

Wellness Matters

An In-depth Look at Back Pain

Preventing back injury
and treatment.

Symphony of Lights
is back.



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

President's Message

Dear Friends,

Our hearts go out to the members of our community who were affected by the recent flooding in Ellicott City. I am proud of the efforts of our staff in responding to the needs of the community. In the first few days following the flood, more than 600 pounds of canned goods, protein bars, water, diapers and other supplies were donated and delivered to the Community Action Council's Food Bank. The hospital also participated in a job fair for Ellicott City employees impacted by the flood to promote the employment opportunities we have here at the hospital.



I am pleased to announce that Howard County General Hospital will be contributing \$10,000 from our community giving fund to the Ellicott City relief efforts. Our donation will be going to the Ellicott City Partnership, which is directly connected to businesses and residents in the historic downtown.

The historic downtown is a true Maryland treasure and a source of pride for Howard County. There are many local business owners, employees and residents who will need our support over the coming weeks and months, and I know Howard County General Hospital stands ready to be part of those recovery efforts.

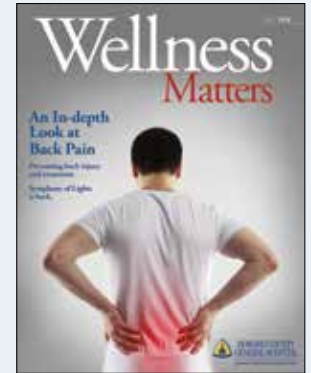
As we turn our attention to the fall months, I am happy to announce that, as promised, our Symphony of Lights festivities will return to Symphony Woods bigger and brighter than ever. Please see our complete schedule of events included in this issue of Wellness Matters on page 12. I hope to see you there!

Sincerely,

Steve Snelgrove

Wellness Matters

In this issue of *Wellness Matters*, we address back pain. From conservative treatments to surgical interventions, there are many options available to our patients to treat back pain.



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Wellness Matters is published by Howard County General Hospital, a private, not-for-profit, health care provider, and a member of Johns Hopkins Medicine. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family.

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

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SURGERY MAY NOT BE THE ANSWER

Neurosurgeon says there are options

“If you are experiencing neck pain or back pain, don’t panic,” says **Joseph Jamaris, M.D.**, a neurosurgeon on staff at HCGH. “Often patients are afraid to see me because they think they will need surgery, and most of the time, that is not the case.”



A neurosurgeon specializes in the diagnosis and surgical treatment of disorders affecting the nervous system including the brain, spine, spinal cord and nerves. “Usually, you are referred to a neurosurgeon after an MRI or other image study shows a spinal disc issue or a congenital anomaly,” says Dr. Jamaris. “While images are useful, I treat the patient, not the picture. Pain usually results from pressure on the nerves or a lack of stability. Often the issue causing the pain has existed asymptotically for quite a while. The pain, however, is triggered after an accident or something as simple as twisting in an unusual way.”

During an exam, the neurosurgeon determines whether your nervous system is impaired. “If you have no neurological deficits or nerve damage, you have pretty high odds of getting relief from conservative treatments,” says Dr. Jamaris.

Conservative Treatment

Treatments include the use of heat, nonsteroidal anti-inflammatory (NSAID) pain relievers, muscle relaxers, physical therapy or chiropractic visits. “If you’re not in any danger of neurological damage, an inversion table can help with lower back pain, because it lessens tension,” says Dr. Jamaris. “I have also seen a high rate of success with over-the-door neck traction in order to relieve pressure.

“For lower back pain, I recommend knee-chest exercises. When done religiously, these exercises significantly reduce incidents of lower back pain.” Lay on your back. Bring your knee up to your chest and back down. Repeat three to five times on each leg, several times a day.

Blocks Reduce Inflammation

When conservative treatments don’t help, an epidural steroid block might be used to reduce pain. “Steroid injections are the strongest of the anti-inflammatory drugs, but they do not always work quickly,” Dr. Jamaris says. “If the pain is caused from swelling and inflammation, it could take up to 10-14 days to feel improvement.

Surgery a Last Resort

“When all other treatments fail, I ask patients, ‘Can you live and cope with the pain the way it is?’ If the answer is ‘no,’ I ask myself if surgery will treat the cause of the pain, which is usually mechanical. There are two categories of surgery—decompression of the nerves and lending stability to the spine. You might need one or the other or a combination of both, but the focus will always be to get rid of the pain.”

