

SPRING 2009

Wellness Matters



HOWARD COUNTY
GENERAL HOSPITAL

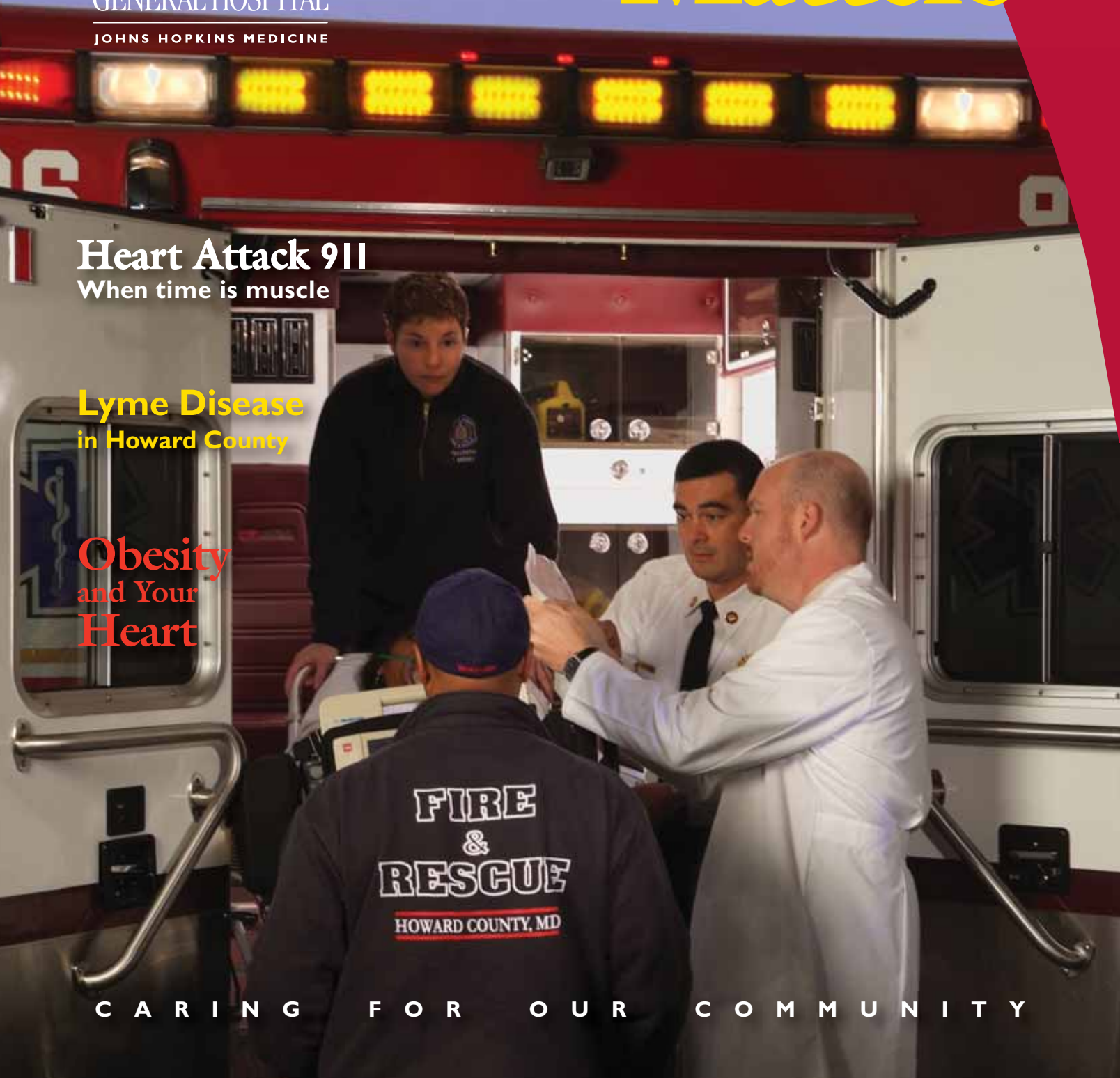
JOHNS HOPKINS MEDICINE

Heart Attack 911

When time is muscle

Lyme Disease
in Howard County

Obesity
and Your
Heart



C A R I N G F O R O U R C O M M U N I T Y

President's Message

Dear Friends,

The first months of 2009 have been marked largely by news of budget cuts and the scope and depth of our country's financial woes, and many in our community are feeling the pinch. While these difficult times are filled with change and turmoil, Howard County General Hospital is not only continuing to provide high-quality health care, but, with the cooperation and collaboration of the members of our medical staff, nurses, and other caregivers, we are taking steps to improve the programs and services we provide.

These improvements, both large and small, contribute to HCGH's ongoing commitment to clinical excellence. The construction of our new Pavilion, which should open this summer, is part of our Campus Development Plan, and will enhance our facilities to better serve you and your family.

Our efforts to enhance HCGH's services and programs have not gone unnoticed. In December, The American College of Surgeons Commission on Cancer named HCGH's Cancer Program a "Community Hospital Comprehensive Cancer Program," and we received a full, three-year accreditation with commendation. I invite you to read more about this high level of accreditation on page 18. Just recently we were notified that HCGH received the HealthGrades Distinguished Hospital Award for Clinical Excellence™ HealthGrades, a leading national independent health care rating company, identified Howard County General as within the top five percent of hospitals in the country with the lowest mortality and complication rates over a range of many of the most common procedures and diagnoses.

HCGH also is pleased to announce the receipt of two grants benefiting Healthy Families Howard County (HFHC), our outreach program that provides first-time parents with educational and emotional support to ease their transition through pregnancy and into the first five years of parenthood. The Freddie Mac Foundation awarded HFHC another \$50,000 grant to assist with operational cost, and our other major partner; the Horizon Foundation, provided a \$12,100 grant to support strategic planning, evaluation, and marketing.

This financial support, coupled with our recent accolades, bolster ongoing efforts to expand our services and programs. Over the coming year, we will continue to highlight the efforts of these caregivers at HCGH, as we strive to make HCGH the center of clinical excellence for you and your family.

Sincerely,



Victor A. Broccolino, *President and CEO*
Howard County General Hospital



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Wellness Matters

Volume 13, No. 1 SPRING 2009

HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

Heart Attack 911

Timely action makes
all the difference for
heart attack patients **4**



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Hospital Receives National Quality Award



On January 28, Howard County General Hospital was notified that it was a recipient of the HealthGrades' 2009 Distinguished Hospital Award for Clinical Excellence™. The award is bestowed upon the top five percent of hospitals in the nation to recognize superior clinical quality across a range of the most common conditions for which patients enter the hospital. HealthGrades, a leading independent healthcare ratings company, reviewed more than 41 million Medicare hospitalization records to determine mortality and complication rates at nearly 5,000 hospitals across the United States in the study leading to this award.

