

Wellness Matters



HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

FALL 2009



Top 5%
nationwide

New Medical Pavilion
Brings Services Together

When is it an EMERGENCY?

Limb-saving Surgery
at HCGH

CLINICAL EXCELLENCE IN OUR COMMUNITY

President's Message

Dear Friends,

With much excitement we opened the Bolduc Family Foundation Outpatient Center in July. This new facility centralizes outpatient services in a stunning patient friendly environment.

August was also memorable as we began caring for most of our inpatients in our Patient Pavilion. This state-of-the-art facility features all private patient rooms with numerous comforts for our patients and their families. With the completion of the pavilion, we are now in the final phase of our Campus Development Plan, making numerous renovations to our older facilities. When the project is completed at the end of 2010, all of our medical/surgical rooms will be private. We appreciate your patience and support as we enhance our facilities to improve the care we deliver.

Adjacent to the hospital, the Medical Pavilion at Howard County also opened in August; this beautiful and environmentally friendly building is home to many of our physician groups, HCGH's Wellness Center, the Claudia Mayer Cancer Resource Center, and many cancer services including medical oncology and radiation oncology. For a complete list of services and providers in the Medical Pavilion, see page 7.

Having access to top-notch health care is particularly important as we head into flu season. HCGH is working with public health authorities and our colleagues at Johns Hopkins Medicine and The Horizon Foundation to prepare for a challenging flu season with the expected return of the H1N1 virus. Please monitor the news and www.hcgh.org for up-to-date information from the Centers for Disease Control and the World Health Organization.

An important factor in managing your health is knowing when to seek emergency care. See page 3 for guidelines to identify some of the symptoms requiring immediate care in a hospital emergency department. We want you to be empowered to get the right care at the right place when you or a loved one are in need.

Providing patients with high-quality health care is our goal. For that reason I am pleased to announce that U.S. News and World Report recognized HCGH's Stroke Program in its July 28 "America's Best Hospitals" issue. Thank you to the HCGH physicians and staff who work tirelessly to save lives and improve quality of life for our patients.

Finally, please see page 15 for profiles of our new board leadership and newest trustees. We are fortunate to have such committed leaders on our Board of Trustees.

Sincerely,

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



Wellness Matters

Volume 13, No. 3 FALL 2009

HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

The New Medical Pavilion

Discover the wide array of services this new facility offers **6**



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(Pictured on front cover): Claudia Mayer Cancer Resource Center patient and volunteer Pam Joseph in the Zen Garden located directly outside the Claudia Mayer Cancer Resource Center in the new Medical Pavilion at Howard County.

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Emergency



“Knowing symptoms that require emergency medical care can help save you time and ensure that you get proper medical attention when you need it,” says Dr. Walter Atha, medical director of the Emergency Department at Howard County General Hospital. “And while this list of symptoms is a helpful guideline for adults, you should remember that adults and children differ in both the medical issues that affect them and the symptoms they exhibit. Symptoms that are serious for a child may not be as serious for an adult. Always seek immediate medical attention if you think your child is having a medical emergency.”

For a life-threatening medical condition, call 911 immediately. For less acute medical conditions, check with your primary care physician before coming to the ED as this may prevent an unnecessary visit.

When Should You Go?

HOW TO DETERMINE IF YOU SHOULD GO TO THE EMERGENCY DEPARTMENT

Fall brings the return of coughs, sneezes and aches. As the weather cools down and you find yourself under the weather, how do you know if your symptoms require more serious medical attention?

According to the American College of Emergency Physicians, these symptoms may warrant a trip to the Emergency Department (ED)*:

- difficulty breathing or shortness of breath
- chest pain or pressure
- abdominal pain
- severe or persistent vomiting or diarrhea
- coughing or vomiting blood
- high fever
- fainting, sudden dizziness or weakness
- confusion or changes in mental status
- changes in vision
- difficulty speaking
- severe headache
- weakness in your arm or leg
- suicidal feelings