Joseph Jamaris, M.D., is a neurosurgeon in Columbia. **Appointments 410-768-4644**





Managing Arthritis Pain in Your Back

Steven Levin, M.D., a Johns Hopkins pain management specialist on staff at HCGH, answers your questions:

Q & A
with

Steven Levin, M.D.

Q: What is spinal arthritis?

Spinal arthritis is the breakdown of cartilage in the facet joints—the joints that connect the vertebrae together and enable the spine to move. As the joints deteriorate, the vertebrae impact each other, creating friction during movement. This can result in mild to severe pain and potentially lead to the development of other degenerative spine conditions including osteoarthritis—an abnormal bone formation in the joints.

Steven Levin, M.D., is a pain management specialist with Johns Hopkins Pain Medicine Center at Howard County. **Appointments: 410-955-7246**



Q: What causes spinal arthritis?

It is most commonly caused by the natural aging process, but other factors, such as lifestyle, obesity, gender, heredity, and injury, can increase a person's risk.

Q: How do I know if my back pain is from arthritis?

If you are experiencing recurring pain that does not subside with conservative treatment after two to three weeks, visit your family doctor for an evaluation. Sometimes arthritis can be seen on an X-ray and often is strongly inferred by palpating your spine during a physical exam. While any part of the back can be affected, the lower back is the most common site of arthritis back pain. Typically we see back pain caused by arthritis in patients over the age of 50.

Q: How can spinal arthritis be prevented?

While spinal arthritis is not always avoidable, it might be possible to delay its development by avoiding some of the controllable risk factors. Good posture and body mechanics as well as maintaining a healthy weight and diet, having strong core muscles, and being flexible are important to back health. Exercise is in many ways like medicine—you should do the right exercise in the right amounts at the right time.

Q: How is spinal arthritis treated?

Many patients find relief through conservative, nonsurgical treatment that lengthens the spine and removes pressure from the compressed nerve that is causing pain. Physical therapy can improve motion and teach you proper body mechanics which will lessen the strain on your spine. Other conservative treatments include heat, over-the-counter pain medication, exercises and stretching.

Q: What if spinal arthritis does not respond to conservative treatment?

When conservative treatment doesn't work, many patients benefit from specialized interventional techniques such as facet nerve blocks which involves the injection of an anesthetic to the area surrounding a nerve to help identify the pain and possibly to treat it and, sometimes, minimally invasive procedures such as radiofrequency ablation—a specialized technique that decreases pain signals from a specific area of nerve tissue and can reduce the severity of pain that arthritis can cause.

Q: Is there a cure?

While there is no cure for arthritis, a comprehensive treatment plan can be very helpful at managing symptoms and maintaining function. Effective treatments are available to enable a healthy quality of life.

Treating BACK PAIN

A Physiatrist's Perspective

At least 80 percent of you will experience back pain at some point in your life. Typically, back pain can be treated at home with over-the-counter medications and heat or ice and you are feeling back to normal in a few weeks. However, when back pain does not get better, it's time to seek the help of a medical professional.



Time for Treatment?

"I encourage you to seek treatment if your mild back pain has lasted more than six weeks or continues to reoccur," says **Aaron Twigg, M.D.**, a physiatrist on staff at HCGH. "You should also seek medical attention if you are experiencing severe back pain after a fall or injury or if your back pain is accompanied by fever, unintentional weight loss, weakness, numbness or tingling." Go immediately to the emergency department if you are having severe back pain following a trauma or loss of bowel or bladder control.

A Holistic Approach

"A physiatrist is a medical doctor specializing in physical medicine and rehabilitation who treats musculoskeletal conditions and pain. When diagnosing your pain, we take a look at your whole picture including your employment, hobbies, lifestyle and daily activities," Dr. Twigg says. "We also conduct a thorough medical history and physical exam that includes a neurological assessment, leg length and strength measurements, an evaluation of posture and gait, and as needed, imaging (X-ray, MRI or CT) and nerve conduction studies to diagnose the source of your pain."

Non-surgical Treatment

"Your physiatrist will explain your diagnosis and the body mechanics of your condition so you understand how your posture and movement will impact you," Dr. Twigg says. "We also will provide instruction on how to use heat and ice properly and will advise you on sleep positions and posture while driving. These little things, in totality, can make a big difference."