“Howard County General Hospital has put into place many innovative programs and processes to improve the care our patients receive,” said Victor A. Broccolino, president and CEO. “This award is recognition of the collaboration among our highly qualified physicians, nurses, technologists, and support personnel who put our patients first.”

“This award is recognition of the collaboration among our highly qualified physicians, nurses, technologists, and support personnel who put our patients first.”

Judy Brown, vice president of Patient Safety and Performance Improvement, cited a number of the quality initiatives that led to the national Clinical Excellence award. “Howard County General Hospital’s use of the Mobi-Lab system to ensure correct labeling of laboratory specimens, the Rapid Response Teams to bring aid quickly to patients who are failing rapidly, and the use of Provider Order Management to allow clinicians to enter orders electronically into the patient record have all helped to improve processes that lead to better outcomes for our patients.”

“It is this combination of technology, streamlined processes, and superb caregivers that has led to lower mortality rates, lower complication rates, and better clinical outcomes,” said Broccolino.

Other quality designations received by Howard County General include:

- **“Community Hospital Comprehensive Cancer Program” by the Commission on Cancer of the American College of Surgeons, the highest level commendation available to a community hospital.**
- **“Primary Stroke Center” (2008) by the Maryland Institute for Emergency Medical Services Systems (MIEMSS). When a person is suffering a stroke, Maryland law requires that EMS ambulances bring their patient to the closest designated Primary Stroke Center. For this Primary Stroke Center designation, MIEMSS standards require hospitals to provide excellent patient care, including rapid assessment by a multi-disciplinary team and the most advanced treatment with clot-busting medications.**
- **“Accreditation with Commendation” by the last Joint Commission survey (2007). The Joint Commission is an independent body that conducts regular on-site hospital surveys and establishes national standards for hospital quality.**

For more information on the HealthGrades' award, visit www.hcgh.org.

Time is Muscle

Retired Howard County Public School teacher Roma Slyter was substituting at Hammond High School on December 3, 2008. The fourth-period bell rang, and, as the children exited the classroom, Roma started to feel what she describes as “a little pressure” in her chest. She sat down in her chair, completely unaware that she was experiencing a heart attack.



What to do if You Think You are Having a Heart Attack

What is a Heart Attack?

“A heart attack occurs when blood flow to a section of your heart muscle becomes greatly reduced or blocked,” says **Dr. William Herzog**, an interventional cardiologist on staff at Howard County General Hospital. “If blood flow isn’t restored quickly to that section of your heart muscle, it becomes damaged from lack of oxygen and begins to die.”

Is it the Real Thing?

According to the American Heart Association, while some heart attacks are sudden and intense, most heart attacks start slowly with mild pain or discomfort. “The most common mistake that you can make is to attribute your symptoms to something else such as indigestion,” says Dr. Herzog. “I often see patients who aren’t sure they are having a heart attack wait too long before seeking help.”

What Do I Do?

According to Dr. Walter Atha, medical director of the Emergency Department at HCGH, the following may be heart attack symptoms:

- Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest that lasts more than a few minutes or that goes away and comes back
- Discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath with or without chest discomfort, particularly while exercising or walking
- Breaking out in a cold sweat, nausea, lightheadedness, or fainting
- Indigestion

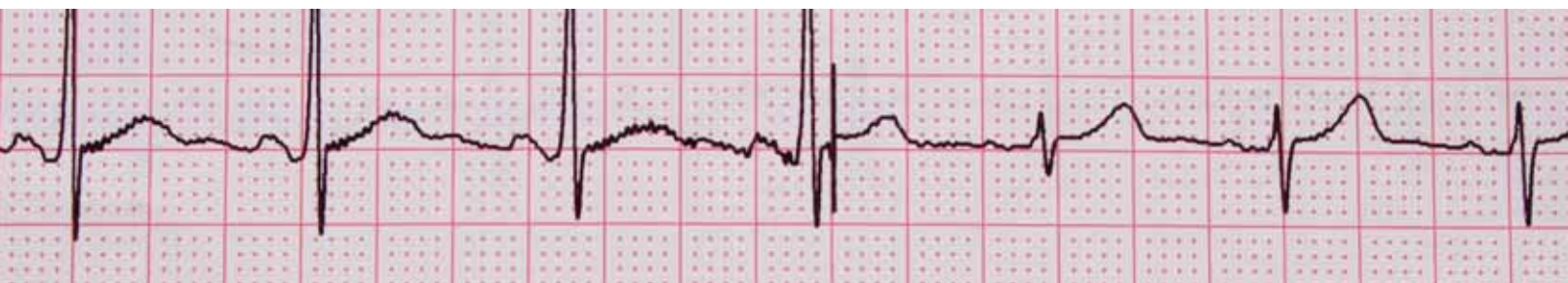
“Women, diabetics, and the elderly often experience unusual symptoms other than chest discomfort, such as shortness of breath, nausea/vomiting, and back or jaw pain,” notes Dr. Atha. “It is important to note that many patients having a heart attack experience chest ‘discomfort’ that they may not describe as ‘pain.’”

(continued on next page)

Looking back, Roma realized that for a couple of weeks preceding her heart attack she had been overly winded walking to her car after work. “I was so out of breath when I reached my car, I would have to sit for five minutes just to catch my breath. That is the only thing that gave me a clue there was a problem,” says Roma. “I only wish I would have realized the hint my body was giving me at the time.”



Dr. Walter Atha, medical director of the HCGH Emergency Department, is board certified in emergency medicine.



“Time is muscle; for every minute you lose, you may lose heart muscle you can’t get back... with that in mind, you should call **911** immediately if you think you are experiencing heart attack symptoms.”

Help is on the Way

“Time is muscle; for every minute you lose, you may lose heart muscle you can’t get back,” says James Brothers, a Howard County Fire and Rescue paramedic. “With that in mind, you should call 911 immediately if you think you are experiencing heart attack symptoms. An Advanced Life Support (ALS) crew that includes a paramedic will be sent to respond.”

According to Brothers, within minutes of arriving paramedics will start an EKG lead to monitor your heart’s function, run an IV, and, if necessary, administer medications. While under the care of Howard County Fire and Rescue, paramedics are in direct communication with the HCGH Emergency Department and the cardiologists on staff at the hospital, providing EKG results and reports on your condition. This allows the hospital time to assemble the cardiac treatment team any hour of the day, as well

as to have insight into your condition before you arrive. “If you attempt to drive yourself or have someone drive you to the Emergency Department, you will not have the benefit of this vital initial care and could lose precious time and muscle,” warns Brothers.