* Please note that this list is **NOT** all inclusive

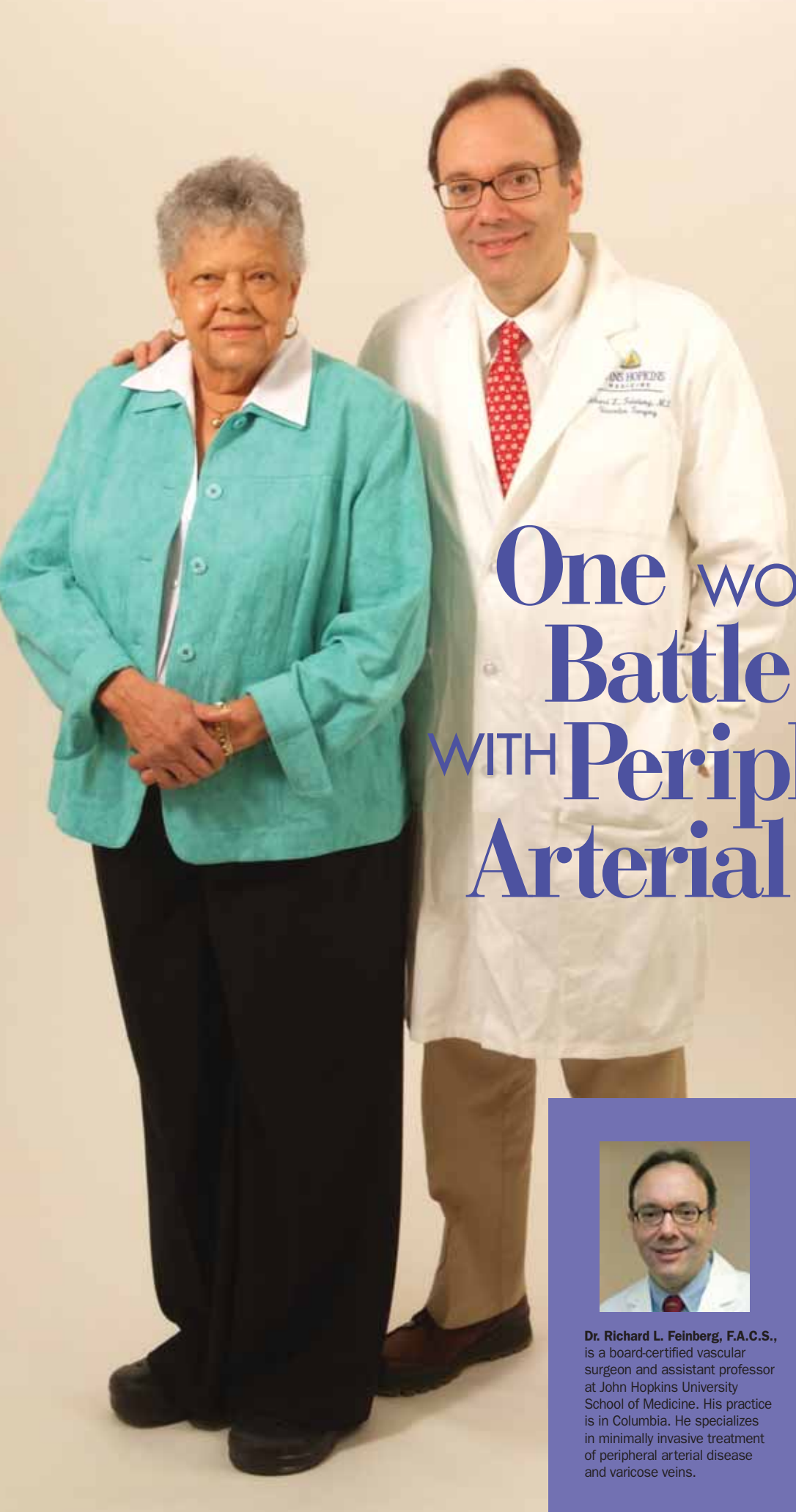


Dr. Walter Atha, medical director of the HCGH Emergency Department, is board certified in emergency medicine.

“Knowing symptoms that require emergency medical care can help save you time and ensure that you get proper medical attention when you need it.”

Dr. Walter Atha
Medical Director of the
HCGH Emergency Department

Emergency



One WOMAN'S Battle WITH Peripheral Arterial Disease

Mrs. Annie Corbett of Hyattsville had been told by several surgeons in Washington, D.C., that there was nothing they could do to save her leg, and that it needed to be amputated. She then saw Dr. Richard Feinberg, a vascular surgeon on staff at Howard County General Hospital and assistant professor of surgery at the Johns Hopkins University School of Medicine, who saved her leg.



Dr. Richard L. Feinberg, F.A.C.S., is a board-certified vascular surgeon and assistant professor at John Hopkins University School of Medicine. His practice is in Columbia. He specializes in minimally invasive treatment of peripheral arterial disease and varicose veins.

And they said her leg couldn't be saved...

Peripheral arterial disease (PAD) had dramatically reduced the circulation in Mrs. Corbett's leg. "My leg and foot were cold and painful for a long time, and then I developed a sore on my toe that wouldn't heal," notes Mrs. Corbett. "Several years ago, Dr. Feinberg performed an operation to clean out my carotid artery in order to prevent a stroke, and I decided to see if he could help me with my leg, too."

What is PAD?

Over time, plaque—a substance composed of fats, cholesterol, calcium and fibrous tissue—can build up within the arteries, causing them to narrow. This process, known as atherosclerosis, can reduce the body's ability to deliver oxygen-rich blood to the brain, limbs and other vital organs—the hallmark of PAD. Among the earliest sign of PAD involving the lower extremities is leg pain that is caused by walking. In later stages, patients may experience pain even at rest, numbness or persistent coolness of the extremity. If the blockage is severe enough, it can lead to tissue death (gangrene) and require amputation of the affected limb.

"When my toe became discolored, I went to a podiatrist who diagnosed me with gangrene," says Mrs. Corbett. "I then saw several vascular surgeons only to be told repeatedly that my leg should be amputated. When I finally found my way back to Dr. Feinberg, he promised to try and save my leg. On January 19, 2009, I went in to surgery not knowing whether I was going to keep my leg—but he saved it."

According to Dr. Feinberg, the blockages in Mrs. Corbett's arteries were severe, beginning in the upper thigh and extending all the way down to the ankle. This required a long bypass to carry blood flow past the blocked arteries and deliver the badly needed flow to the foot. To do this, Dr. Feinberg removed veins from Mrs. Corbett's leg and sutured them together, end-to-end, to create a long enough bypass graft to bridge the long span. Once implanted, a completely normal level of blood flow was restored to the foot, allowing the gangrenous portion of the toe to be successfully removed and preserving the entirety of the leg and foot. Mrs. Corbett continues to see Dr. Feinberg for follow-up at regular intervals. She long ago discarded the wheelchair she relied on when she first came to his office and now walks on her own two feet without assistance.

"I am just so happy to have my leg," says Mrs. Corbett. "I have come a long way, and I feel really good."

Who is at Risk for Developing PAD?

If you are a smoker or have a history of smoking in the past, you are four times more likely to develop PAD. If you have been diagnosed with heart disease, you have a one in three chance of having blocked leg arteries. Other risk factors include age, diabetes, high blood pressure and high cholesterol.