Most of the time, back pain is treatable with conservative methods. "Once we diagnose the cause of your pain, we can provide exercises to strengthen and heal and educate you on what exercises to avoid," says Dr. Twigg. "Often, patients mistakenly think exercising more will improve back pain when it is how you exercise that has the most benefit. Traction machines are also very popular, but there are quite a few conditions that are not helped through their use and they can even make some back conditions worsen. Physiatrists may also recommend pain and muscle relaxants, oral steroids and NSAIDS, and when needed, interventional procedures such as facet joint and epidural injections to help identify the trigger of your problem and assist in a non-surgical treatment approach."

Aaron Twigg, M.D., is a board-certified physiatrist with Maryland Spine and Sports Medicine in Clarksville.
Appointments:
443-535-9900



An Orthopaedic Surgeon's Take on Back Pain

The majority of back pain is mechanical in nature and caused by a disruption in the way the parts of the back – the spine, muscle, intervertebral discs, and nerves—work together. It may include inflammation or displacement of the bones, ligaments, and/or discs, which interact with the spinal cord.

Treatment Options

Treatment depends on the cause of the back pain and may include exercise, medicines, and/or injections. “Surgery is only recommended in cases where there is evidence of increasing nerve damage and structural changes for which corrective surgical procedures are available,” says **Sanjog Mathur, M.D.**, an orthopaedic surgeon on staff at HCGH. “In cases where surgery may not be warranted, we try conservative treatment the first two to six weeks.”

Minimally Invasive Approach with Surgery

For conditions such as spondylolisthesis which occurs in the lumbar (lower back) when a vertebra slips over another putting pressure on the nerve, minimally invasive surgery can help. “During surgery, we put the vertebra back into position and insert screws to hold it in place removing the pressure on the nerve,” says Dr. Mathur.

In the case of back pain caused by degenerative scoliosis—when the facet joints deteriorate resulting in the spine curving to one side—surgery can be a good option. Dr. Mathur adds, “If there is not major nerve impact we can surgically replace the disc. If there is significant nerve impact, we can fuse the vertebra to decompress the major nerves.”

Reducing the Risk of Back Injury

According to Dr. Mathur, the following are actions you can take to reduce your risk of back injury:

EXERCISE: Physical activity is key—especially low-impact, core-strengthening exercises. It makes muscles strong and keeps joints fluid, and you're less likely to hurt your back if you're in good shape.

LIFT PROPERLY: Use your knees and not your back. Wear a support device such as a lumbar brace, if you are doing heavy lifting.

SLEEPING: Make sure you have a supportive mattress and pillow.

POSTURE: Be aware of how you are sitting and standing. If you have a sitting job, use a lumbar support or a chair without a back so you don't slouch.

NUTRITION: A high-protein, low-carb diet with calcium and vitamin D supplements. If you have early degenerative disease, consider taking a glucosamine/chondroitin supplement.

STOP SMOKING: Nicotine shuts down the small blood vessels that provide nutrition to the discs, and if discs are damaged they cannot repair themselves.

Sanjog Mathur, M.D., is a board-certified orthopaedic surgeon with Potomac Valley Orthopaedic Associates in Columbia. **Appointments: 410-992-7800**



Hospital Receives Award for Stroke Program

Howard County General Hospital received the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Plus Quality Achievement Award with Target: StrokeSM Honor Roll Elite. The award recognizes the hospital's commitment to providing the most appropriate stroke treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

"Howard County General Hospital continues to strive for excellence in the acute treatment of stroke patients. This recognition further reinforces our team's hard work," says HCGH Director of Inpatient Neurological Services **Eric Aldrich, M.D.**

Journey to Better Health

HCGH is pleased to announce a new faith-based health initiative, Journey to Better Health. Thanks to support from the Howard County Health Department and the Horizon Foundation, this program works with faith-based organizations or churches to improve the health of the community. The two main goals of the initiative are to:

- 1) identify early warning signs of chronic disease through screenings and provide proven effective classes to help reduce risk of developing diabetes and hypertension and
- 2) connect those in need of additional social support to a network of "community companions." A community companion is a member of a faith-based organization who has received special training and volunteers his or her time to help others. For example, they might assist with grocery shopping when you return home after a hospital stay.

For more information about this new program, please contact: Naa Minnob, nminnob1@jhmi.edu, 410-313-6244.

Correction: In the Summer 2016 *Wellness Matters* article HCGH Physicians Recognized as Top Doctors, HCGH allergist **Michael Goldman, M.D.**, was accidentally omitted. HCGH is proud to congratulate Dr. Goldman who was recognized in *Baltimore Magazine's* annual top doctor issue.



