Giving Matters

Volunteers Making A Difference

Your Donations at Work

Image Guided Sinus Surgery
Anger Management
Dear Friends,

In April, we will recognize the contributions of a group of very special people—people who have dedicated themselves to helping others, not for pay or recognition, but for the satisfaction of knowing they have made a difference. Our volunteers are an integral part of the Howard County General Hospital family. We depend on seeing them in the gift shop, at the information desk, in the consignment shop, on patient floors, in the Emergency Department, in the Pharmacy and in the Claudia Mayer Cancer Resource Center, as well as in many other areas of the hospital. Did you know that our volunteer program has more than 500 volunteers, who, during this past year, worked in excess of 45,000 hours? This translates into a cost saving for the hospital of over $1,000,000, each year. To all of our volunteers, some of who are pictured on the front cover, please accept my sincerest thanks and admiration.

There is another category of volunteers that I also want to recognize and whose efforts are not recognized in the previous paragraph; I call them the unsung heroes—they are the members of our board of trustees and board and professional staff committees who donate endless hours of their time to our hospital. They are our volunteer nurses, whose work gained them a Volunteer Group of the Year award from the Daily Record. They are also the hundreds of people from many organizations and companies throughout the county who staff our Symphony of Lights every night. They are the salons and spas in our community who donate their services to the patients at the Claudia Mayer Cancer Resource Center, and they are the people who help at our health fairs. The list goes on and on. This past year there were more than 1,200 people from the community who volunteered their time to benefit our patients, the hospital and fellow Howard Countians. I express my appreciation and that of our patients and staff to each and every volunteer, no matter what the extent of your involvement; you make a very positive difference to the lives of others.

In this issue of Wellness Matters, there is a section called Giving Matters where we list our financial donors for the past year. Without the financial support of our community, Howard County General could not continue to grow to meet the needs of the community. Funds raised have gone toward renovating clinical areas, purchasing the latest technology, and expanding our programs and facilities. We thank you for your support, and will continue to need the financial support of our community, more than ever, in the coming months as we begin implementation of our major campus development plan to include the construction of a new all-private room patient tower.

I would also call your attention to the enclosed special insert on preparing for the flu pandemic. Howard County General Hospital worked closely with the Howard County Health Department and the Horizon Foundation to develop this important information piece in order to help you be prepared to care for your families and friends in the event of a catastrophic flu pandemic.

Finally, I would like to congratulate our new county executive Ken Ulman and the newly elected members of the Howard County Council, Ms. Courtney Watson, Mr. Calvin Ball, Ms. Jen Terrasa, Ms. Mary Kay Sigaty, and Mr. Greg Fox. We look forward to working closely with them, and you, to ensure the good health of our community.

Sincerely,

Victor A. Broccolino
President and CEO
Howard County General Hospital
FOCUS THIS ISSUE

A Sigh of Relief for Sinus Sufferers

Image guided sinus surgery provides doctors with a detailed view that benefits you.

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Understand the potentially harmful side effects of anger.

7 Spinal Lumbar Fusion Surgery
Learn how spinal lumbar fusion surgery can help treat pinched nerves and sliding spinal discs.

8 The Art of Communicating
Using sign language to understand your baby.

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Recognizing those who support HCGH in countless ways.

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If you have nasal polyps or are a chronic sinusitis sufferer—having sinus infections frequently that do not always respond to antibiotics—image guided sinus surgery may be a safer and more effective treatment option for you.

Image guided sinus surgery is an advance in the complex treatment of sinus related conditions. Using diagnostic images, physicians are provided with a road map of your intricate sinus passages to guide them through your surgery. According to Dr. Howard Hessan, an otolaryngologist (ear, nose and throat specialist) on staff at Howard County General Hospital, prior to surgery, you have a detailed CT Scan taken of your skull and sinuses. This CT Scan is used to create a computerized model of your sinuses. Then, during surgery, the surgeon’s instruments are connected to the computer and a reconstructed model of the skull and sinuses from your CT Scan is projected on a video monitor. The image acts as a map for the surgeon to follow and track the surgical instruments in relationship to the nasal and skull structures in real time during surgery.

Because the sinuses are adjacent to your eyes and brain, a surgeon must be very aware of your anatomical features when operating. “This technology allows the surgeon to operate in areas that physicians once may have avoided,” notes Dr. Hessan. “Image guided sinus surgery gives surgeons another tool to help make surgery safer and more thorough and therefore effective—particularly in patients with extensive disease.

**Health Term Glossary**

**CT Scan:** A computed tomography (CT) scan uses X-rays to make highly detailed computerized pictures (images) of structures inside of the body. The CT scanner sends X-ray pulses through the body area being studied. Each pulse lasts less than a second and takes a picture of a thin slice of the area.

**Sinusitis:** An inflammation of one or more of the sinuses. Acute sinusitis lasts less than six to eight weeks, or occurs less than four times a year. Chronic sinusitis is a persistent disease of more than eight weeks’ duration, or more than four episodes of infection per year.

**Nasal Polyps:** Growths within the lining of the nose or sinuses most often seen in people with chronic allergies. The growths can reduce airflow in the nasal passages, create chronic congestion, runny nose and postnasal drip, as well as a diminished sense of smell, headaches, and snoring.
or those with unusual anatomical problems or anatomy that has been changed by previous surgeries. This technique also reduces the risks of sinus surgery complications, though fairly uncommon, of eye or brain injury or blindness.”

Sinus surgery is generally indicated in those patients who have continuing problems with their sinuses despite treatment with medications and other non-surgical therapies. The decision to proceed with surgery is often a quality of life decision for patients who have gotten to a point that they no longer want to live with constant or frequent sinus symptoms.