The American Heart Association and the American College of Cardiology have set 90 minutes or less as the



Dr. William Herzog is a cardiologist with HPV Heart in Columbia. He specializes in interventional cardiology and is on also on staff at Johns Hopkins Hospital.

Understand Your Risks and Ways to Improve Your Health

Cardiovascular Clinic

February 21/ 9 a.m.–1 p.m. Free.

Lord & Taylor Court in The Mall in Columbia.

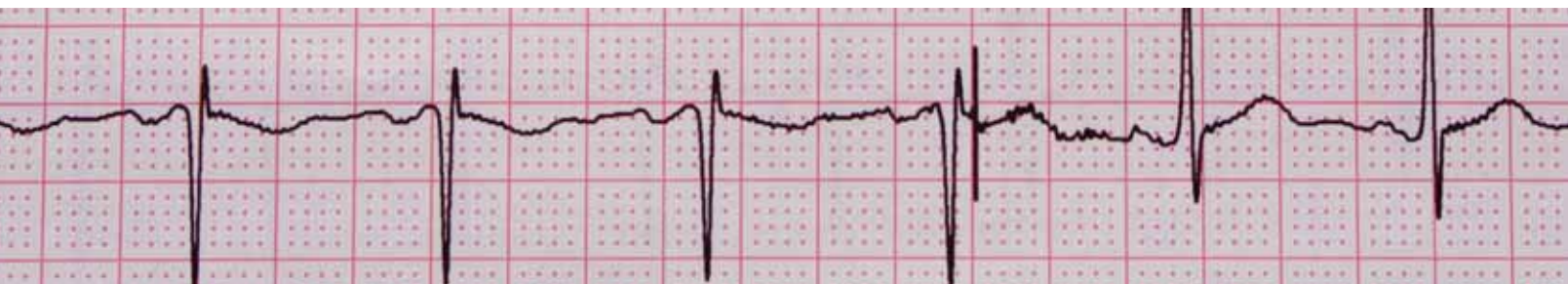
Walk-in. Registration not required.

Visit our booths and speak with our physician experts.

Participate in screenings including carotid, total cholesterol, glucose, blood pressure, bone density, and body mass index.

ideal ‘door to balloon’ time. “This phrase refers to the amount of time between a heart attack patient’s arrival at the hospital to the time when the blocked artery is opened by angioplasty,” explains Dr. Herzog. “The sooner you have a cardiac catheterization, the quicker we can identify and correct blockages, enabling us to save more heart muscle.” With HCGH’s state-of-the-art catheterization lab, cardiologists can provide potentially life-saving balloon angioplasty treatment for many patients experiencing a heart attack. According to Dr. Herzog, providing this level of treatment can greatly increase a patient’s chance for recovery.

“The Howard County paramedics got there almost immediately, and they whisked me to Howard County General Hospital,” notes Roma. “Once I got there, I had a cardiac catheterization. They determined I had several arteries that were blocked.” Roma had balloon angioplasty and stents inserted to open her arteries. Today, she is recovering at home in Columbia and looking forward to returning to the classroom soon.



special Events:

Joint Lecture

February 19/ 7–8:30 p.m. Free. Moving from place to place may seem easy, but when you have pain in your joints you notice every motion. Learn about the newest treatment options that are aimed at increasing your comfort and mobility. Presented by Richard Kinnard, M.D., medical director of The Joint Academy.

Cardiovascular Clinic

February 21/ 9 a.m.–1 p.m. Free. Lord & Taylor Court in The Mall in Columbia. Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including carotid, total cholesterol, glucose, blood pressure, bone density, and body mass index.

Heart Matters

February 24/ 8:30 a.m.–3:30 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.

Transitioning Through Menopause

March 19/ 7–8:30 p.m. Free. Women may experience a variety of changes during this time in their lives. Learn more about these changes and ways to promote a healthy transition. Come with questions to ask during our question-and-answer session with Rona Eisen, M.D. A highlighted discussion on the prevention of osteoporosis (with exercise demonstration) will be included.

Topic of Cancer

April 21 and 23/ 5–7 p.m. Central Maryland Rehabilitation. Prostate cancer screening including PSA blood test. \$15 for screening. **Colorectal kits will be available during screening as well as April 20–24 from noon–5 p.m. in the Wellness Center. Kits are \$7.**

Advance Directives Seminar

March 12 and May 14/ 6–7 p.m. Free. Learn about Advance Directives: What are they? How do I benefit from having them? How can I easily complete the form? At the completion

of this seminar, presented by Leslie Rogers, MSW, LCSW-C, OSW-C, you will be able to leave with a completed Advance Directives document. Additional components include how to appoint or be appointed a health care agent. This program is beneficial to anyone. To register, call 410-740-5858.

CPR Across Howard County

May 2/ 9 a.m.–noon. Free. Hammond High School. American Heart Association Family & Friends CPR for the adult or child victim. This course is for the community and is not a certification course.

Fitness and Sports Medicine Clinic

May 16/ 10 a.m.–2 p.m. Free. Lord & Taylor Court in The Mall in Columbia. Talk with our physician experts, participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis. Visit our many booths and learn fitness tips and ways to incorporate more movement into your life.

Mammograms

Visit our personal touch Mammography department and have your “Soft Pad” mammogram. HCGH will provide \$50 screening mammograms in May and October for women without symptoms of breast disease. Availability is limited; call 410-740-7900 to schedule an appointment. In addition, HCGH works in conjunction with the Howard County Health Department to provide free mammograms to qualifying women. To determine eligibility and schedule an appointment, call 410-313-4255.

Bring a Sack, Get Answers Back

June 9/ 2–4 p.m. Free. Bring your medications and learn more about the prescription drugs you are taking.



HEALTHY LIFESTYLES

Well-Being Through Massage

A certified massage therapist will show you how to use massage to promote a healthier life and a sense of well-being. Techniques for upper body: February 13 and May 8, 7–9 p.m. Techniques for lower body: March 13 and May 22, 7–9 p.m. \$50 per couple for one class or \$90 per couple for both classes.

Women's Self Defense

Women age 16 and up will learn and practice highly effective and easy-to-learn techniques designed for adult situations. April 4, 9 a.m.–noon. \$45.

3 Keys to Mastering Stress

Using interactive theory, games, personality tests, and fun, you will gain a greater understanding of your perception of stress and ways you can take positive control; build support systems; and incorporate physical activity, time management, and relaxation techniques to re-energize your daily life and enhance well-being. March 17, 7–9 p.m. Free.

Adult/Child/Infant CPR

Earn a two-year Heartsaver certification card upon completion of this class. This is not a health care provider course. February 23, March 10, March 26, April 8, April 23, or May 6, 5:30–9:30 p.m. \$48.