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

CARDIOLOGY

Andrew J. Weiss, M.D.
Cardiovascular Specialists of
Central Maryland
10710 Charter Drive #400
Columbia, MD 21044
410-997-7979

PODIATRY

Scott Nutter, D.P.M.
Laurel Lakes Foot & Ankle Center
7625 Maple Lawn Blvd. #100
Fulton, MD 20759
301-317-6800

THORACIC SURGERY

Stephen Broderick, M.D.
Johns Hopkins Community Physicians
11085 Little Patuxent Parkway #103
Columbia, MD 21044
443-997-1508

PLASTIC SURGERY

Kristin Broderick, M.D.
Johns Hopkins Community Physicians
11085 Little Patuxent Parkway #103
Columbia, MD 21044
443-997-1508



IMPORTANT FLU VACCINATION NEWS FOR PARENTS OF YOUNG CHILDREN

The Centers for Disease Control has recommended that the nasal spray version of the flu vaccine, commonly used in children six months and older, not be used for the 2016-2017 flu season due to data showing lower effectiveness of this type of vaccine. According to HCGH's Pediatric Emergency Department director, **David Monroe, M.D.**, "Parents who are accustomed to having this option should definitely vaccinate their young children using the shot since the nasal mist is no longer available. This will not only protect children who are vulnerable to serious complications of the flu, but will help prevent the rest of their family and the community from getting sick. Children may be fearful of injections, but nurses in local pediatrician offices, schools, pharmacies and clinics can give shots gently and help prepare the child for the shot. I encourage parents to take time to vaccinate the whole family."

NEW HOSPITAL BOARD OF TRUSTEE MEMBERS

HCGH welcomes the following new members to the hospital's board of trustees:



Maura J. Rossman, M.D., is the health officer for the Howard County Health Department. She has worked for the health department since 2007 and was appointed health officer in 2012. Dr. Rossman has extensive experience in public health with Baltimore City and Howard County, designing and implementing a number of innovative health programs.



William Saway, M.D., is president of the Columbia Medical Practice and a multi-specialty primary care group practice. He also is the regional medical director for mid-Maryland for the Johns Hopkins Medicare ACO (accountable care organization). A board-certified internal medicine physician, Dr. Saway has been a member of the HCGH Professional Staff since 1998.



Brian S. Walter is group vice president and market president at M&T Bank. Active in the community, Brian serves on the boards of a number of Howard County nonprofit organizations, and, in 2010, was presented the "Good Scout Award" by the National Pike District of the Boy Scouts.

HOWARD HOSPITAL FOUNDATION WELCOMES NEW MEMBERS TO BOARD OF TRUSTEES



Aimee DeCamillo
*Head of Retirement Plan Services and
Vice President of T. Rowe Price Group, Inc.*



Gary Garofalo
*President and COO
Harkins Builders*



Dan Kelly
*Executive Vice President
The Thos. Somerville Co.*



Benjamin Mobley
*Vice President and Relationship Strategist
PNC Wealth Management®*



Thomas L. Rawlings
*Senior Director of Compliance
Maxim Healthcare Services, Inc.*

HEROES IN HEALTH CARE HONORED



Caregivers honored (l. to r.) Brittany Moxley, Gretchen Heyman, Holly Campbell, Colleen Cunningham, HCGH President Steve Snelgrove, Mary Small, Sheryl Dulsky, Sandy Messina, Jane Scanlon, Jennifer Webster.

The inaugural HCGH Heroes in Health Care Gala, presented by M&T Bank, held this spring celebrated some of the valued hospital providers and Howard County Fire and Rescue Service members who demonstrate compassion and save lives every day.

The event, chaired by Paul and Cindy Skalny, was held at the new Homewood Suites by Hilton in Columbia, where more than 200 guests enjoyed dinner and dancing featuring live music by local favorite Misspent Youth.

At the event, HCGH patient Daniel Medinger addressed the caregivers who saved his life. Daniel also recognized his heroes with a donation to HCGH through the Honor a Caregiver program. This is his story.



Daniel Medinger (center) with his health care heroes Barton Albrecht, HCFRS (left), and Mark Johnson, HCFRS (right).

DANIEL'S STORY

No one plans to go to the ER. Well, at least, I can assure you that I didn't. But when I was wheeled into the ER I found out how special Howard County General Hospital is to our community.

I can tell you that I never heard of "painless bleeding" until I had it. My first episode started in my office, after the staff had left for the day. My first instinct was to go home. But as good fortune would have it, I didn't make it because if I had gone home I probably would not be here today.