How is PAD Treated?

To reduce symptoms, improve quality of life and prevent complication, your physician may suggest lifestyle changes, medicines or surgery.

"If you smoke, quit immediately. Try to institute a program of regular exercise, and eat a well-balanced diet low in fats," advises Dr. Feinberg. "Your regular doctor may prescribe medications to help lower your blood pressure or cholesterol as well as ease leg pain. However, if these measures alone prove insufficient, then a vascular specialist may be able to help correct the problem with a wide range of options, including angioplasty, stent insertions or bypass surgery."



Annie Corbett with her adoring daughter and granddaughter

“I am just so happy to have my leg. I have come a long way, and I feel really good.”

— Annie Corbett

To find a vascular specialist on staff at HCGH, visit www.hcgh.org or call 410-740-7750.

What are the Symptoms of PAD?

According to the National Heart Lung and Blood Institute, PAD symptoms include:

- Weak or absent pulse in the legs or feet
- Sores or wounds on the toes, feet, or legs that heal slowly, poorly or not at all
- Pale or bluish skin color
- Lower temperature in one leg compared to the other leg
- Poor toenail growth and decreased leg hair growth
- Erectile dysfunction, especially among diabetic men
- Leg pain when climbing or walking stairs

Comprehensive, Convenient Care

Located adjacent to Howard County General Hospital, the new Medical Pavilion at Howard County centralizes many cancer services for patients as well as houses the expanded HCGH Wellness Center and numerous specialized physicians groups.

According to Dr. Nick Koutrelakos, an oncologist on staff at HCGH and a new tenant in the Medical Pavilion, this building represents a collaborative effort to coordinate cancer patient care. “Consolidating cancer services on one floor to provide diagnostic, treatment and support including complementary care such as acupuncture and massage therapy enables patients to stay local and receive state-of-the-art cancer care,” says Dr. Koutrelakos. “In addition, the inclusion of the Johns Hopkins pharmacy offers specialty medications often prescribed to cancer patients. And from a physician’s standpoint, it is very convenient to have multidisciplinary doctors in the building to consult.”

HCGH surgeon and new tenant Dr. Mona Duncan feels the new pavilion will offer a big benefit to the older patient as well. “Those patients usually have multiple medical conditions, which means that they see a wide range of specialists who are readily available,” explains Dr. Duncan. “Centralizing practices and services in the Medical Pavilion not only will improve the speed of diagnosis to treatment, but also make coordinating the scheduling of the multiple specialists my patients need to see before surgery easier.”

Convenience is also key for HCGH Cancer Services Social Worker Leslie Rogers. “We want to do what we can to help people get through their treatment,” she notes. “Distance is big for our patients. Now they can walk with their caregivers across the hallway to access various support services.”

Mary Catherine Cochran, director of the Claudia Mayer Cancer Resource Center that is also now located in the Medical Pavilion, feels the new pavilion will be much more patient friendly. “When a patient is diagnosed with cancer, their whole life will change, and they are instantly overwhelmed. Now, almost all of their needs for this journey will be met under one roof,” says Ms. Cochran, who further explained that the improved facilities have allowed the Claudia Mayer Cancer Resource Center to offer new services including counseling, acupuncture, massage and extended salon hours. “Here we have an opportunity to work side-by-side with the best oncologists to ensure that ALL patient needs are addressed. There is no other model like this in Maryland, and we believe it is the best model for patient care,” Ms. Cochran adds. “Most importantly, we believe that there is no place like home, and this new center allows us to take care of patients in their own community.”

“When a patient is diagnosed with cancer, their whole life will change, and they are instantly overwhelmed. Now, almost all of their needs for this journey will be met under one roof.”

—Mary Catherine Cochran
Director of the Claudia Mayer
Cancer Resource Center



Dr. Mona Duncan is a surgeon with Maryland Surgeons in Columbia who specializes in breast and endocrine surgery.



Dr. Nick Koutrelakos is an oncologist with Maryland Oncology Hematology in Columbia and specializes in breast and colon cancer as well as quality of life issues for cancer patients.

IN NEW Medical Pavilion at Howard County



Now Open

10710 Charter Drive, Columbia, MD 21044

Cardiology

Cardiovascular Specialists of Central Maryland, P.A. (Formerly HPV Heart, P.A.)

Endocrinology

Maryland Endocrine, P.A.

Gastroenterology

Digestive Disease Associates, P.A.
Howard County Gastrointestinal Diagnostic Center

General & Breast Surgery

Maryland Surgeons, P.A.

General Dentistry

Thomas E. England, D.M.D., P.A.

Hematology/Medical & Radiation Oncology

Maryland Oncology Hematology, P.A.
Central Maryland Radiation Oncology Center
Claudia Mayer Cancer Resource Center

Howard County General Hospital Wellness Center

Johns Hopkins Medical Laboratory

Johns Hopkins Outpatient Pharmacy

Johns Hopkins Specialty Care Multispecialty Consultation Services

Obstetrics & Gynecology

Drs. Esposito, Mayer, Hogan & Associates
A Community Specialty Practice of
Johns Hopkins Medicine

Oral & Maxillofacial Surgery

Richard J. Nessif, D.D.S., PC
Domenick P. Coletti, D.D.S., M.D., PC

Orthopaedics

Orthopaedic Associates of Central Maryland, P.A.

Plastic Surgery

Ronald W. Luethke, M.D.
George Thomas Grace, M.D.
Kerry E. Owens, M.D.

Pulmonary Disease

Pulmonary Disease & Critical Care Associates, P.A.