First Aid: Adult Basic

Through lecture and hands-on training, learn to effectively assess and treat a wide range of ailments in emergencies. Treatments covered are for adult victims and children over 8 years old. Earn a three-year National Safety Council Certification. June 20, 9 a.m.–3:30 p.m. \$60 (includes book).

Moving Through Anger

Controlling your anger can be hard, but you don't have to let anger control you. This three-week interactive class will teach you to channel your anger into a positive force, help to identify what triggers your anger, and provide you with techniques to manage those triggers. March 19, 26, and April 2, 6–7:30 p.m. \$40 per person.

IMPROVING YOUR HEALTH

Living Well...Take Charge of Your Health

In this chronic disease management program, learn techniques to cope with feelings of frustration, fatigue, pain, and isolation; exercises for maintaining and improving strength, flexibility, and endurance; and skills to communicate more effectively with family, friends, and health professionals. This class is for people living with chronic conditions as well as caregivers of those with chronic conditions. Wednesdays, February 25–April 1, 1–3:30 p.m., and Thursdays, April 16–May 21, 6:30–9 p.m. To register, call Maryland Access Point, 410-313-5980. \$25.

The Mall Milers

Walking for health program at The Mall in Columbia. Cosponsored by HCGH, area agencies, and local businesses. Blood pressure screenings available the second Tuesday of each month. Call 410-730-3300 for details. Free.

Nutrition and Cancer

Individualized, three-session counseling program with a registered dietitian for those who wish to lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. \$90.

Blood Pressure Screening & Monitoring

HCGH Wellness Center: Wednesdays, 3–6 p.m. *Ellicott City Senior Center:* Tuesdays, 9:30 a.m.–12:30 p.m.

Kiwanis-Wallas Recreation Center: first Wednesday and third Friday of each month, 9:15–10:45 a.m. *The Mall in Columbia:* second Tuesday of each month, 8–10 a.m. *Western Howard County Senior Center:* second and fourth Tuesday of each month, 9–11 a.m. *Glenwood Library:* first and third Monday of the month, 3:30–5:30 p.m. *The Bain Center:* first and third Thursday of each month, 10 a.m.–noon. *Savage Library:* second Monday of each month, noon–3 p.m. Free.

Complementary Therapy and Fitness Programs

Exercise with knowledgeable exercise physiologists who can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists making your game powerful, efficient, and consistent. Eliminate injuries with our “wHole-In-One” Golf Body Enhancement Program. Enjoy benefits of massage therapy and acupuncture. Contact Central Maryland Rehabilitation Center at 410-312-9000.

Individualized Weight-Loss and Dietary Counseling

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including dietary requirements for weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to

maintain a vegetarian diet. For adults and children. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m. as well as Wednesdays and Thursdays between 5:30 p.m. and 7:30 p.m. \$35 for a half-hour visit. Call for an appointment.

Weight Loss through Bariatric Surgery

Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery, a Bariatric Center of Excellence as certified by the American Society for Bariatric Surgery. Our multi-disciplinary team approach, pre-operative and post-operative support and education are several keys to the long-term successes of our former patients. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. March 11 or May 13, 5–6:30 p.m. Free.

Phase II Cardiac Rehabilitation Program

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 410-740-7970 for information and an appointment.

External Enhanced Counterpulsation Therapy

A non-invasive alternative treatment for patients with stage III or IV angina. For information, call 410-740-7970.

HCGH Cardiac Maintenance Program Rehabilitation

An exercise maintenance program is offered to give cardiac rehab program graduates the opportunity to continue exercising in a medically supervised setting. Tuesday and Thursday mornings, 8 a.m. and 9:30 a.m. \$ 60 per month. For information, call 410-740-7970.

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. Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. March 4, 7–9 p.m. Ambulatory Care Center. \$15.

Individualized Diabetes Management

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

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.

Living with Diabetes

Johns Hopkins education at HCGH. 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. March 13 & 14, April 3 & 4, April 17 & 18, 8:30 a.m.–3 p.m. Ambulatory Care Center. For information, call 410-740-7695.

Pulmonary Rehabilitation

A program lasting up to 10 weeks that is 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 an appointment.

FREE HEALTH SCREENINGS

Podiatry Screening

March 26, 5–7 p.m.

Diabetes Screening

March 31, 5–7 p.m.

Family Vision and Hearing Screening

April 28, 9–11 a.m.

Osteoporosis Screening

May 12, 5–7 p.m.

Skin Cancer Screening

May 12 & 14, 5–7 p.m. Central MD Rehabilitation Center. Dermatologist will examine one or two areas of concern.

Stroke Screening

May 13, 10 a.m.–2 p.m. Screening includes carotid screening, blood pressure measurement, and a stroke risk questionnaire.

Registration is required. Call 410-740-7601 or register online at www.hcgh.org.

HEALTHY FAMILIES

Maybe Baby? Health Issues to Consider Before Pregnancy

Starting a family involves preparation and planning. Our program, presented by OB/GYN Margot Watson, M.D., assists you in learning about your important choices to consider. Topics include lifestyle, parent wellness, and health care matters. February 26, 7–8:30 p.m. Free.

Prenatal Class for 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 to support your pregnancy. May 6, 7–9 p.m. Free.

Prepared Childbirth Program

Five-part program to prepare for the birth of your baby. 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. 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**.

Childbirth Weekend

Expectant couples will learn about childbirth preparation in this weekend class. 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.

Breastfeeding

Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. A nurse lactation consultant will teach practical tips for successfully combining career and breastfeeding. Go to www.hcgh.org for more information.

Infant Care

Lecture, group discussion, and hands-on practice are used to enhance learning about the care of an infant. Topics include newborn appearance, feeding, sleeping, crying, signs of illness, care of the newborn, and parenting roles. Go to www.hcgh.org for more information.

Infant Massage

A certified infant massage instructor will teach techniques to parents and caregivers. Babies age 1 to 12 months are welcome. March 7, 10–11 a.m. \$20.



Baby Signing

Parents, grandparents, and caregivers of babies up to 12 months old will learn 100 basic signs to help your baby communicate. March 21 or May 2, 9 a.m.–noon. \$40 per person or \$75 per couple (includes review DVD).

Happiest Baby on the Block

Endorsed by the American Academy of Pediatrics, this class will teach parents-to-be and parents of babies up to 3 months old successful techniques that can quickly soothe your crying newborn baby and promote a more restful sleep for your infant and you! March 11, 7–9 p.m. \$50 per couple (includes parent kits).

FOR CHILDREN AND TEENS

CPR for Teens

This American Heart Association course prepares teens, ages 11 to 17, to perform CPR on an adult, child, and infant. Other topics include choking; how to call 911 and answer dispatcher questions; and brief overview of an AED. Cosponsored by Health Quest, Inc. March 28, 1:30–4:30 p.m. \$30.