“In general, image guided sinus surgery is well tolerated as an outpatient,” notes Dr. Hessan. “There is no post-operative bruising or swelling and long-term success rates range around 90 percent.”

For a referral to an otolaryngologist on staff at Howard County General Hospital, visit www.hcgh.org or call 410-740-7750.
The torture of bumper-to-bumper traffic. Telemarketer phone calls. Long lines at the grocery store. There are numerous moments throughout the day that can drive you mad. While getting irritated and angry is a normal reaction, there is a price to pay for your bad mood. Dr. Alex Chudnovsky, a cardiologist on staff at Howard County General Hospital, warns that anger takes a toll on you physically.

**Why is Anger so Toxic?**

According to the American Heart Association (AHA), men who explode with anger or have a strong negative outlook are more likely to develop an irregular heart rhythm.

Men aren’t the only ones taking a beating for letting their anger get the best of them. AHA studies show teens who don’t manage their anger are at higher risk for weight gain. “This resulting weight gain can lead to a higher risk of cardiovascular disease at a younger age,” says Dr. Chudnovsky. “Anger is a health risk for men and women of all ages. Anger affects the blood vessel’s ability to respond to changes in blood flow. When the ability for your blood vessels to expand or contract becomes impaired, it can increase your risk of heart attack or stroke.”

**What Can You Do?**

It’s hard to imagine never getting angry when something irks you. “However, research shows that anger’s physical effects can be long lasting—increasing your risk not only for heart attack and stroke, but also for high blood pressure, depression, heart disease and digestive problems. People need to recognize the symptoms and learn to manage their anger,” says Dr. Harry Li, an internist on staff at HCGH.

To help you recognize and manage your anger, HCGH offers the Moving Through Anger program spotlighted above. In addition, a free Healing Laughter class will be held on February 27 from 7–8:30 p.m. at the HCGH Wellness Center. For more information about either of these wellness events, fees or to register, call 410-740-7601.

**Why Your BAD MOOD IS BAD NEWS FOR YOUR HEART**
What is Lumbar Fusion Surgery?

Lumbar fusion surgery aims to relieve pain, tingling, numbness, and weakness as well as restore nerve function and stop/prevent abnormal motion of the spine. Often performed by a neurosurgeon and an orthopedist, this surgery involves taking bone chips from your hip and placing them along your spine. Your body then heals/fuses those bones together. “We can also place pins and rods to hold these chips in place, which increases this surgery’s success rate,” say Dr. Lawrence Shin, an orthopedic surgeon on staff at Howard County General Hospital. “Using fusion, we can stabilize the spine, reducing the risk of future spinal disc ruptures or bone spurs.”

What are the reasons for having lumbar fusion surgery?

According to the American Association of Neurological Surgery, the most common reason for having this surgery is leg pain or sciatica—pain that may result from a herniated lumbar disc that puts pressure on one or more of the spinal nerves. “In addition to pinched nerves, this surgery is used to treat spondylolisthesis, a condition where one of your vertebra has slipped forward over another,” says Dr. Shin. “If the vertebra continues to move back and forth, your spinal nerves may be affected, and you may experience leg pain, numbness, tingling, and/or weakness. In order to prevent the vertebra movement, your physician may recommend spinal fusion surgery.”

What are the risks associated with this surgery?

“With this being major surgery, you will be hospitalized for three to four days,” says Dr. Shin. “Following surgery, you will undergo physical therapy. Hospital social workers can coordinate the transition between hospital and home as well as assist those patients who may need to go to a rehabilitation facility until they feel they are physically stable. The length and difficulty of recuperation depends greatly on your age.”

Who Should Have This Surgery?

“While this surgery helps people suffering from back problems,” say Dr. Shin, “it is really for people who have back problems that cannot be solved any other way. We try to exhaust all other possible treatments before proceeding with this kind of surgery.”

Generally, lumbar spine problems initially are treated conservatively with medication, cortisone injections, and physical therapy. If low back pain, numbness, tingling or weakness in the legs persists, some patients may be recommended for lumbar spine fusion surgery.

For a referral to an orthopedist on staff at HCGH, call 410-740-7750 or visit www.hcgh.org.
The Art of Communication:

Using **SIGN** Language to Understand Your Infant

While sign language has been used for years to communicate with the deaf, more and more parents are looking into using sign language to help their infants communicate regardless of their hearing.

Using simple gestures, babies as young as eight months old are signing gestures for words like “food” or “milk.”

According to a study published in 2000 in the “Journal of Nonverbal Behavior” and funded by the National Institutes of Child Health and Human Development, the more signs the children learned, the larger their vocabularies were by age 2. “While that is certainly a benefit,” says **Dr. Susan Lee**, a pediatrician on staff at Howard County General Hospital, “the main focus of signing is to foster a smooth interaction between parent and child. While signing is not a replacement for using your voice when communicating with your child, it’s another tool for parents when communicating with their infants. By enabling a child to use gestures to communicate wants and needs, parents are able to feel more secure and confident that they understand what their child is trying to express.”

To help parents utilize sign language when communicating with their infants, Howard County General Hospital is hosting a two-session baby sign language class on March 24 and March 31, or April 25 and May 5, 10:30 a.m.–noon at the hospital’s Wellness Center. Cost is $40 per person or $75 per couple. For more information about this class or to register, call 410-740-7601.
Dear Friends:

I am extremely grateful for our community’s philanthropic support of Howard County General Hospital. Howard County’s dramatic population growth will require increased support in the near future. To respond to the growing demand for health care services for an expanding population, HCGH will begin an expansion and renovation project, the Campus Development Project, expected to exceed a cost of $85 million. It is critical that every member of our community participates in this project by contributing to the Howard Hospital Foundation. HCGH is the community hospital of all who live and work in Howard County. Each of us must share in the responsibility to secure state-of-the-art health care for all.