Urology

Central Maryland Urology Associates, P.A.
Columbia Urological Surgery Center

special Events:

Advance Directives Seminar

October 8, November 12 or January 14/ 6–7 p.m. Free. Learn about Advance Directives and how to appoint or be appointed a health care agent. At the completion of the seminar, you will leave with an Advance Directives document. Beneficial to all ages. Presented by Leslie Rogers, MSW, LCSW-C, OSW-C. 410-740-5858.

Managing Joint Pain

September 22/ 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 non-surgical and surgical options that are aimed at increasing your comfort and mobility. Presented by Charles Mess, Jr., M.D.

Focus on Women's Health

September 24/ 8 a.m.–4 p.m. Includes Women's Health Check and Free Activities (*see details below*).

Women's Health Check

This test measures 18 body chemicals, cholesterol (HDL, LDL, and triglycerides), blood cell count, and thyroid-stimulating hormone levels to check thyroid function. By appointment only. \$50.

FREE Activities

Body fat analysis, breast self-exam techniques, blood pressure testing, and height and weight measurements are available on a walk-in, first-come, first-serve basis.

Depression Screening

October 8/ 3–5 p.m. Free. Includes lecture, video, self-assessment and an individual evaluation with a mental health practitioner.

Cancer Prevention and Early Detection Clinic

October 10/ 10 a.m.–2 p.m. Free. Lord & Taylor Court in The Mall in Columbia. Registration not required. Speak with our physician experts. Learn about breast health, colorectal health, nutrition, smoking cessation, acupuncture, and other hospital and community resources. Participate in screenings including fecal occult blood, pulmonary function, skin analyzer, blood pressure, height and weight with body mass index, and more.

Choosing Your Pediatrician

October 14/ 7–8:30 p.m. Free. Preparing for your new baby should include finding a pediatrician before you deliver. Learn factors to consider and ways to promote health for your newborn. Presented by Michael May, M.D.

Great American Smoke-Out

November 19/ 11 a.m.–2 p.m. Free. HCGH Lobby. Walk-in. Registration not required. The American Cancer Society Great American Smoke-Out challenges you to quit using tobacco products for at least 24 hours as a first step in quitting completely. Stop by for resources to help you quit.

Breast Care in Howard County: Building the Best for You

October 28/ 6:30–9:30 p.m. Registration begins at 6 p.m. Free. Sheraton Columbia Hotel. Learn about the newest developments in breast cancer detection, diagnosis and treatment. Take a virtual tour of the beautiful new Medical Pavilion at Howard County. Complimentary dinner and door prizes. Space is limited and early registration is advised. To reserve a seat, call 410-740-7601 or register online at www.hcgh.org.

DEVELOPING CHILD AWARENESS

Pediatric Preoperative Tour

For children scheduled for outpatient surgery and their families. Tours offered Monday–Friday, 4–6:30 p.m., and Saturdays, 9 a.m.–noon. Call 410-884-4500 for information. Free.

Pediatric Unit Tour

For children ages 3 to 12 and their parents. Visit the Children's Care Center and meet the staff. Space is limited; early registration is advised. Call 410-884-4848 for dates and times. Free.

Sibling Preparation Tour

Help siblings-to-be prepare for baby's arrival. Children ages 4 to 12 can tour the hospital. Free.

HCGH Wellness Center has Moved.

Medical Pavilion at Howard County

10710 Charter Drive
Suite 100
Columbia, MD 21044

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. October 3 or November 7, 9 a.m.–noon. \$30.

Essentials in Babysitting

Learn how to effectively manage children, create a safe environment, and apply emergency techniques. September 19, October 24 or November 14, 9 a.m.–1 p.m. \$46 (includes lunch and certificate of attendance).

Self-Defense for Young Women

Age-appropriate self-defense for young women ages 12–15. Learn physical and psychological strategies. Also discusses concepts of self-image, self-esteem, and assertive behavior. January 16, 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. February 6, 9–11 a.m. \$25.

HEALTHY FAMILIES

Maybe Baby? Health Issues to Consider Before Pregnancy

Learn about important choices to consider when starting your family. Topics include lifestyle, parent wellness, and health care matters. Presented by Tamara Means, M.D., and Donna Barisich, certified nurse midwife. October 7, 7–8:30 p.m. Free.

Childbirth Essentials

This one-day course is a condensed version of our Prepared Childbirth Program. Go to www.hcgh.org for more information.

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.

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.

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. January 20, 7–9 p.m. Free.

Infant Care

Lecture, group discussion, and hands-on practice are used to enhance learning about the care of an infant. Go to www.hcgh.org for more information.

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.

Maternal Child Classes

Maternal Child Class brochures with registration forms are available online at www.hcgh.org or by calling **410-740-7601**.

Baby Signing

Parents, grandparents, and caregivers of babies up to 12 months old will learn 100 basic signs to help your baby communicate. October 10 or December 5, 9 a.m.–noon. \$40 per person or \$75 per couple (includes review DVD).

Infant Massage

A certified infant massage instructor will teach techniques to parents and caregivers. Babies age 1 to 12 months are welcome. September 19, 10–11 a.m. \$20.

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. September 15, November 11 or January 13, 7–9 p.m. \$50 per couple (includes parent kits).

Positive Parenting

In this two-week program, learn skills needed to raise a healthy, productive child including communication, disciplining your child, managing your child's behavior, self-esteem and more. For parents of newborns through 4 years old. October 29 and November 5, 6–7:30 p.m. \$25 per person/\$40 per couple.

HEALTHY LIFESTYLES

Well-Being Through Massage

A licensed massage therapist will show you how to use massage to promote a healthier life and a sense of well-being. Techniques for upper body: October 9, November 13 or January 8, 7–9 p.m. Techniques for lower body: September 25, October 23, November 20 or January 29, 7–9 p.m. \$50 per couple for one class or \$90 per couple for both classes.