Essentials in Babysitting

Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Cosponsored by Health Quest, Inc. February 28, March 28, or April 25, 9 a.m.–1 p.m. \$46 (includes lunch and certificate of attendance).

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 2, 9–11 a.m. \$10/family.



Program Registration

Register online for HCGH's Wellness Classes

Unless otherwise noted, classes will be held at HCGH Wellness Center.

Advance registration is required for all classes and programs. MasterCard and VISA are accepted. 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. Classes may be cancelled due to low enrollment.

410-740-7601 – information & registration

410-740-7990 – (TDD)

800-850-3137 – long distance only, please

www.hcgh.org – online registration & to find a physician

410-740-7750 – physician referral

CANCER SUPPORT PROGRAMS

Knitting and Crocheting Group

Instruction, fellowship, and good times assured for the beginner or the advanced needler. Knit or crochet your own projects or create chemo caps, lap blankets, or premie hats to donate. First and third Wednesdays of each month, 10:30 a.m.–noon. Free.

Hand-Stitching and Quilting Group

Learn new methods of hand piecing, including Dresden plate and yo-yo in upcoming months. Second and fourth Wednesdays of each month, 10:30 a.m.–noon. Free.

Yoga and Acupuncture

Free yoga classes and acupuncture treatment designed for cancer patients to revive, relax, and rebuild body, mind, and spirit are available and offered in partnership with the Tai Sophia Institute. Call 410-740-5858 for class times and to register.

Photo Organizing Class

In this two-part series, learn how to use your pictures to create meaningful, archival-safe albums. Materials are available for purchase or bring your own. Call 410-740-5858 for details and dates.



CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit www.hcgh.org for details. Registration required.

ONGOING SUPPORT GROUPS

Cosponsored by HCGH

Adult Type 1 Diabetes Support Group

Third Monday of the month, 7 p.m. 301-490-0029 or 410-788-8720.

Alcoholics Anonymous

Sundays, 2 p.m. and 7 p.m. 410-663-1922.

Al-Anon

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

Alateen

For teenagers with an alcoholic friend or family member. Sundays, 7 p.m. 1-888-4AL-ANON.

Alzheimer's Caregivers Support Groups

Caregivers: first Friday of each month, 11 a.m. Spouse caregivers: second Tuesday of each month, 10:30 a.m. 410-313-9744.

Aneurysm Support Group

First Monday of the month, 7 p.m. 410-442-4045.

Bereavement Support Group

For families and friends who have lost loved ones at HCGH. Thursdays, 7–8:30 p.m. To register, call Pastoral Care office at 410-740-7898.

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. Central MD Oncology Center. 410-884-4650.

Caregiver's Support Group

Provides a chance for caregivers to connect with each other, share coping strategies, and build a network of people going through a similar experience. To register for the group, call 410-740-5858.

Chronic Pain Support Group

Third Monday of each month, 1–2:30 p.m. 301-873-3959.

Crohn's and Colitis Foundation of America Support Group

Fourth Tuesday of each month, 7–8:30 p.m. 1-800-618-5583.

Depression and Bipolar Support Alliance of Howard County

Second and fourth Fridays of the month, 7–9 p.m. 301-575-6766.

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. The Bain Center. 410-740-7695.

I Can Cope

An educational series for people facing cancer sponsored by the Claudia Mayer Cancer Resource Center and the ACS. Upcoming classes include *Managing Cancer Related Fatigue* on March 7 and *Managing the Effects of Illness and Treatment* on April 4. Registration required. 410-740-5858.

Look Good Feel Better

Licensed cosmetologists teach women undergoing cancer treatment how to manage appearance-related side effects of treatment. February 16 at 7 p.m., March 16 at 3:30 p.m., or April 20 at 7 p.m. 1-888-535-4555.

Lupus Mid-Atlantic

First Wednesday of the month, 7 p.m. 800-777-0934.

Man-to-Man Prostate Cancer Support Group

Third Thursday of each month, 7–9:30 p.m. 410-379-2896.

Maryland Sickle Cell Disease Association

Fourth Wednesday of the month, 7 p.m. 410-465-4822.

Narcotics Anonymous

1-800-317-3222.

Nicotine Anonymous

410-964-2180.



Overeaters Anonymous

Fridays, 10:30–11:30 a.m. 410-963-2102.

Rising Hope Support Group

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

Stroke Support Group

Select Wednesdays of the month, 6:30–8 p.m. Ambulatory Care Center. Call 410-740-7601.

WomenHeart, the National Coalition of Women with Heart Disease

443-854-8333.

Support group information is subject to change. Before attending a meeting, verify information and location by calling the contact number listed.

Dear Friends,

In this issue of Wellness Matters, the Howard Hospital Foundation (HHF) salutes the individuals, companies, and foundations that have made contributions in support of Howard County General Hospital (HCGH) during the 2008 calendar year. This philanthropic support is critical for HCGH to remain a state-of-the-art health care facility serving all in our community.

Your contributions have provided support for equipment, services, and capital expenses at the hospital. For example, in 2008 the Foundation purchased VersaCare® Beds for the Short Stay unit, a Fetal Telemetry System for Labor and Delivery, and Defibrillators for the Emergency Department. Nursing scholarships were awarded, and HHF was able to underwrite some of the wellness programs offered by the hospital. Most importantly, your support for the major expansion at HCGH enabled the Foundation to make a \$2 million payment toward our pledge of \$30 million to the hospital in support of the Campus Development Campaign.

It is very rewarding to experience the extreme generosity of so many in our community. Our challenge is still ongoing in 2009.

I am confident you will continue to be as generous in the future as you have been in 2008.

Sincerely,

Evelyn Bolduc

Evelyn Bolduc

Chair

Howard Hospital Foundation



**HOWARD HOSPITAL
FOUNDATION**
HOWARD COUNTY
GENERAL HOSPITAL

\$3,500,000

The Horizon Foundation of
Howard County, Inc.*

\$1,000,000

Evelyn and J.P. Bolduc*
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\$500,000 – \$999,999

F. Jean Warthen

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Associates, P.A.** *
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Dawn and Bradley Smith*

\$25,000 – \$49,999

Lynn and David Abramson*
Bank of America
The Columbia Bank*
Mim and Steve Dubin*
ENTAA Care*
H. Elizabeth and Peter Horowitz** * *



Howard Hospital Foundation recognizes the generous support of individuals, organizations, and corporations who have given to the hospital between January 1, 2008, and December 31, 2008. Howard County General Hospital is grateful for each and every contribution; however, due to space restrictions, only the names of those who have given \$250 or more are published here. Donor lists are checked carefully each year; in the unfortunate event of an error, please notify us at 410-740-7840.