I congratulate the donors recognized in this issue of Giving Matters who have supported our growth through contributions from July 1, 2005 through December 31, 2006. I sincerely thank each one for their generous gifts, and encourage all residents of Howard County to follow their example and give generously to support the Campus Development Project.

Sincerely,

Evelyn T. Bolduc
Chair
Howard Hospital Foundation Board of Trustees

Helping Hands
Howard County General Hospital’s Volunteer Auxiliary

More than 1,000 helping hands are dedicated to Howard County General Hospital Volunteer Auxiliary. With a membership of more than 500, this group donates a total of 45,000 hours each year resulting in a savings to the hospital in excess of $1 million. By holding numerous fundraisers each year, including the Garden of Lights, and uniform, jewelry and book sales, as well as generating profit from their upscale consignment store, Rave Reviews, they have helped fund many of the hospital’s major construction projects. In 2001, the Auxiliary donated $250,000 toward the Master Facility Project to expand and renovate the Emergency Department, Maternity Unit and Neonatal Intensive Care Unit. Recently, the Auxiliary pledged an additional $300,000 toward the upcoming Campus Development Plan.

“We are very excited to be an integral part of the Campus Development Plan,” says Alicia Slahetka, president of the Volunteer Auxiliary. “The volunteers are passionate about giving of their time to raise funds for the hospital. We are just thrilled to support this new direction for Howard County General Hospital.”

Welcome to the New Foundation Vice President

F. Graham Lee has been appointed Vice President of Development for the Howard Hospital Foundation. With more than 25 years of experience including fundraising, planned giving and development, Mr. Lee is leading a comprehensive fundraising and development program for Howard County General Hospital.

A graduate of Campbell University, Mr. Lee began his career in fundraising with Boy Scouts of America in North Carolina. From there, he has held development positions in various organizations, including St. Joseph Medical Center Foundation, Shore Health System, Duke University Medical Center, Geisinger Medical Foundation, and most recently, president of Mid-Shore Community Foundation in Easton, Maryland. In addition, Mr. Lee is a long-time member of the Association for Healthcare Philanthropy (AHP), where he serves on the Foundation’s board of directors. He is also active in Rotary International.
Howard Hospital Foundation recognizes the generous support of individuals, organizations and corporations who have given to the hospital between July 1, 2005 and December 31, 2006. Howard County General Hospital is grateful for each and every contribution, however, only the names of those who have given more than $250 are published here.

Gifts/Pledges of $1,000 and above
Howard County Government*  
John C. Payne, M.D., P.A.**  
Dessie and James Moxley, Jr.  
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Priscilla and Richard Lewis  
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Joan Henry**  
Merrilynn and Lawrence Hill  
Howard High School  
Anne and Jay W. Jaun  
Mary Ellen and Randy Kawamura  
Carolyn and Michael Kelemen, M.D.  
Phyllis and Lawrence Kroger  
Leadership Howard County Youth Program  
Lynn’s Day Spa, Inc.  
The Mall in Columbia  
Beverly and James Mann  
Phyllis Mason  
Annette and Gary McDaniels  
Linda and Donald Miller  
Valerie and Paul Miller  
Mega Moon Family Fund of The Columbia Foundation  
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Noonday Milk & Grainery, P.A.  
Peralynna Properties, Inc.  
Esther and Thomas Price, III  
Providence Group  
Reece and Carney, LLP  
Kathleen and Robert Riedy  
ROI Eligibility Services  
Arlene and Warren Rose, M.D.  
Patricia Rouse  
Safeway, Inc  
Mary Ann and Chuck Scully  
Beverly White-Seals, Esq. and Jerry Seals, M.D.**
GIFTS/PLEDGES OF $500 AND ABOVE

Mr. Robey’s service to the county. Chanceland Farm donated $4,500 from the sale of the yearling Robey’s Choice: A Horse with a fundraising streak. Former County Executive James N. Robey and HCGH Trustee Robert T. Manfuso with “Robey’s Choice.” Mr. Manfuso Chanceland Farm donated $4,500 from the sale of the yearling to the HCGH Campus Development Project in recognition of Mr. Robey’s service to the county.
When Jon Hinkle started managing the Ellicott City Outback Steakhouse, his to-do list included finding a charity for the restaurant to support. He chose an organization he felt had an impact on everyone who lived and worked in Howard County—Howard County General Hospital.

“I believe in Howard County General Hospital. My son was born there and my family lives in Howard County. At the time, the hospital was undergoing the Emergency Department and Labor and Delivery expansion—it was a natural for us to want to be a part of it,” says Mr. Hinkle. For years, Mr. Hinkle and Outback provided fundraising opportunities and pro-bono catering to Howard County General Hospital.

In 2002, Mr. Hinkle and his friend David Albert struck out on their own—forming the company Hinkle-Albert Enterprises, Inc. Today, they own and operate three restaurants in Howard County, Maryland as well as Virginia. Along with their entrepreneurial spirit, they continue to carry the giving spirit of philanthropy.

Their restaurant currently provides the staffing and catering, at no charge to the hospital, for the Howard Hospital Foundation’s Dazzle Dash kick-off to the Symphony of Lights—an event that typically draws more than 2,500 people. In the spring, they donate breakfast, lunch, and dinner for the nearly 400 participants in the Howard County General Hospital Benefit Golf Classic.

“I believe in the partnership concept of giving back to my community,” notes Mr. Hinkle. “We have continued our relationship with Howard County General Hospital, and, as we grow as a company, our contributions will increase as well.”