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. October 14, 21 and 28, 6–7:30 p.m. \$40 per person.

Mastering Time: Make Time Work for You

Learn easy ways to proactively prioritize and make the choices that will create abundant time to do the things you value most in your life. October 20, 7–9 p.m. Free.

3 Keys to Mastering Stress

This program incorporates interactive theory, games, personality tests and fun to assist you in gaining a greater understanding of your perception of stress. Learn to take control; build support systems; and incorporate physical activity, time management and relaxation techniques. November 10, 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. September 16, September 29, October 13, October 27 or December 10, 5:30–9 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. November 14, 9 a.m.–3:30 p.m. \$60 (includes book).

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.** Make checks payable to HCGH. A \$25 processing fee will be charged for refunds and 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

IMPROVING YOUR HEALTH

Living Well...Take Charge of Your Health

This chronic disease management program teaches coping techniques, exercises for strength and flexibility, and communication skills. For people living with chronic conditions as well as caregivers. Six sessions from September 29 through November 3, 6:30–9 p.m. To register, call Maryland Access Point, 410-313-5980. \$25.

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.

Nutrition and Cancer

Individualized, three-session counseling 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.

Weight Loss through Bariatric Surgery

Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. November 11, 5–6:30 p.m. Free.

Individualized Weight-Loss and Dietary Counseling

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Day and evening appointments available. \$35 for a half-hour visit. Call for an appointment.

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. 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.

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. 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 Rehabilitation Maintenance Program

An exercise maintenance program for cardiac rehab program graduates 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.

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.

Pre-Diabetes: What Is It and What Can You Do About It?

Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. December 9, 7–9 p.m. \$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 and recognized by the American Diabetes Association. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. September 18 & 22, October 16 & 20, November 13 & 17, or December 4 & 8, 8:30 a.m.–3 p.m. Ambulatory Care Center. For information, call 410-740-7695.

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.

FREE HEALTH SCREENINGS

Depression Screening

October 8, 3–5 p.m. Includes lecture, video, self-assessment and an individual evaluation with a mental health practitioner.

Podiatry Screening

November 11, 4–6 p.m. Podiatrist David Baek will examine one or two areas of concern on the feet.

Diabetes Screening

November 2, 10 a.m.–noon.

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

IMPROVING WITH AGE

Be Seated

Seated fitness program geared to adults age 50 and older. Increase range of motion and build muscle strength. Cosponsored with Howard County Dept. of Parks and Rec. \$24.

Fitness Fun for Seniors

Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Dept. of Parks and Rec. Call 410-313-7275 to register. \$36.

AgeWell

Ongoing exercise program for people 60 and older. Cosponsored with the Howard County Office on Aging. Call 410-313-7213.

AARP Driver Safety

Classroom refresher for drivers age 50 and older. \$12 for AARP members, \$14 for others.

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 preemie 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.

Survivors Offering Support (SOS)

Volunteer mentors, trained by the hospital, offer encouragement to newly diagnosed breast cancer patients. For details or to be a mentor, call 410-884-4574.

Transition to Wellness

Women at or near the conclusion of breast cancer treatment receive coping tools and information as you enter the wellness phase of your journey as a breast cancer survivor. October 19 or December 14, 6–8 p.m. Ambulatory Care Center. Registration requested; call 410-884-4574.

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.

Partner Support Workshop

Spouses or partners of breast cancer patients gain insight into care giving and types of support patients and families require after a breast cancer diagnosis. November 18, 6 p.m. For information, location and registration, call 410-884-4574.

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, 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. 443-995-8391.

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. 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. 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

Sundays, 8–9 p.m. 1-800-317-3222.

Nicotine Anonymous

Sundays, 5:30–6:30 p.m. 410-964-2180.

Overeaters Anonymous

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



Parkinson's Support Group

Second Tuesday of the month, noon–1 p.m. 443-718-3135.

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,

This is my first message as the Howard Hospital Foundation's new Chair, so I would like to start by letting you know a little about myself and why I got involved with the Foundation. I would also like to let you know about a few of the things we are doing on behalf of the community, and how, if you are interested, you can help too.

I am a "local guy"—a product of the Howard County community. I was educated through the Howard County Public School System, and I spent a year at Howard Community College before transferring to UMBC. Growing up, I had several jobs that served the community. I was a volunteer EMT at the Long Reach Fire Station and taught swimming and lifesaving classes at HCC and the YMCA. My wife Eileen was also raised in this community. In fact, we met as sophomores in Atholton High School. We have two children, David and Tara, and we are partners in a business here in Howard County. We consider Howard County our home, and this is where we are rooted.

Howard County General Hospital became an integral part of our family's history when 11 and a half years ago, on a beautiful fall day, Eileen delivered our first child at the hospital—three months early. Through this nerve-racking experience, we quickly became aware that when you need it, having access to top-notch medical care makes the difference between life and death. In our story, the lives of my wife and son were saved because of the world-class doctors, nurses and health facilities right here in Howard County.

As a result of our son's early birth, we found out all about the Neonatal Intensive Care Unit (NICU). Our son spent three months at the hospital and during that time, we learned about the many needs of a community hospital. We had assumed that the hospital was part of the county funding system and that the majority of the hospital's financial needs were the county's responsibility. What we discovered was that the growth and the continued expansion of the hospital *comes through the generosity of, and donations from, the community*. We were not only inspired by the first-class medical care that our son received, but were also moved by the volunteer spirit of the people we met who have given their time and treasures to make sure we have a world-class medical center in our backyard.