As I started home, another episode was on the way, and I pulled in to a pharmacy to ask a pharmacist for help. I described my issue by saying, "I know you are not a doctor, but can you help me?" She said, "Yes, I can. I am calling an ambulance."

I have no experience with ambulances and frankly I was embarrassed when they arrived. The trip to the ER was quick. There, the staff sprang into action. Soon I was getting fluids and care. The doctor said that I may have lost five to six pints of blood before the episodes were over.

I was a patient at HCGH for three days. As the nursing shifts changed, I realized how fortunate I was to be in the care and concern of these medical professionals.

Some people wonder if there really are angels. I know they exist because I met them here in Howard County that day. I remembered their names—one by one—because one day I hoped to have the opportunity to thank them. They are: Bart, Mark, Michelle, Gretchen, Jodi and Sandy. Thank you so much.

I had often driven by the hospital and never gave a thought to the wonderful people who work there and the amazing things they do for us every day.

I am thankful to the Howard County firefighters and first responders, the nurses and doctors and to all who make the hospital an integral part of our community.

If you would like to make a donation to honor an HCGH caregiver, call 410-740-7840 or visit hcbg.org/honoracaregiver.

CELEBRATE KINDNESS • CARING • COMPASSION • HOSPITALITY

CHARITABLE IRA ROLLOVER RETURNS FOR GOOD

MAKE AN IMMEDIATE IMPACT ON HOWARD COUNTY GENERAL HOSPITAL AND AVOID TAXES

The charitable IRA rollover has returned for good, thanks to legislation signed in December 2015 that made this popular giving opportunity permanent. The rollover is a convenient, tax-efficient way for donors who are at least 70 ½ years old to support Howard County General Hospital.

How the IRA Rollover Works

Individuals who are 70 ½ or older may transfer up to \$100,000 a year directly from their traditional IRA to a qualified charity, such as HCGH. If a spouse has a separate IRA, he or she can also make a charitable IRA rollover gift. The amount of the transfer will not be included in your taxable income, and the transferred amount can count toward your required minimum distribution.

How to Make an IRA Rollover Gift

If you are considering a charitable gift from your IRA, consult with your advisor to determine if the charitable IRA rollover is a good option for you. The information below will help you accomplish your rollover gift as quickly and seamlessly as possible:

- Contact your IRA custodian and instruct your custodian to make a distribution directly to HCGH.
- Provide your IRA custodian with the foundation's tax identification number (52-1072778) and contact information.
- Notify the Howard Hospital Foundation by phone or email that your gift is on its way.

For more information, contact the Howard Hospital Foundation at 410-740-7840 or visit hcbg.org/hbfplannedgiving.



Symphony of Lights Returns this Year

benefitting Howard County General Hospital

Symphony of Lights, the time-honored Howard County holiday tradition, makes its grand return this year, November 20 through January 8, 2016. This family-oriented event features dazzling displays of nearly 100 larger-than-life animated and stationary holiday light creations and includes celebrated classic events such as the Dazzle Dash with a new 5K race, Midnight at 7, Tail Lights, Bike the Lights, Twinkling Tots, Military Appreciation Nights along with ongoing drive-throughs and group walk-throughs of the displays.

One hundred percent of the proceeds from the Symphony of Lights season support critical initiatives at Howard County General Hospital.

We are thrilled to announce many exciting new additions to this year's event starting with an all-new one-mile course through Symphony Woods. During the one-year hiatus, the over 20-year-old displays were completely refurbished with environmentally friendly LED lighting and are now brighter than ever. We are also debuting 20 brand-new, custom-built displays that are sure to be crowd-pleasers. The fun doesn't stop there! We are introducing even more new elements to be enjoyed during a walk- or drive-through visit including a state-of-the-art laser light show, a 3-D holiday video spectacular projected 50 feet high at Merriweather Post Pavilion, and Howard County's only outdoor ice skating rink, which will be open to visitors throughout the Symphony of Lights season.

We are excited to be back this year and look forward to seeing you and your family this holiday season!

If you'd like to receive updates about this year's festivities and sneak peeks of our new elements, "like" us at

[Facebook.com/symphonyoflightsfestivities](https://www.facebook.com/symphonyoflightsfestivities). To register for events, sponsor the Symphony of Lights, or to learn more, visit hcgh.org/symphonyoflights.