MEMORIAL GIFTS were received by the Howard Hospital Foundation to remember the following people:

Anna Abromaitis  
Richard Barnes  
Italo Broccolino  
Mary Ellen Carter  
Rev. Frank P. Dawson, Jr.  
Leota Donaldson  
Nicholas W. Dubbs  
Dale Dudley  
Ardis D. Duke  
Constance Girodles  
James William Hagen  
Benjamin H. Hall  
Hannah Elizabeth Hall  
Mary Mulhollen  
Matthew Joseph Jang  
Kailyn Jones  
Patrick Kelley  
Timothy P. Kelly  
Clara Lechter  
Linda Long  
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Elizabeth Mattison  
Howard Merson, Jr.  
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Chin Tran  
Carol Trimble  
Stella Uchacz  
Karen Vajo  
Gloria J. Webster  
Pearl Wolfson

In-kind gifts were donated by the following companies:

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The Rouse Company Foundation  
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Hillery and Alton J. Scavo  
U.S. Foodservice  
F. Jean Warthen  
Wells Fargo Bank  
W.R. Grace Foundation  

Every effort has been made to ensure the accuracy of this list. Please accept our sincere apologies for any errors or omissions and report them to the Howard Hospital Foundation at 410-740-7840.
HEART MATTERS
February 21 • 8 a.m.–5 p.m. $25. Activities include cholesterol test with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Registration is required.

TOPIC OF CANCER
April 17, 2–4 p.m. or April 19, 5–7 p.m. Prostate cancer screening, including PSA blood test. Central Maryland Rehabilitation Center. $15.

Colorectal Kits—Available during the screenings as well as at the Wellness Center from April 16–20, noon to 5 p.m. $7.

SKIN CANCER SCREENING
May 15 or May 17, 5–7 p.m. Due to time required to perform a full-body exam, the dermatologist will be able to examine one or two areas of concern. Central Maryland Rehabilitation Center. Free.

FIRST AID
Learn to effectively assess and treat a wide range of ailments in emergencies. Lecture and hands-on training. Receive a three-year National Safety Council certification. February 24, 9 a.m.–3 p.m. $60 (includes book).

WOMEN’S SELF DEFENSE REFRESHER
Women who completed our women’s self-defense course will review and develop the skills they learned. March 17, 9–11 a.m. $30.

HEALING LAUGHTER
Laughter and wellness go together. Learn how to lower your blood pressure, promote emotional healing, and strengthen your immune system by participating in laughter exercises. Presented by Heather Wandell, B.A., C.I.L. Registration is required. February 27, 7–8:30 p.m. Free.

RECONNECTING TO YOUR WELL-BEING
Our well-being is the result of the many aspects of our lives. Learn new ways to make conscious choices to bring more balance into your life and promote your well-being. March 29, 7–9 p.m. Free.

TAKING A WALK IN THE WOODS WITH HENRY DAVID THOREAU
Spending time in nature is one way we can bring solace into our busy lives. Henry David Thoreau challenged us to get in tune with the independent web of life of which we are a part. This retreat is designed to help you reflect on what you can learn by observing nature and develop healthy practices for balancing your life by increasing your physical activity. Bring weather-appropriate clothing and a drink. April 14 at Roger Carter Recreation Center, or April 21 at Owen Brown Interfaith Center. 9 a.m.–noon. $45.

Moving Through Anger
Wednesdays starting March 7
6:30–8:30 p.m.
Controlling your anger can be hard, but you don’t have to let anger control you. Learn to channel your anger into a positive force. This four-week interactive course will help you to identify what triggers your anger and give you techniques to manage it. $25.

pre-registration is required for all programs

BE SEATED
Ongoing seated fitness program geared to adults age 50 and older. Through gentle movements, increase your range of motion and build muscle strength. Cosponsored with the Howard County Department of Recreation and Parks. Tuesdays and Thursdays, 10–10:45 a.m. Roger Carter Recreation Center. (16 classes beginning April 10). To register, call 410-740-7601. $24.

AGEWELL
Ongoing senior exercise program for people age 60 and older. Cosponsored with Howard County Office on Aging. Available in five locations throughout Howard County. Call Barbara Miller at 410-313-7213 for class dates, times, and locations.

FITNESS FUN FOR SENIORS
Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Department of Recreation and Parks. Call 410-313-7275 for class dates and time. $36.

AARP DRIVER SAFETY PROGRAM
American Association of Retired Persons’ (AARP) Driver Safety Program is a classroom refresher program designed to meet the needs of older drivers. Participants must be age 50 or older. Some insurance companies give a discounted rate for completing this course. Call for dates and times. HCGH Wellness Center. $10.

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Ongoing senior exercise program for people age 60 and older. Cosponsored with Howard County Office on Aging. Available in five locations throughout Howard County. Call Barbara Miller at 410-313-7213 for class dates, times, and locations.

FIRST AID
Learn to effectively assess and treat a wide range of ailments in emergencies. Lecture and hands-on training. Receive a three-year National Safety Council certification. February 24, 9 a.m.–3 p.m. $60 (includes book).

WOMEN’S SELF DEFENSE REFRESHER
Women who completed our women’s self-defense course will review and develop the skills they learned. March 17, 9–11 a.m. $30.

HEALING LAUGHTER
Laughter and wellness go together. Learn how to lower your blood pressure, promote emotional healing, and strengthen your immune system by participating in laughter exercises. Presented by Heather Wandell, B.A., C.I.L. Registration is required. February 27, 7–8:30 p.m. Free.

RECONNECTING TO YOUR WELL-BEING
Our well-being is the result of the many aspects of our lives. Learn new ways to make conscious choices to bring more balance into your life and promote your well-being. March 29, 7–9 p.m. Free.