Our son is now almost 12 and doing well. To this day, our hospital remains a part of our lives. After I got involved in the Howard Hospital Foundation's Board of Trustees, I began talking about the hospital to people in the community. I came to realize that no matter who I spoke with, everyone had a story that involved the hospital, either about themselves or a loved one. Our hospital is an important institution and serves a great community. When people need care, the resources are there to provide what they need.

I know you have a story of your own that includes Howard County General Hospital. I'd like to ask for your help to continue to provide the highest level of care right here in our community hospital. I ask each of you to contribute to the completion of the historic Campus Development Plan project. We have more than 150,000 residents in Howard County, many of whom we still need to reach. If every person in the county contributed \$25 per year for two years, we would complete this building project within budget! If you would like to help HCGH be there for you and your family, please log on to www.hcgh.org where you can make a convenient online donation. Or, call the Foundation's office at 410-740-7840 to discuss how you can help.

I am honored to be in the position to do something positive for our community, but I can't do it alone. With your help, we will move forward to accomplish the goals of the Foundation, to the ultimate benefit of your family's health and wellness. This is a giving and generous community, and I firmly believe that, if shown where their help can make a difference, residents of Howard County can and will make a positive difference in the future of their health care!

With thanks,



David Powell, *Chair*, Howard Hospital Foundation



Ms. Vivian "Millie" Bailey with photo of her late husband Bill Bailey, who was also a respected community leader and activist.

New Legacy Society

Ms. Vivian "Millie" Bailey, a well-known community leader, is a stalwart supporter of many causes in Howard County. Howard County General Hospital is fortunate to be one of the many organizations she supports, both through her service as a Board member and through financial contributions. She believes so much in the hospital's value to the community that she has named Howard County General Hospital in her estate plans. To recognize Ms. Bailey and others like her who have established deferred gifts for the hospital through bequests, trusts, or estate plans, the Howard Hospital Foundation has created a new program named the Howard Hospital Foundation Legacy Society. Through the Legacy Society, the Foundation will recognize and thank these generous stewards for their commitment to the hospital and, ultimately, to the well-being of the community.

If you have made plans to remember Howard County General Hospital through a deferred gift, no matter what the amount, please be sure to inform the Howard Hospital Foundation office so we can honor you as a member of the Legacy Society. Or, if you would like to discuss your planned giving options with us, please call the Foundation's Vice President of Development Christopher J. McCabe at 410-740-7840.

Donors See their Gifts at Work During Pavilion Opening

Donors to the Campus Development Plan Capital Campaign saw the direct result of their gifts, as the hospital opened the doors of the new four-story, five-level Patient Pavilion this summer. Through the generosity of these philanthropic individuals and businesses, our community now has a cutting-edge health care facility that will not only expand space for patient care and maximize efficiency, but will also improve patient safety, healing, comfort and satisfaction.



Kathy Schoonover of the Rouse Company Foundation, HCGH Volunteer Auxiliary President Alicia Slahetka, Janet Robey, Jonathon Kolker, Judy Kolker and Senator James Robey in a patient room in the new pavilion.

While the Howard Hospital Foundation thanks those who have contributed to the \$21.4 million toward the \$30 million Campaign goal, we ask the entire community to consider what they can do to help raise the remaining \$8.6 million. Improvements to the hospital's existing space are currently underway, and we must reach the goal to complete the project on time and within budget and, most importantly, to provide you and your family with technologically advanced care in a modern, sophisticated hospital — right in the comfort of your own neighborhood.



Howard Hospital Foundation Vice President of Development Christopher J. McCabe, HHF Chair David Powell, Volunteer Auxiliary President Alicia Slahetka, Auxiliary Vice President Mary Watson, Auxiliary Treasurer Mary Chiu and Auxiliary Secretary Ellen McDaniel.

Volunteer Auxiliary Maintains Momentum

In just three years, the Volunteer Auxiliary of Howard County General Hospital has already paid an impressive \$200,000 towards its five-year \$300,000 pledge in support of the Campus Development Plan, including its most recent payment of \$50,000. The Foundation thanks these dedicated volunteers!



Register today to ensure your place at **Dazzle Dash 2009**, the exciting kick-off event for the 16th Annual Symphony of Lights! This year's event promises more fun and more surprises than ever before. Family oriented activities, music, games, delicious food and refreshments, and the much-anticipated walk — or fun run — through the dazzling Symphony of Lights display. All of this and more will be conveniently located in downtown Columbia's Symphony Woods!

Saturday, November 21: Runners only

Sunday, November 22: Walkers only

Visit www.hcgh.org for full details and to register online today. This is a very popular community event, so be sure to register early to save your spot...the holiday season will be here before you know it!

16th Annual Symphony of Lights

November 23, 2009 – January 3, 2010

Don't miss this spectacular display of more than 70 larger-than-life, animated and stationary light creations — a "must-see" holiday tradition for everyone.



Make Your Mark at HCGH

The Howard Hospital Foundation's Entry Plaza Campaign is in full swing, with the inaugural group of donors seeing their engraved paving stones installed just weeks ago.

We invite you to participate in this unique campaign, which gives you a chance to support the hospital while leaving a lasting, personal mark in the community. A limited number of paving stones are available, and they are selling fast, so please act soon if you'd like to be a permanent part of HCGH. Call the Foundation's Director of Development Jan Hines at 410-740-7840 or visit www.hcgh.org to reserve your paving stone today!

Join Howard County General Hospital Doctors at the



Dr. Christopher Shih

Colon Cancer: Prevention and Screening

Colorectal cancer is a common and potentially lethal disease. It is the second leading cause of cancer death in the United States. However, with appropriate recommended screening tests such as a colonoscopy, it is preventable. Dr. Shih, a board-certified gastroenterologist on staff at HCGH, will focus on risk factors for the development of colorectal cancer as well as strategies for prevention and early detection.



