.