TAKING A WALK IN THE WOODS WITH HENRY DAVID THOREAU
Spending time in nature is one way we can bring solace into our busy lives. Henry David Thoreau challenged us to get in tune with the independent web of life of which we are a part. This retreat is designed to help you reflect on what you can learn by observing nature and develop healthy practices for balancing your life by increasing your physical activity. Bring weather-appropriate clothing and a drink. April 14 at Roger Carter Recreation Center, or April 21 at Owen Brown Interfaith Center. 9 a.m.–noon. $45.

Moving Through Anger
Wednesdays starting March 7
6:30–8:30 p.m.
Controlling your anger can be hard, but you don’t have to let anger control you. Learn to channel your anger into a positive force. This four-week interactive course will help you to identify what triggers your anger and give you techniques to manage it. $25.

pre-registration is required for all programs
**PRE-DIABETES: WHAT IS IT AND WHAT CAN YOU DO ABOUT IT?**
If you have been told you have pre-diabetes or abnormal blood sugar, you are at risk for developing diabetes. This class will help you to understand what pre-diabetes is and how to make changes to prevent or delay developing actual diabetes. March 21, 7–9 p.m. Ambulatory Care Center. $15.

**LIVING WITH DIABETES**
Johns Hopkins Education at Howard County General Hospital. A two-day program recognized by the American Diabetes Association and designed for people of all ages with diabetes. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. May be covered by your medical insurance. February 16 & 17, March 2 & 3, March 16 & 17, April 13 & 14, 8:30 a.m.–3 p.m. Ambulatory Care Center. Call 410-740-7695 for information.

**DIETARY COUNSELING FOR PEOPLE WITH DIABETES**
Presented by a registered dietitian, this individualized counseling program focuses on the dietary requirements of diabetes. Call 410-740-7695 for information.

**INDIVIDUALIZED DIABETES MANAGEMENT**
Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 410-740-7695.

**INDIVIDUALIZED WEIGHT LOSS COUNSELING**
For school-age children and adults, this program offers the participant and cook in the family individualized nutritional counseling with a registered dietitian. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m. $25 for a half-hour visit.

**NUTRITION AND CANCER**
Individualized, three-session counseling program with a registered dietitian. Examines diet as part of wellness. For those who wish to modify their diets to help lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. $90.

**FREEDOM FROM SMOKING**
The best way to improve your health is to stop smoking. Our program offers support and strategies to assist you in achieving your goal. It is not necessary to quit smoking by the first class. Eight-class session begins April 10. 7–8:30 p.m. $60.

**PULMONARY REHABILITATION**
An eight- to 12-week program designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education, and emotional support. HCGH Rehabilitation Services Dept. Call 410-740-7970 for information and appointment.

**CARDIAC REHABILITATION Phase II**
A four- to 12-week program to assist cardiac patients in the early recovery phase following a heart attack, angioplasty, or cardiac surgery. Provides exercise, education, and emotional support. HCGH Rehabilitation Services Dept. Call 410-740-7869 for information and appointment.

**CARDIAC REHABILITATION Phase III/IV**
For information, call 410-740-7601.

**Complementary Therapy and Fitness Programs**
Exercise in a comfortable, relaxed atmosphere with friendly, knowledgeable exercise physiologists who also can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists to improve your golf body, making your game more powerful, efficient, and consistent. Eliminate injuries with our “W0ll-1n-One” Golf Body Enhancement Program. Also, enjoy the many benefits of massage therapy and acupuncture. For program details, contact Central Maryland Rehabilitation Center at 410-312-9000.

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**REGISTER ONLINE FOR YOUR PROGRAM NOW!**

<table>
<thead>
<tr>
<th>Howard County General Hospital</th>
<th>Wellness program registration</th>
<th>spring 2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unless otherwise noted, classes will be held at HCGH Wellness Center. For more information about courses listed, call Howard County General Hospital Wellness Center unless another number is listed. <strong>Advance registration is required for all classes and programs.</strong> MasterCard and VISA are accepted for payment. Make checks payable to HCGH. If a refund is requested, a $25 processing fee will be charged. There is a $25 charge for all returned checks. Please note that classes may be cancelled due to low enrollment.</td>
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<tr>
<td>410-740-7601 (general information &amp; registration)</td>
<td>800-850-3137 (long distance only, please)</td>
<td><a href="http://www.hcgh.org">www.hcgh.org</a> (online registration)</td>
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<tr>
<td>410-740-7990 (TDD)</td>
<td>410-740-7750 (physician referral)</td>
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Wellness classes
spring 2007

American Heart Association CPR

Wellness Across Howard County

CPR for the adult or child victim. This course is for the community and is not a certification course.

Hammond High School, Columbia
April 21, 9 a.m.–noon
Free

For Children and Teens

HOME SWEET HOME
Children ages 9 to 12 and their parents will learn safe and fun ways for children to stay at home alone. May 4, 6–8 p.m. $10/family.

ESSENTIALS IN BABYSITTING
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Certificate of attendance provided. Cosponsored with Health Quest, Inc. February 17, March 10, April 21, or May 5, 9 a.m.–2 p.m. $46 (includes lunch).

SELF-DEFENSE FOR YOUNG WOMEN
Learn physical and psychological strategies of self-defense. Also discusses concepts of self-image, self-esteem, and assertive behavior. For ages 12–14 years. February 10, 9–11 a.m. $30.

KIDS SELF-DEFENSE
Children ages 8 to 12 will learn basic principles of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing, and practice. Saturday, March 3, 9–11 a.m. $25.