Symphony of Lights 2016 Festivities Calendar

Dazzle Dash Family Fun Run and 5K Race

November 20, 2016, 4 – 7 p.m. (Rain or Shine)

NEW Ice Skating Rink

November 20, 2016 – January 8, 2017

Tuesday – Thursday, 3 – 8 p.m.

Friday – Sunday, 12 – 9 p.m.

Symphony of Lights Drive-throughs

November 23, 2016 – January 1, 2017

Wednesday – Sunday, 5:30 – 10 p.m.

Symphony of Lights Private Group Walk-throughs*

November 28 – December 27, 2016

Monday & Tuesday, 5 – 8 p.m.

Bike the Lights

November 29, 2016, 5 – 7 p.m.

(Snow Date: December 5, 2016)

Military Appreciation Nights

December 1 & 8, 2016, 5:30 – 10 p.m.

Twinkling Tots

December 6, 2016, 5 – 8 p.m.

(Snow Date: December 12, 2016)

Tail Lights (Presented by M&T Bank)

December 13, 2016, 5 – 8 p.m.

(Snow Date: December 19, 2016)

Midnight at 7

December 31, 2016, 5 – 7:30 p.m. (Rain or Shine)

*Limited availability. By advance reservation only.



SPECIAL EVENTS

Lyme Disease in Howard County

Lyme disease cases are high in Howard County. Residents should practice prevention all year as ticks live through all seasons. If you spend time outdoors, join us to learn about prevention measures, diagnosis, the wide variety of symptoms, and current modalities for chronic management including medical treatment and physical therapies. Presented by **Steven Geller, M.D.** **9/20**, 7-8:30 p.m. Free.

Eating Well: Prescription for Better Health

Nutrition and proper nourishment of your body is key to living healthy. A certified nutritionist/registered dietitian will discuss the relationship of your food and nutrients to immunity, chronic disease management, healing and more. **10/10**, 7-8:30 p.m. Free.

Tips for Managing Anxiety

Anxiousness can come upon us with little or no warning. Regular bouts of anxiety affect your mind and body. Learn from experts about the symptoms, strategies to reduce stress and anxiety in your life, and treatment options. **10/18**, 7-8:30 p.m. Free.

Top Five List of Type 2 Diabetes

Learn the basics and why diabetes occurs, meal choices, exercise, what your blood tests mean, and how to choose more healthy habits to increase your success in managing diabetes. Hear about the new outpatient diabetes education programs in the HCGH Wellness Center. **11/1**, 7-8:30 p.m. Free.

Mental Health First Aid

Nationally recognized, two-part course covering signs, symptoms and frequency of mental illness. Learn to provide effective and appropriate assistance. **10/6** and **10/7**, 12-4 p.m. Free.

Considering Total Joint Replacement?

Learn about total hip and knee surgery from health care professionals and past patients of HCGH's Joint Academy. **11/9**, 3-5 p.m. Free.

See into Your Future: Vision and the Aging Eye

Macular degeneration and cataracts are common diseases of the aging eye. Learn about these conditions and their treatment from ophthalmologist **Dean Giaros, M.D.** **11/15**, 7-8:30 p.m. Free.

Great American Smoke Out

Stop by for resources to help you quit smoking. Walk-in, registration is not required. Held in the HCGH lobby. **11/17**, 11 a.m.-2 p.m. Free.

HEALTHY HEART & LUNGS

Adult, Child and Infant CPR/AED

Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn two-year American Heart Association completion card (not a health care provider course). **9/14**, **9/29**, **10/13**, **10/25** or **11/9**. 5:30-9 p.m. \$55.

Cardiac Rehabilitation Program[†]

Assistance for cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery.

Cardiac Rehabilitation Maintenance[†]

Exercise for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. \$60/mo.

Pulmonary Rehabilitation[†]

Exercise and education to assist patients with lung disease.

Pulmonary Rehabilitation Maintenance[†]

Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. \$60/mo.

[†] To schedule an appointment or for information about all cardiac or pulmonary rehabilitation programs and Medicare and insurance coverage, please call 443-718-3000.

DIABETES

Take Control of Your Diabetes **NEW**

Whether you're newly diagnosed with diabetes, gestational diabetes or have been living with diabetes for some time, HCGH has the specialists and resources you need to help manage your diabetes. Personalized classes, individual counseling and support groups are offered. To view a schedule of available classes and to register, visit hcg.org/diabetes or call 443-718-3007.

Prediabetes

Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent or delay actual diabetes. **1/12**, 7-8:30 p.m. \$15.