The Bolducs, one of Howard County's most generous families, issued a \$1 million matching gift challenge for the Campus Development Plan (CDP) Capital Campaign, which was met by their good friends the Lundys, also dedicated, long-time supporters of many local non-profits. (left to right) Cathy Lundy, Harry L. "Chip" Lundy, Evelyn Bolduc, J.P. Bolduc.

Howard Bank/The Scully Family*
Bach-Tuyet Jeffrey, D.D.S. and
Robert Jeffrey*
Johns Hopkins Medical
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Sung Kil Lee, Sang Ja Lee,
Christine Eunsook Lee,
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Eileen and David Powell*
Julie and Jim Young*



The Rotary Club of Clarksville at Maple Lawn provided much-appreciated help to the community with a pledge to the CDP. (left to right) Back row: Niles Morton, Leo Emond, John Moseman, Pastor David Newman, Jeffery Stauffer, David Bird; Middle Row: Karen Kreh, HCGH President & CEO Victor Broccolino, Robert Pelletier, Scott Wylar; Front Row: Phyllis Newman, Theresa Fodel, Rotary Club President Nancy Szlasa, Stephanie Gumm, May-Ellen Colon; Rotary Club members not pictured: Blair Hill, Prasad Karunakaran, Bill Molton, Nneoma Obineche, Folarin Shitta-Bay, Dr. Aaron Twigg.

*Includes Campus Development Plan pledge or payment on prior year pledge.
**Includes Master Facility Plan pledge payment.

\$10,000 – \$14,999

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Jerry Seals, M.D.*
Diana and Glenn Wilson
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Eugene Willis, M.D.** *



**CDP Capital Campaign supporters
Jena and Sean Peay, President of
Dynanet Corporation.**

*Includes Campus Development Plan pledge or payment on prior year pledge.
**Includes Master Facility Plan pledge payment.

\$2,500 – \$4,999

AXA Foundation
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Judy and Terry Brown*
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Cheryl and William Grau
Dorothy and H. Thomas Grimes



**HCGH supporters Kelly and George L.
"Chip" Doetsch III, President of Apple
Ford, Inc., pose with their 1929 Ford
Model A Coupe, which they loaned to
the hospital to display during a CDP
rooftop celebration in September 2008.**

Fern and J. Edward Hamel
Elizabeth and Peter Hibbard
Linda Lee and Brian Hickerson
Merrilyn and Lawrence Hill*
Jewish Federation of
Howard County
Stacey J. Keen, M.D., and
Andrew J. Alpert, Ph.D.*
Phyllis and Lawrence Kroger
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\$500 – \$999

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 Eileen and Edward Wilson
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Gifts/Pledges to the Campus Development Plan Capital Campaign (2004 - 2008)

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Howard County Government

\$4,200,000

The Horizon Foundation of
 Howard County, Inc.

\$2,000,000

The Rouse Company Foundation

\$1,000,000

Evelyn and J.P. Bolduc
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 Bach-Tuyet Jeffrey, D.D.S. and
 Robert Jeffrey
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 Christine Eunsook Lee,
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 Susan Swiatek and
 Stanley Podlasek, M.D.
 Diane and Ed Tortolani, M.D.



The CDP has benefited from charitable funding from Howard County Anesthesia Associates, P.A., several of whom are shown above. (left to right) Cheryl M. Johnson-Bracey, M.D.; Cheryl R. Burruss, M.D.; James D. Nowakowski, M.D.; HCGH President and CEO Victor Broccolino; Howard Hospital Foundation Vice President of Development Christopher J. McCabe; John E. Preston, M.D.; Clarita G. Frazier, M.D.; Bernard Marquis, M.D.

(continued on next page)

\$2,500 – \$4,999

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Members of the LEADERSHIP COUNCIL have contributed \$100,000 and above to the Howard Hospital Foundation. We are proud to recognize:

Anonymous†
 Apple Ford
 Bank of America
 Bare Bones Grill and Brewery
 Evelyn and J.P. Bolduc
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 John and Karen Whiteside††
 W.R. Grace Foundation, Inc.

† Denotes new member 2008
 †† Includes bequest

FUNDRAISING EVENTS offer additional opportunities for the community to support our hospital. We are proud to recognize the following events:

RAISED OVER \$800,000 to benefit Howard County General Hospital and the Claudia Mayer Cancer Resource Center

The 10th Anniversary Celebration of the Claudia Mayer Cancer Resource Center (Fretz Event)
 Cuts Against Cancer
 HCGH Annual Benefit Golf Classic
 Kicks Against Breast Cancer
 Esmond Saturday Soiree
 Symphony of Lights

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

Anna Abromaitis
 Ricky Barnes
 Lily Bauer
 Gerry Bischoff
 Karen Brown
 Cui-Yue Cao
 Hong Cheong
 Ginger Clark
 Leona Bell Corbett
 Rosa Drummond
 Amoura Edinbough
 Caroline Eng
 Walter Eng
 Kathy Farley
 Linda Fuji
 Wilmer K. Gallager
 Susan Garrett
 Marilyn Gilson
 James W. Hagen, Jr.
 George Hicks
 Margaret Hicks
 James William Hines

IN MEMORIAM F. Jean Warthen



HCGH friend and supporter Jean Warthen was an energetic volunteer and generous donor to the hospital. Through the years, she gave countless hours of service to HCGH and made many donations through the Howard Hospital Foundation. Sadly, Jean passed away in December of 2007. Her support of our community's health care lives on thanks to her forethought and planning. Jean arranged to continue her giving to the hospital through a bequest. We honor Jean for her deep commitment to HCGH and to the health and well being of her community.

Faith Kubiak
 Hope Kubiak
 Lenora Lankford
 Sanghe Lyu
 Margaret MacLean
 Michael Macut
 Catherine Marsh
 Barbara Michels
 Tina Monteferrante
 Jessica Phillips
 Arya Rafei
 Mrs. Rowan
 Mary Ellen Sadowski
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Special Thanks

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Maryland's Year-round Threat: Lyme Disease

DR. AWAN'S TIPS TO DECREASE YOUR RISK:

- When outdoors, wear light-colored long pants and long sleeves.
- Avoid wooded or bushy areas with tall grass and leaves.
- Talk to your veterinarian about tick control products for your pets.
- Check yourself, your kids, and pets for ticks after being outdoors.

Maryland's Lyme disease cases reported to the Center for Disease Control and Prevention have increased by more than 650 percent since 1993 according to the Lyme Disease Research Foundation of Maryland. Between 2007 and 2008, the number of reported cases of Lyme disease in Howard County tripled. While ticks are most active during late spring/early fall, Maryland's fairly moderate winters make Lyme disease a year-round threat.