Cancer Support Programs

DROP-IN KNITTING AND CROCHETING SUPPORT GROUP FOR CANCER PATIENTS AND SURVIVORS
Join in fellowship and fun with other patients and survivors as we learn to knit and crochet. Bring your own supplies or borrow ours. Beginners welcome. First and third Wednesdays each month, 10:30 a.m. Free.

DROP-IN CARDS AND GAMES SUPPORT GROUP FOR CANCER PATIENTS AND SURVIVORS
Join fellow cancer patients and survivors for a game of cards or scrabble. Second and fourth Wednesdays of March, April, and May, 10:30 a.m. Free.

CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center. For more information, visit www.hcgh.org and click on Claudia Mayer Cancer Resource Center or call 410-740-5858.

LUNCH AND LEARN
Bring a bag lunch on the fourth Friday of each month. Spring topics include The Role of Acupuncture in Cancer Treatment and Recovery, Yoga as Part of the Healing Process, Wiggling Out—the Care and Feeding of Your Cranial Prosthesis, What You Should Know About HPV and Cervical Cancer, and New Treatments for Prostate Cancer. Reservations required. Free.

Health Screening

To register, call 410-740-7601 or online at www.hcgh.org.

Podiatry Screening
April 26, 4–6 p.m. Free.

Family Hearing and Vision Screening
May 1, 9:30–11:30 a.m. Free.

Stroke Screening
May 2, 9 a.m.–2 p.m. Free.

Osteoporosis Screening
May 15, 6–8:30 p.m. $35.

pre-registration is required for all programs
Wellness

eight weeks prior to due

pre-registration is required for all programs

BABY SIGNING
Learn basic sign language skills to help your baby communicate. In this class, you will learn 100 basic signs. For parents, grandparents, caregivers, and babies up to 12 months old. A review DVD is included in the price. March 24 & March 31 or April 28 & May 5, 10:30 a.m.—noon. $40 per person or $75 per couple.

POSITIVE PARENTING
In this six-week interactive class, learn the skills needed to raise a healthy, productive child, including communication skills, disciplining your child, and managing your child’s behavior, self-esteem, and more. Wednesdays beginning April 25, 6:30–8:30 p.m. Free.

PRENATAL CLASS FOR YOUR EARLY PREGNANCY
For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby’s growth, and easy ways you can support your pregnancy. March 28, 7–9 p.m. Free.

HAPPIEST BABY ON THE BLOCK
Learn successful techniques that can quickly soothe your crying newborn baby and promote a more restful sleep for your infant. Endorsed by the American Academy of Pediatrics. Parent kits are included. March 7 or April 5, 7–9 p.m. $50 per couple.

PREPARED CHILDBIRTH PROGRAM
Five-part program to prepare for the birth of your baby. Call or go to www.hcgh.org for more information.

REFRESHER CHILDBIRTH PROGRAM
For couples who have attended a previous childbirth program. Breathing and relaxation exercises are practiced. Call or go to www.hcgh.org for more information.

CHILDBIRTH WEEKEND
Expectant couples will learn about childbirth preparation over a two-day period during this weekend program. Call or go to www.hcgh.org for more information.

BIRTHING CENTER TOUR
A preview of maternal-child services available for expectant couples. Call at least eight weeks prior to due date to schedule a tour. Free.

LACTATION CLINIC
Prenatal breast assessment and lactation clinic visits after discharge are available by appointment with a certified lactation consultant. Call 410-740-7830 for information.

BREASTFEEDING
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. Practical tips for successfully combining career and breastfeeding will be discussed. Taught by a nurse lactation consultant. Newborns welcome. For prenatal and postnatal couples. Call or go to www.hcgh.org for more information.

INFANT CARE
Two-part course designed to prepare parents, grandparents, and caregivers for the care of an infant. Lecture, group discussion, and hands-on practice are used to enhance learning. Topics include newborn appearance, feeding, sleeping, crying, signs of illness, care of the newborn, and parenting roles. Newborns welcome. Call or go to www.hcgh.org for more information.

MATERNAL CHILD CLASSES
class information and registration forms are available by calling 410-740-7601 or online at www.hcgh.org.

MAYBE BABY?
Starting a family involves preparation and planning. Our program assists you in learning about your important choices to consider. Topics include lifestyle, parent wellness, and health care matters. Presented by OB/GYN Christina Chandler, M.D. March 14, 7–8:30 p.m. Free.

MAYBE BABY?
Financial Planning Issues for Prospective Parents
May 23, 7–8:30 p.m. HCGH Wellness Center. Free.

Ongoing Support Groups

Cosponsored by Howard County General Hospital

Alcoholics Anonymous
Sundays, 2 p.m. and 7 p.m. 410-663-1912.

Al-Anon
For families and friends of alcoholics. Sundays, 7 p.m. 410-832-7094.

Alateen
For the teenager who has an alcoholic friend or family member: Sundays, 7 p.m. 1-888-4AL-ANON.

Alzheimer’s Caregivers Support Groups
For caregivers and spouse caregivers. Caregivers: First Friday of each month, 11 a.m. Spouse caregivers: Second Tuesday of each month, 10:30 a.m. 410-313-9744.

Better Breathing Club
In conjunction with the American Lung Association. Meets monthly. 410-740-7803.

Breast Cancer Support Group
Third Wednesday of each month, 7–9 p.m. Free.

Crohn’s and Colitis Foundation of America Support Group
For those with inflammatory bowel disease and their friends. Meets fourth Tuesday of each month, 7–8:30 p.m. 1-800-618-5583.

Hospice Services of Howard County
Support for the terminally ill, their families, and the bereaved. 410-730-5072.

Howard County Diabetes Education and Support Group
First Tuesday of each month, 7:30–9 p.m. Florence Bain Senior Center. For information, call 410-740-7695.

I Can Cope
For those with cancer and their families. 1-888-535-4555, x908.