Dr. Jeffrey Wexler

Sharp Eyes: Vision Care for Aging Eyes

Aging is the number one risk factor for poor vision. Whether seniors develop treatable diseases such as cataract and glaucoma or the more demanding challenges of macular degeneration, early detection is essential. Dr. Wexler, a board-certified ophthalmologist on staff at HCGH, will discuss what you can do to prevent loss of vision, risk factors, and how your ophthalmologist can help.



Dr. Raymond Haroun

Back Pain: A Healthy Spine for the Older Adult

As we get older, lumbar discs and joints in the back begin to wear out, putting pressure on surrounding nerve roots. Abnormal motion in the lower back can lead to low back pain, difficulty with walking and mobility. Dr. Raymond Haroun, a board-certified neurological spine surgeon, will discuss available treatment options for three of the most common lumbar spine conditions that affect the aging spine: lumbar stenosis, lumbar disc herniations, and lumbar spondylolisthesis.



Dr. Michael Wallace

Reducing Joint Pain

According to the Centers for Disease Control, one in five adults in the United States have been diagnosed by their physician as having arthritis. The pain most patients experience as a result of arthritis can rob them of their independence and zest for living. Dr. Mike Wallace, an orthopaedic surgeon on staff at HCGH, will discuss both surgical and non-surgical ways to manage arthritic pain including exercise, diet, therapy and medications.

Join us for the 2009
50+ EXPO on Friday,
October 16, 2009,
9 a.m. to 4 p.m.,
at Wilde Lake High
School in Columbia.
Adults 50 and over, as
well as their families, can
gain helpful information
from the more than 140
exhibitors on hand at this
not-to-be-missed event.
HCGH physicians will offer
seminars on these topics.



50+ EXPO

HCGH Recognized for Stroke Care

HCGH was featured in US News and World Report's July 28 "America's Best Hospitals" issue in an ad commemorating our receipt of the American Heart Association/American Stroke Association's "Get with the Guidelines" (GWTG) Silver Performance Achievement Award.

The award is given to hospitals that achieve at least 85 percent compliance with GWTG measures for 12 consecutive months. More than 1,450 hospitals participate in GWTG, a hospital-based program formed to ensure that hospitals consistently care for stroke patients following the most current scientific guidelines. The goal is to improve quality of life and reduce deaths by giving health care providers the necessary tools to treat heart disease and stroke.

Welcome Aboard!

Congratulations to Harry L. "Chip" Lundy, chairman of Williamsburg Group, LLC, who was elected chair of Howard County General Hospital's board of trustees. Evelyn Bolduc will join him as board vice chair, while Ann B. Mech, J.D., R.N., coordinator of legal affairs for the University of Maryland School of Nursing, remains secretary of HCGH's board.



David Powell



Mary Ann Scully

Additionally, HCGH appointed both David Powell, chief operating officer of the Federal Business Council, Inc., and Mary Ann Scully, president and CEO of Howard Bank and chair of the bank's board of directors, as new trustees to the HCGH board.

Board Members in the News

Governor Martin O'Malley appointed Margaret Kim, Howard Hospital Foundation board member and president and COO of AllCare of Maryland, LLC, to the Maryland Council for New Americans. In this vital new role as member, she will assist the Governor and state agencies in maximizing immigrant integration into Maryland. Ms. Kim is also a commissioner on the Governor's Commission on Service and Volunteerism, a statewide agency that creates, promotes and supports volunteer service efforts that engage all Marylanders to strengthen our communities. In addition, Ms. Kim was recently nominated to serve on The Columbia Foundation's Board of Trustees.

Leadership Howard County honored HCGH Board of Trustees Chair and Howard Hospital Foundation Board member Harry L. "Chip" Lundy with The Leadership Legacy Award. The Leadership Legacy Award exists to celebrate a Leadership Howard County graduate/friend whose sustained service to Howard County has added enduring value to our community. Individuals honored with this award have a longstanding commitment to civic involvement and have proven instrumental in creating real and continuing positive change for our citizens.

HCGH doctors serving you

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

ENDOCRINOLOGY, DIABETES & METABOLISM

Elizabeth G. Briggs, M.D.
Maryland Endocrine, P.A.
14201 Laurel Park Drive #214
Laurel, MD 20707
301-490-8530

FAMILY MEDICINE

Antoinette M. Cheney, D.O.
Vivien N. To, M.D.
Columbia Medical Practice
5450 Knoll North Drive #250
Columbia, MD 21045
410-964-6200

INTERNAL MEDICINE

Mythily Vancha, M.D.
Patuxent Hospitalists, LLC
10724 Little Patuxent Pkwy. #200
Columbia, MD 21044
410-997-5944

INTERNAL MEDICINE, INFECTIOUS DISEASE

Angela M. Kopack, M.D.
Infectious Disease Associates
11055 Little Patuxent Pkwy., 209
Columbia, MD 21044
410-884-1311

ORAL & MAXILLOFACIAL SURGERY

Domenick P. Coletti, M.D., D.D.S.
10203 Tanager Lane
Columbia, MD 21044
410-997-1010

PAIN MANAGEMENT

Theresa A. Arvesen, M.D.
11085 Little Patuxent Pkwy., L7
Columbia, MD 21044
410-997-7246

PEDIATRIC DENTISTRY

Shanta D. Richardson, D.M.D.
Richardson Pediatric Dentistry
8001 Hillsborough Road
Ellicott City, MD 21043
443-574-8944