CHILDREN & TEENS

Essentials in Babysitting

Learn to manage children, create a safe environment and apply basic emergency techniques. **9/10**, **10/8**, **10/29** or **12/10**, 9 a.m.-1 p.m. \$55.

Home Sweet Home

Children (8-12) and their parents learn safe and fun ways for children to stay at home alone. **11/5**, 9-11 a.m. Free.

Self-Defense for Young Women

Teens (12-15) learn physical and psychological strategies of self-defense. **10/22**, 9-11 a.m. \$35.

Kids Self-Defense

Children (8-12) learn basic safety awareness and age-appropriate self-defense techniques. **10/8**, 9-11 a.m. \$27.



Ongoing Support Groups: Contact hcg.org or call 410-740-7601.
Cancer Support Groups: Call 410-740-5858.

IMPROVING WITH AGE

Medicare 101

Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence. **9/7** or **12/13**, 7-8:30 p.m. Free.

Medicare 102

Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence. **9/14** or **12/20**, 7-8:30 p.m. Free.

HEALTHY FAMILIES

Maybe Baby: Financial Issues for Prospective, Expectant and New Parents

A Certified Financial Planner™ will discuss financial issues involved in starting a family. Leave with a plan to help you feel confident about your finances. **10/20**, 7-9 p.m. Free.

Choose Your Pediatrician and Promote Your Newborn's Health

Learn factors to consider and questions to ask when choosing your pediatrician and ways you can promote your newborn's health. Presented by **Mel Stern, M.D.** **9/15**, 7-8:30 p.m. Free.

AARP Driver Safety

Classroom refresher for ages 50+. **9/23**, **10/10** or **11/11**, 10 a.m.-2:30 p.m. \$15/AARP members, \$20/others.

Fitness Fun for Seniors

Individuals age 60 and older exercise at their own pace. Includes stretching and low-impact exercise. Mondays and Wednesdays, **9/12-11/2**, 9:30-10:30 a.m. \$64/8-week session.

Happiest Baby on the Block

Parents and parents-to-be learn techniques to quickly soothe baby. **9/27** or **12/6**, 7-9 p.m. \$50 per couple (includes parent kits).

Prenatal Class for Early Pregnancy

Parents-to-be and those in the first trimester of pregnancy learn about pregnancy's early stages. **11/29**, 7-9 p.m. Free.

FREE SCREENINGS

Depression Screening

Includes lecture, video, self-assessment and an individual, confidential evaluation with a mental health practitioner. Walk-in, registration is not required. **10/6**, 3-5 p.m.

Diabetes Screening

Learn your numbers. Screenings include blood glucose test, BMI (body mass index) measurement, blood pressure, and prediabetes risk assessment. Receive information about upcoming healthy lifestyle classes to assist you in improving your wellbeing. **10/18**, 8 a.m.-2 p.m. Free.

Ask the Pharmacist

Bring your medications, vitamins, and herbals to our expert pharmacist and learn more about them. **10/20**, 10 a.m.-12 p.m.

Podiatry Screening

Podiatrist **Andrew Liss, D.P.M.**, will examine an area of concern on your feet. **10/25**, 6-8 p.m.

AIDS Screening

This World AIDS Day event includes a confidential AIDS screening, educational materials and local resources. Cosponsored with Chase Brexton Health Services. Walk-in, registration is not required. **12/1**, 9 a.m.-12 p.m.

GET HEALTHY WITH DIET & EXERCISE

Dietary Counseling

Discuss your dietary concerns and goals with a registered dietitian. \$40/half-hour visit.

The Mall Milers

Walk-for-health program at The Mall in Columbia. Blood pressure screenings on the second Tuesday of the month. Free.

FOCUSING ON BODY AND MIND

Advance Directives

How do you want to be cared for at the end of your life? Who will make decisions about your health care? Do you know your loved ones' wishes? Join us for a conversation about advance directives and receive an advance directives document to begin the process. **10/21**, 6-7 p.m. Free.

Living Well

Learn to manage symptoms of arthritis, pain, heart disease, and multiple chronic conditions. Topics include healthy eating; problem solving and goal setting; maintaining and improving strength, flexibility and endurance; communicating with health care professionals, family and friends; medication usage; techniques to deal with pain, frustration and fatigue; and disease related problem solving and goal setting. Sponsored by the Howard County Office of Aging and Independence. Fridays, **9/30-11/4**, 10 a.m.-12:30 p.m. \$28/ includes materials. To register, call 410-313-3506.