Look Good Feel Better
In conjunction with the American Lung Association. Second Tuesday of each month, 7:30–9:30 p.m. 410-740-7695.

Man-to-Man Prostate Cancer Support Group
Cosponsored with the American Cancer Society. Third Thursday of each month, 7–9:30 p.m. 410-461-3459.

Maryland Apraxia of Speech
Third Wednesday of each month, 7–9 p.m. Meets monthly. 410-740-7803.

Narcotics Anonymous
For those with cancer and their families. 1-888-535-4555, x908.

Nice Feeling Better
In conjunction with the American Lung Association. Second Tuesday of each month, 7:30–9:30 p.m. 410-740-7695.

Narcotics Anonymous
1-800-317-3222.

Narcotics Anonymous
410-964-2180.

Al-Anon
For families who have lost a baby to miscarriage, stillbirth, or newborn death. HCGH. First Monday of each month, 7:30 p.m. 410-740-7845.

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Ovarian Tumors that Are Neither Fish Nor Fowl

The growth on Stephanie Garagozzo’s ovary made its presence known four years ago when the New Jersey internist had a routine ultrasound examination during her first pregnancy. Told that the mass appeared to be a complex but benign cyst, Garagozzo later decided to have it removed. And then her fear set in.

“I’d never heard of a borderline ovarian tumor,” she says of the diagnosis on her full pathology report. “Even my physician friends didn’t know about it. With other tumors, borderline means that it’s likely to progress to cancer. I was 33 years old; my daughter wasn’t even 2. I was terrified that I wouldn’t be around to see her grow up.”

Garagozzo’s physician recommended removing the ovary right away. Instead, Garagozzo went online and found, she says, that Hopkins’ director of gynecologic pathology, Robert Kurman, “is the guy for borderlines in the United States.” When she realized that the terminology in her pathology report didn’t match Kurman’s, she headed straight for Baltimore.

Kurman has spent nearly three decades characterizing ovarian tumors (there are over 100 types, more than occur in any other organ), so he’s no stranger to the confusion that surrounds those known as borderlines. “They’re somewhere in Never–Never Land,” Kurman says, “neither fish nor fowl.” Unlike true ovarian cancers, which invade the ovary, so–called borderline tumors are usually benign and noninvasive, and even when they do spread are unlikely to be life threatening. Yet the still-lingering borderline moniker—given in the early 1970s when little was known about them—suggests that they require aggressive treatment.

“That’s why I don’t call them borderline,” explains Kurman. “I call them atypical because nothing in that says cancer.” Still, he says, these tumors can’t be ignored.

Kurman’s non-alarmist approach began to ease Garagozzo’s anxiety, and gynecologic oncologist Ginger Gardner completed the turnaround. Gardner, who directs minimally invasive surgery in Hopkins’ Ovarian Cancer Center of Excellence, explained that “even in the worst-case scenario, these tumors are very treatable.”

As with other ovarian masses, atypical tumors must be staged, which usually requires a big, open laparotomy. Gardner, however, performed all staging biopsies (results were negative) and removed the remainder of Garagozzo’s one ovary, the regional lymph nodes and her appendix in a laparoscopic procedure that allowed her patient to leave the hospital the next day. “Because of her cell type and age,” Gardner says, “we could spare her other ovary and her uterus,” an outcome important not only for hormonal health and pelvic-floor support, but for future childbearing.

“From the moment I went to Hopkins,” Garagozzo says, “I knew I’d be OK. I had the surgery in March 2005, and my second daughter was born a year later. That is huge.”

Call 410-955-8240 to learn more.

Stephanie Garagozzo, left, is convinced that had Ginger Gardner not been determined to preserve her fertility, there’d be no such person as 4-month-old Lela Francesca. “There aren’t many physicians who deal with borderline tumors like I had,” says Garagozzo. “With Ginger, I was finally comfortable to just be the patient.”

This article was originally published in Johns Hopkins Physician Update.
New Professional Staff Officers Named

The Howard County General Hospital Professional Staff has elected Michael E. Silverman, M.D., as president of the professional staff for 2007. A member of the professional staff since 1994, Dr. Silverman is board certified in internal medicine and cardiovascular disease by the American Board of Internal Medicine. Dr. Silverman, who is with the HPV Heart cardiology practice, received his medical degree from the University of Maryland School of Medicine. Serving with Dr. Silverman will be oncologist Edward J. Lee, M.D., as vice president and urologist Marc Applestein, M.D., as secretary/treasurer.

New Medication Reconciliation Program

When a patient is admitted to HCGH, he/she is asked to provide a list of current medications and dosage, which is noted on a specific form in the patient’s chart. On a separate form, the physician writes orders for the medications the patient is to receive during his or her stay. The Pharmacy staff must compare those two forms and contact the physician if there are any discrepancies or concerns. This process is called “Medication Reconciliation” and is the focus of one of the Joint Commission on Accreditation of Healthcare Organizations’ National Patient Safety Goals. The goal calls for hospitals to “accurately and completely reconcile medications across the continuum of care” and its purpose is to avoid errors of transcription, omission, duplication of therapy, drug-drug and drug-disease interactions.

Historically, HCGH practiced a manual process for this safety measure. This past fall, a new automated and improved process was piloted. Under the new system, the patient’s medication information is entered directly into the system during admission. The physician then receives a printed copy of the form and has the option to continue or discontinue the patient’s current medications as well as write orders for additional medications. “This automated process is safer for patients because it provides many more checks and balances,” said Masoomeh Khamesian, director of Pharmacy.