PEDIATRIC HEMATOLOGY/ONCOLOGY

Shirley E. Reddoch, M.D., LLC
The Medical Pavilion
at Howard County
10710 Charter Drive, Suite 420
Columbia, MD 21044
410-730-2203

PEDIATRICS

Alice H. Tsai, M.D.
Klebanow & Associates
8821 Columbia 100 Pkwy.
Columbia, MD 21045
410-715-0080

PSYCHIATRY

Cynthia J. Washington, M.D.
10715 Charter Drive, Suite 270
Columbia, MD 21044
410-740-4408

UROLOGY

David Fenig, M.D.
Kenneth Langer, M.D.
Adam Metwalli, M.D.
Victoria Staiman, M.D.
Chesapeake Urology Associates
7625 Maple Lawn Blvd., Suite 210
Fulton, MD 20759
410-715-2090

calendar 2009 of Events:

September

Centennial Dash: A Journey of Empowerment

Saturday, September 12/ 9 a.m. – 1 p.m.

Centennial Park

Hosted by Ellicott City non-profit Resist Inertia, this event features a timed 5K walk/run with awards for completion, a children's fun run, and a health expo including blood pressure checks, nutrition counseling, exercise physiology instruction, stress reduction demonstrations, and other educational opportunities to enhance fitness, weight loss and health. For details and race registration, visit www.resistinertia.com.

Focus on Women's Health

Thursday, September 24/ 8:30 a.m. – 4 p.m.

HCGH Wellness Center

FREE Activities

Body fat analysis, breast self-exam techniques, blood pressure testing, and height and weight measurements are available on a walk-in, first-come first-serve basis.

Women's Health Check

This test measures 18 body chemicals, cholesterol (HDL, LDL and triglycerides), blood cell count and thyroid-stimulating hormone levels to check thyroid function. By appointment only. 410-740-7601. \$50.

Cuts Against Cancer

Sunday, September 20/ 10 a.m. – 4 p.m.

Symmetry Salon & Spa, Ellicott City and Victoria & Albert, Columbia

Featuring some of Howard County's finest salons including Lutfi's International Salon & Spa, Luna Day Spa, Mason & Friends, Victoria & Albert, Salon Tusey, Studio K Salon & Spa, Corporate Pit Stop, George of New York, Symmetry Salon & Spa and Rafet's Hairmasters. Participants can receive haircuts and manicures at discounted prices while supporting a good cause. Proceeds benefit the Claudia Mayer Cancer Resource Center. For details, call 410-740-5858.

September (continued)

Asian American Health Fair

Saturday, September 26/ 11 a.m. – 3 p.m.

Bridgeway Church (9189 Red Branch Rd, Columbia)

HCGH sponsors the Asian American Health Fair, which provides free health screenings for attendees. For more information, call 410-740-7696.

October

Cancer Prevention and Early Detection Clinic

Saturday, October 10/ 10 a.m. – 2 p.m. Free

Lord & Taylor Court in The Mall in Columbia

Registration not required. Speak with our physician experts. Learn about breast health, colorectal health, nutrition, smoking cessation, acupuncture, and hospital and community resources. Participate in screenings including fecal occult blood test, pulmonary function, skin analyzer, blood pressure, height/weight with body mass index, and more.

50+ EXPO

Friday, October 16/ 9 a.m. – 4 p.m.

Wilde Lake High School (5460 Trumpeter Road, Columbia)

More than 140 exhibitors target adults 50 and older and their families. For more information, call the Office on Aging at 410-313-6410.



Breast Care in Howard County: Building the Best for You

Wednesday, October 28/ 6:30–9:30 p.m. Free

Sheraton Columbia Hotel

Registration begins at 6 p.m. Learn about the newest developments in breast cancer detection, diagnosis and treatment. Take a virtual tour of the beautiful new Medical Pavilion at Howard County. Complimentary dinner and door prizes. Call 410-740-7601 to register in advance.

November

Dazzle Dash Weekend to Kick-off Symphony of Lights

Saturday, November 21/ 5–8 p.m.

(course opens at 5:30 p.m.)—*Runners only*

Sunday, November 22/ 4–8 p.m.

(course opens at 5:30 p.m.)—*Walkers only*

Mark your calendar for the Howard Hospital Foundation's annual Dazzle Dash weekend. Come out to enjoy a delightful holiday experience, complete with family entertainment, refreshments, music, and, of course, a close-up look at the Symphony of Lights on foot! All proceeds benefit HCGH. **Visit www.hcgh.org** to register online, or call 410-740-7840. Space is limited for both days, so register today!



16th Annual Symphony of Lights

November 23, 2009–January 3, 2010

Open 7 days a week, including holidays, 6–10 p.m.

Symphony Woods, Columbia

Visit www.hcgh.org for a \$5 discount coupon. Private group "walk thrus" available for 50 or more; call 410-740-7570 for reservations.



A Woman's Journey:

Johns Hopkins Medicine's Annual Women's Health Conference

Saturday, November 14/ 8:15 a.m. – 4:15 p.m.

Hilton Baltimore Hotel (401 West Pratt Street, Baltimore)

Gain new and compelling information about important issues affecting women's health during this one-day program featuring seminars from nutrition and improving your memory to heart disease and cancer, all taught by Johns Hopkins physicians. Registration required. For ticket costs, details & online registration, visit www.hopkinsmedicine.org/awomansjourney.



December

Celebration of Hope

Sunday, December 6/ 4:15 – 5:45 p.m.

Symphony Woods, Columbia

Join us for a peaceful twilight stroll through the Symphony of Lights. Open to current cancer patients and survivors. Event is free; space is limited. Call 410-740-5858 for information and to register.