REGISTRATION

hcgh.org—online registration

410-740-7601—information

410-740-7750—physician referral

410-740-7990—TDD

Advance registration is advised for all programs unless noted. Payment due at registration. A \$25 cancellation fee will be applied to cancellations made less than one week before class. Refunds will not be given less than 24 hours before class starts. For cancellations due to low enrollment, a full refund will be issued.

Unless noted, all classes are held at
HCGH Wellness Center

10710 Charter Dr., Ste 100, Columbia, MD 21044

calendar 2016 of Events:

We Walk for Wellness

Saturdays through October 1/9 – 10 a.m.

North Laurel Community Center, Laurel, MD
Registration: 8:45 a.m. Program: 9 a.m.

Warm-up, guided group walking and cool-down, including light aerobic activity such as jumping jacks, marching in place and arm circles. Information about nutrition and exercise available. For more information, call 410-740-7601.

OCTOBER

Open Streets Howard County

Saturday, October 1, 2016/10 a.m. – 2 p.m.

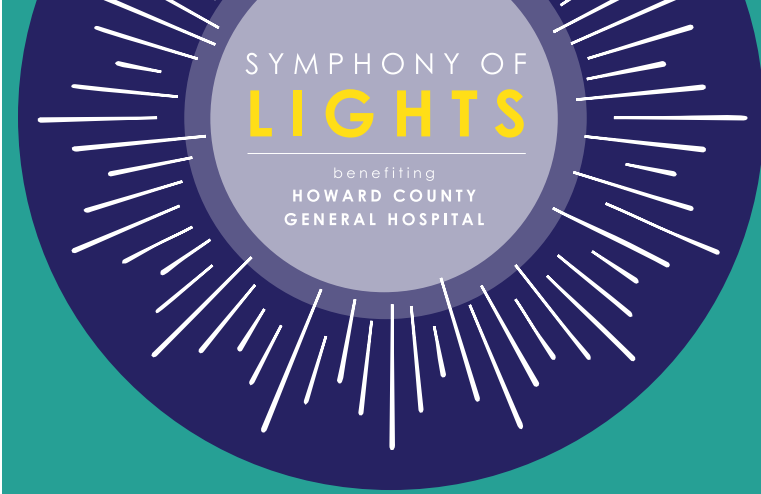
Little Patuxent Parkway Loop and Downtown Columbia Trail
See how better street design can make getting around easier, safer and more comfortable for everyone. The event will include action-packed stops with bicycle and pedestrian infrastructure demonstrations, food trucks, kids' activities, a stop at the hospital and more. For more information, visit thehorizonfoundation.org/openstreets.

Cancer Survivors Conference

Surviving Survivorship: Living with Cancer
The Johns Hopkins Sidney Kimmel Comprehensive Cancer Center
Saturday, October 8/12 – 4 p.m.
BWI Airport Marriott
Free annual conference for survivors and caregivers. Call 410-955-8934.

50+ Expo

Howard County Office on Aging and Independence
Monday, October 31/9 a.m. – 4 p.m.
Wilde Lake High School
Featuring exhibitors of interest to older adults, families, caregivers, care providers and professionals. New job fair and tech-savvy seminars. \$1 admission. Call 410-313-6410 or visit howardcountymd.gov/aging.



Symphony of Lights 2016 Festivities

Dazzle Dash Family Fun Run and 5K Race
November 20, 2016, 4 – 7 p.m. (Rain or Shine)

Ice Skating Rink
November 20, 2016 – January 8, 2017
Tuesday – Thursday, 3 – 8 p.m.
Friday – Sunday, 12 – 9 p.m.

Symphony of Lights Drive-throughs
November 23, 2016 – January 1, 2017
Wednesday – Sunday, 5:30 – 10 p.m.

Symphony of Lights Private Group Walk-throughs*
November 28 – December 27, 2016
Monday & Tuesday, 5 – 8 p.m.

Bike the Lights
November 29, 2016, 5 – 7 p.m.
(Snow Date: December 5, 2016)

Military Appreciation Nights
December 1 & 8, 2016, 5:30 – 10 p.m.

Twinkling Tots
December 6, 2016, 5 – 8 p.m.
(Snow Date: December 12, 2016)

Tail Lights (Presented by M&T Bank)
December 13, 2016, 5 – 8 p.m.
(Snow Date: December 19, 2016)

Midnight at 7
December 31, 2016, 5 – 7:30 p.m. (Rain or Shine)

*Limited availability. By advance reservation only.

hcgh.org/symphonyoflights