Update on Construction at Howard County General Hospital

As part of Howard County General Hospital’s Campus Development Plan, site development work has begun to prepare for the new patient tower and 660-car parking garage. To help ease any parking congestion, complimentary valet parking will be offered to patients, visitors and physicians daily starting at 6:30 a.m. The last cars will be parked at 4 p.m., but staff will be on duty to retrieve cars until 5:30 p.m. Although self-parking will still be available, the valet service is being offered as a convenient alternative.

Thank you for your patience and understanding during this exciting time.

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Thank you for your patience and understanding during this exciting time.
**John Scaldara**  
**Director Emeritus**  
**Howard County Hospital Foundation**  
**President and Chief Operating Officer; The Columbia Bank**

For more than 10 years John Scaldara has been a strong supporter of Howard County General Hospital. He has served on the Howard Hospital Foundation as a member of the Board of Directors and chairman of the Foundation in 1999.

“Howard County General Hospital is a wonderful institution that has great community presence. The health and wellness of the community are so fundamentally important. The Columbia Bank has and will continue to support the hospital in its efforts to grow to keep pace with the community,” says Mr. Scaldara. The Columbia Bank has supported the Howard Hospital Foundation’s Symphony of Lights, Benefit Golf Classic and Capital Campaigns.

Mr. Scaldara also serves on the Board of Directors of Columbia Foundation and the Board of Sponsors of Loyola College Sellinger School of Business. He is the chairman of the 2007 American Heart Association Howard County Walk-a-thon.

Mr. Scaldara and his family reside in Howard County.

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**Alicia Slahetka**  
**President, Howard County General Hospital Volunteer Auxiliary**

In 1990 Alicia Slahetka came to Howard County General Hospital to volunteer. New to the area, Ms. Slahetka wanted to use her skills to help others. In her home town in Kansas, she had been a hospital volunteer since the age of 12. Volunteering at Howard County General Hospital seemed only natural.

“I like speaking with and helping others,” says Ms. Slahetka. “My gift is connecting with people—volunteering is the perfect way for me to do that.”

Throughout the years, Ms. Slahetkavolunteered in the Emergency Department before moving on to numerous Volunteer Auxiliary Committees, and becoming president of the Auxiliary from 1997 to 1999. She is excited to once again be president and looks forward to being a leader during the hospital’s campus development plan and spearheading the Auxiliary’s fundraising efforts in the community.

“Volunteering is what I love to do better than any paid job,” notes Ms. Slahetka. “This job fills my heart and makes me happy.”

Ms. Slahetka has served as president of the PTA of Waterloo Elementary and Bellows Spring Elementary Schools. Currently she is the PTA president of Elkridge Landing Middle School.

She resides in Elkridge with her husband and two children.

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**Dr. Edmund Tortolani**  
**Chief of Surgery, Howard County General Hospital**

When Dr. Edmund Tortolani first joined Howard County General Hospital in 1975, it was a clinic that was viewed as a small place for routine procedures. In the 32 years he has been with HCGH, the last ten of which he has served as chief of surgery, Dr. Tortolani has witnessed the hospital’s growth.

“When I first came here, community residents would have to travel out of the county to get care,” says Dr. Tortolani. “Over the years, as the hospital grew, it gained legitimacy, increased its size, and continued to attract well-trained, top notch medical staff that are committed to Howard County General Hospital. Now residents are able to receive quality care in their community.”

For Dr. Tortolani, HCGH’s future looks bright. “Our association with Johns Hopkins is a wonderful complement to our services. I look forward to developing centers of excellence for certain service lines, and the new building will offer more modern space. Our community will certainly benefit as the hospital continues to grow and strive to offer first rate services to our patients.”

Dr. Tortolani has lived in Howard County since 1971.
**march**

**Latino Health Fair**  
**Saturday, March 10 • 12–4 p.m.**  
Howard County General Hospital, the Howard County Health Department, St. John the Evangelist Catholic Church, and Alianza de la Comunidad will hold the third Latino Health Fair for Latino community members at the Wilde Lake Interfaith Center. Attendees will be able to receive health information as well as health screenings including blood pressure, oral health, clinical breast exams, and more. For more information, call 410-740-7605.

**Kidz Konvention**  
**Sunday, March 11**  
Exciting activities and entertainment for kids of all ages at Turf Valley. Proceeds benefit the HCGH Neonatal Intensive Care Unit. For more information, call 410-465-1500.

**Community Health Fair**  
**Saturday, March 17 • 10 a.m.–2 p.m.**  
The Howard County Muslim Foundation, in partnership with Howard County General Hospital and the Howard County Health Department, sponsors this community health fair, which will be held at The Florence Bain Senior Center. For more information, call 410-465-7400.

**april**

**Blossoms of Hope—National Cherry Blossom Parade**  
**Saturday, April 14**  
Howard County General Hospital will participate in the National Cherry Blossom Parade in Washington, D.C. for the second year as a sponsor of the Blossoms of Hope initiative. For more information about the parade and for all Blossoms of Hope spring events, visit our Web site at www.hcgh.org and click on Claudia Mayer Cancer Resource Center.

**11th Annual Kicks Against Cancer Soccer Tournament**  
**Saturday, April 14**  
Some of the best athletes from college soccer teams across the nation face off at the Maryland SoccerPlex in Germantown. Funds raised benefit The Claudia Mayer Cancer Resource Center. For more information, call 410-740-7840.

**CPR Across Howard County**  
**Saturday, April 21 • 9 a.m.–noon**  
This FREE American Heart Association Family & Friends CPR course is a hands-on experience for those wishing to learn the techniques of adult and child CPR and choking. This program, held at Hammond High School, is designed for people age 11 and up who would like to be prepared to respond to an emergency, but do not require a CPR certification. Refreshments and a CPR book will be provided. Registration is required. Please call 410-740-7601 to register.