Lyme disease is caused by a bacterium transmitted by the bite of an infected black-legged tick carried by deer. The tick must be attached to your skin for at least 24 hours.

“...Infected people may have fever, headache, fatigue, or joint pain...If you have any of these symptoms, contact your physician immediately; most Lyme disease cases can be cured with antibiotics if diagnosed and treated early.”

According to the Maryland Community Health Administration, three to 30 days after a tick bite, 70 to 80 percent of infected people will see a gradually expanding rash at the bite site that may resemble a bull's eye. “Infected people may have a fever, headache, fatigue, or joint pains. It also can cause facial muscle paralysis and meningitis,” says Dr. Mateen Awan, an internist on staff at Howard County General Hospital. “If untreated, you may experience a loss of muscle tone, severe headaches, neck stiffness, shooting pains, heart palpitations and dizziness, severe joint pain, memory loss and difficulty concentrating. If you have any of these symptoms, contact your physician immediately; most Lyme disease cases can be cured with antibiotics if diagnosed and treated early.”



Dr. Mateen Awan is an internist in private practice in Columbia. He specializes in internal medicine.

Steps to Take Now for a Healthier Tomorrow

Following the food-laden holiday season, you may have noticed that your clothes are fitting a little tighter. While weight gain seems almost inevitable after all the turkey, stuffing, and holiday cookies, keeping an eye on your weight and staying vigilant against an expanding waistline is about more than just looking good; as the scale goes up so does your risk for heart disease and other serious medical conditions.

How Much Fat is Too Much Fat?

“The best way to determine if you have too much fat is to measure your waist circumference and body mass index (BMI),” says **Dr. Michael Albert**, an internist on staff at Howard County General Hospital. “A high-risk waistline is 35 inches or greater for women and 40 inches or more for men. A recent study showed that people whose waist size is more than 50 percent of their height also are at increased risk.” Another important factor for those concerned about their weight gain to consider is their BMI.

What is My BMI?

“BMI is calculated based on your body weight relative to your height,” says Dr. Albert. “To determine your BMI, multiply your weight in pounds by 703, divide that number by your height in inches, and then divide again by your height in inches.” The American Heart Association lists a BMI of less than 18.5 as underweight, values from 18.5 to 24.9 as normal, BMI’s of 25 to 30 as overweight, and values greater than 30 are considered obese.

If I am Considered Obese, Does that Impact My Heart Disease Risk?

“Obesity is emerging as the number one risk factor for cardiovascular disease,” explains Dr. Albert. “Obesity contributes to high blood pressure, high cholesterol, and diabetes. Because of this and other factors, it greatly increases one’s chances of heart attack or stroke. The good news is that obesity is a completely controllable risk factor.”

What Can I Do?

While losing weight and maintaining an active and healthy lifestyle can be very challenging, there are steps that you can take and support you can receive right in your community to help you get the weight off and keep it off.

“I remind my patients that the human body is not designed for the way we live now,” explains Dr. Albert. “After many thousands of years of adaptation to periods of famine and physical labor, humans have suddenly become sedentary and food has become readily available. We have to realize our bodies are



trying to help us store food as a survival mechanism. But living in the U.S. in the 21st century does not require us to do that. We need to fight the innate urge to overeat, both in terms of portion size and in terms of the calorie-rich foods we crave.”

“Losing weight will also strengthen you physically, enhance your mental health, improve your sleep, reduce stress, and give you more energy.”

Dr. Albert stresses that obese patients should consult their physician when determining what diet changes to make. “Most people think exercise alone can compensate for poor eating habits, but the opposite is true. While exercise helps promote cardiovascular health, it takes dramatic changes in people’s eating habits to truly lose weight.” While eliminating processed foods, refined sugars and desserts, and fast food is important, Dr. Albert also recommends a reduction in portion size. “Losing weight also will strengthen you physically, enhance your mental health, improve your sleep, reduce stress, and give you more energy.”

Increased Waist Line,



Increased Heart Disease Risk

What Resources Are Available to Help Me?

Howard County General Hospital offers ongoing **nutritional counseling**. Half-hour appointments with a registered dietitian at HCGH to discuss dietary concerns and goals are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m. as well as Wednesdays and Thursdays between 5:30 and 7:30 p.m. Call 410-740-7601 to make an appointment.

In addition, you can get support through the **overeaters anonymous ongoing support group** that is cosponsored by HCGH. Held Fridays from 10:30–11:30 a.m., this group is free. For more details, call 410-963-2102.

As part of its commitment to help people live healthier lives, HCGH's Wellness Center is participating in **Get Active Howard County**, a 10-week program that encourages participants to be more physically active on a regular basis. Participants are able to set their own goals based on how active they are currently and how active they would like to be. You get credit for each minute you are active daily, and you can track your progress by recording the number of minutes you earn toward your total point goals weekly. Throughout the 10 weeks, free activities are held throughout the community. For more information, contact Carol Wasser at carol.wasser@columbiaassociation.com or 410-715-5523.



Dr. Michael Albert is an internist with Charter Internal Medicine in Columbia. He practices primary care with an emphasis on preventive medicine.

Cancer Program Recognized by Commission on Cancer

The Commission on Cancer of the American College of Surgeons has accredited HCGH's Cancer Program as a "Community Hospital Comprehensive Cancer Program." Previously recognized as a "Community Hospital Cancer Program," this new designation reflects the program's enhanced range of diagnostic and treatment services available on site or by referral. This new accreditation level also is due in part to the inclusion of a pain management specialist as part of the hospital's cancer committee, weekly cancer conferences held at the hospital that are reviewing more patient cases than ever before, and additional services offered including a variety of cancer studies and extensive community outreach.



“This recognition is validation that HCGH patients do, in fact, receive high quality cancer care close to home,” said Nicholas W. Koutrelakos, M.D., chair, HCGH Cancer Committee and a member of Maryland Oncology/Hematology, P.A. “Such an accreditation reflects the enhanced range of diagnostic and treatment services that are available on site or by referral.”



HCGH Psychiatrist Elected Distinguished Fellow

The American Psychiatric Association has elected Stephanie S. Durruthy, M.D., a board-certified psychiatrist on staff at HCGH with an expertise in women and their mental health, to the status of Distinguished Fellow. This designation is awarded to outstanding psychiatrists who have demonstrated significant contributions to psychiatry in the areas of teaching, writing, community involvement, volunteering, and clinical excellence.

Construction Update

As part of HCGH's Campus Development Plan, the new patient pavilion is on target to open in August 2009. Opened in mid-December, the new entry plaza boasts a large patient drop-off/pick-up area, handicapped and 30-minute parking spaces for patients and visitors, a new entryway, and a bright waiting area. Telecommunications, Information Technology, the Outpatient Center, and Pharmacy will relocate to the pavilion, followed by patient care areas.

In addition to new construction, renovations to the existing hospital are underway, including expanding the laboratory,

improving all areas of surgical services, adding three additional operating rooms, enlarging the inpatient/outpatient surgical waiting room, opening a new medical library, overhauling the cafeteria, creating space for other support departments, and relocating the medical staff services office. The lobby, also undergoing transformation, will continue to serve as the building's main entrance for staff and visitors.

We appreciate your patience, and we will continue to update you on the progress as we work toward the anticipated completion of the campus by early 2011.



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

FAMILY PRACTICE

Kristin M. Clark, M.D.
5018 Dorsey Hall Drive #104
Ellicott City, MD 21042
410-730-8288

Alkesh D. Patel, M.D.
10632 Little Patuxent Pkwy.
Suite 111
Columbia, MD 21044
410-997-9751

HEMATOLOGY/MEDICAL ONCOLOGY

Yuanjue Louann Zhang, M.D.
Central Maryland Oncology
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Pulmonary Disease & Critical Care Assoc.
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New Address:

Chesapeake Oncology-Hematology
Associates
5450 Knoll North Drive #300
Columbia, MD 21045
410-740-1744

POM: New Technology Adds to Patient Safety

In the hospital's continuing efforts to address patient safety, a new Provider Order Management (POM) program – an online ordering system through which physicians order tests, procedures, or medications – has been instituted. Now, when a physician enters orders personally via POM, the orders are submitted electronically directly to the appropriate department, such as the laboratory or pharmacy. The orders can be read easily and, by electronic signature, it is clear which physician submitted them. Additionally, because they are sent directly to the department, the orders can be executed much quicker. The system certainly has many other benefits as well, including an error-checking mechanism that instantly alerts the physician to interactive medication errors, remote access that enables physicians to submit orders or check on a patient's condition while outside of the hospital, and a record-keeping system that stores the medical information for any future hospital stays the patient may have.



Healthy Families Howard County Receives Grant

In November 2008, the Healthy Families Howard County (HFHC) program at Howard County General Hospital received a \$50,000 grant from the Freddie Mac Foundation to assist with operational costs as well as a \$12,100 grant from the Horizon Foundation to support strategic planning, evaluation, and marketing. The program, which is administered by HCGH in partnership with Family and Children's Services of Central Maryland (FCS), receives additional funding from the Columbia Foundation and the Community Services Partnerships Program as well as through in-kind services from HCGH and FCS.

HFHC, which began in 2001 with a grant from the Howard County Children's Board, provides first-time parents with educational and emotional support to ease their transition through pregnancy and into the first five years of parenthood. This free program gives parents access to community resources and allows qualifying participants to receive home visitation and referrals from FCS.



New Professional Staff Officers Named for 2009

The HCGH Professional Staff has elected Marc Applestein, M.D., as president of the professional staff for 2009. A member of the professional staff since 1988, Dr. Applestein is certified by the American Board of Urology. Dr. Applestein, who is with Central Maryland Urology Associates, P.A., received his doctorate in medicine from the University of Maryland. Serving with Dr. Applestein will be internist Jonathan S. Fish, M.D., as vice-president and pulmonologist Francis S. Chuidian, M.D., as secretary/treasurer.

calendar 2009 of Events:

February

Cardiovascular Clinic

Saturday, February 21/ 9 a.m. – 1 p.m.

The Mall in Columbia

Free. Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in free screenings including carotid, total cholesterol, glucose, blood pressure, bone density, and body mass index.

March

HC DrugFree Teen Job & Volunteer Fair

Saturday, March 7/ 10 a.m. – 2 p.m.

Long Reach High School

Sponsored by Howard County General Hospital, this event provides teens the opportunity to look for jobs and volunteer internships with more than 100 businesses and organizations as well as attend workshops.

This year's fair will also include a Teen Health and Wellness focus.

For more information, call 443-325-0040 or visit www.hcdrugfree.org.



Ulman Cancer Fund for Young Adults presents Eleven - THE EVENT

Designing a Difference with Vern Yip

Monday, March 9

For more information, visit www.ulmanfund.org/11theevent or call 410-964-0202.

Latino Fair

Saturday, March 14/ noon – 4 p.m.

Wilde Lake Interfaith Center

HCGH, the Howard County Health Department, St. John the Evangelist Catholic Church, and Alianza de la Comunidad will hold the fifth annual Latino Health Fair for Latino community members. Attendees will be able to receive health information as well as health screenings including blood pressure, total cholesterol, glucose, clinical breast exams, and more.

For more information, call 410-740-7696.

April

Living Well Fair

Saturday, April 18/ 9 a.m. – noon

The Bain Center

The Howard County Muslim Foundation, in partnership with HCGH and the Howard County Health Department, is sponsoring the fifth Community Health Fair. For more information, call 410-465-7400.

Thirteenth Annual KICKS Against Breast Cancer:

Saturday, April 18

Maryland Soccerplex in Germantown, Md.

Some of the best athletes in women's soccer face off in this annual event.

Teams include Villanova, George Mason University, University of Virginia, U.S. Naval Academy, Ohio State, and Loyola. All proceeds benefit the Claudia Mayer Cancer Resource Center. Visit www.kicksagainstbreastcancer.org or call 410-740-5858 for more information.



Blossoms of Hope Half Marathon at the Howard Life Festival Sunday, April 26

Support Blossoms of Hope, the Claudia Mayer Cancer Resource Center, and the Ulman Fund by choosing to run or bike. Events, sponsored by the Columbia Triathlon Association, include the ½ marathon, the ¼ marathon relay, the 5K run and the Metric Century, 65K or 30K rides. For more information and to register, visit www.tricolumbia.org/HowardLifeFestival or call 410-313-1900.



April (continued)

Pink Plates: Think Pink!

Help us raise awareness about breast cancer, look for the "Pink Plate Specials" on the menus of some of our finest restaurants throughout Howard County during the month of April. All proceeds raised support Blossoms of Hope and the Claudia Mayer Cancer Resource Center.

May

CPR Across Howard County:

Saturday, May 2/ 9 a.m. – noon

Hammond High School

This FREE American Heart Association Family & Friends CPR course is a hands-on experience for people age 11 and up who want to learn the techniques of adult and child CPR and choking prevention but do not require a CPR certification. Refreshments and a CPR book will be provided. Registration is required by calling 410-740-7601 or visiting www.hcgh.org.

Fitness and Sports Medicine Clinic

Saturday, May 16/ 10 a.m. – 2 p.m.

Lord & Taylor Court in The Mall in Columbia

Talk with our physician experts, participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis. Visit our many booths and learn fitness tips and ways to incorporate more movement into your life.



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

5755 Cedar Lane
Columbia, MD 21044

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