Caring Beyond Hospital Walls

Innovative Programs Keep our Community Healthy

Managing Chronic Disease
Dear Friends,

In this issue of Wellness Matters, you will read about the efforts of HCGH to keep you healthy and reach you in your community with programs and services. Our goal is to move from just treating illness in the hospital to keeping our community members healthy — but we cannot do it alone.

When I came to HCGH nearly four years ago, I was pleased to find an engaged community with well-established partnerships, including a Local Health Improvement Coalition. Today, I co-lead this group with Maura Rossman, M.D., health officer of the Howard County Health Department, and collectively we have worked with local social services agencies to determine the health needs of the community we all serve and how we can work together to address these needs. The LHIC has been a terrific partner in helping us to develop some of these programs and put new services in place that will provide measurable improvement to the health of our county.

I ask that you allow us to be your partner in health and take steps to improve your health. Visit your primary care physician regularly—not just when you are sick but for preventive care. Practice the five healthy behaviors that can prevent up to 80 percent of disease: exercise regularly, eat five servings of fruits/vegetables daily, don’t smoke, maintain a healthy weight (BMI <26) and get sufficient sleep. Attend a class or screening in our wellness center and learn what you can do to prevent or manage disease. Learn to be your own advocate for your health care and that of your family.

Sincerely,

Steve Snelgrove
President
Caring Beyond Hospital Walls

INITIATIVES DESIGNED TO IMPROVE THE HEALTH OF HOWARD COUNTY RESIDENTS

Population health centers on improving health outcomes of families and communities by encouraging them to practice healthy lifestyles. When you think about the health of our population, people are going to fall along a spectrum. Those at the low end of the risk spectrum may be totally healthy now but at risk for future health concerns. At the top of the spectrum are those who are typically older and already have multiple complex chronic conditions and need more health care services.

Even though the hospital is a place you come when you are sick, our hospital plays a very important role in maintaining and managing the health of the population we serve. We do this in two ways. In terms of health promotion, we provide education and screenings, and we work with our Local Health Improvement Coalition to set priorities and design programs to work on those risk behaviors that can be modified like exercise, weight, nutrition and tobacco use. We also play a role in care management by looking at individuals who have multiple chronic diseases and partnering with them to remove barriers to achieve better health and develop a plan of care that addresses the whole self, and ensures they are getting the right care at the right time and in the right setting.

Two HCGH programs making a difference in our community are highlighted in this issue of Wellness Matters.

“Even though the hospital is a place you come when you are sick, our hospital plays a very important role in maintaining and managing the health of our community.”

– Elizabeth Edsall Kromm, Ph.D., M.Sc.
Vice President
Population Health & Advancement
Howard County General Hospital

Watch a video about our care teams and other initiatives: hcg.org/populationhealth.
The Community Care
YOUR PARTNERS IN HEALTH

Susan Phelps had been bedridden since February. Sciatica, a debilitating pain that radiates along the path of the sciatic nerve, had put Susan in HCGH for many days in January followed by 60 days in a rehabilitation facility. By May, Susan was home in a hospital bed in her living room unable to walk or care for herself. She had been receiving in-home therapy, but that was on hold due to a possible fractured wrist. She couldn’t leave her home to get to her doctor or for the X-ray he wanted her to have. Her family feared that Susan wouldn’t progress if she couldn’t continue her therapy. They had reached an impasse. **Enter: the Community Care Team.**

**What is the CCT?**
The CCT is your health care partner. They work with you to ensure your hospital-to-home transition is a smooth experience, your care at home is coordinated, you are connected to HCGH and community-based resources and you learn how to manage your illness. CCT services are free.

You may be identified as a good candidate to benefit from CCT services during your hospital stay or by your primary care physician.

**CCT Might be Right for You if You:**
- live in Howard County,
- have Medicare insurance, and
- have had multiple visits to HCGH in the last year.

**How Can the CCT Help You?**
Within days of your referral to the program, a community health nurse and a community health worker will visit you at home to assess your health, lifestyle and needs, and make recommendations for a plan of care.

This is not a home care program. The CCT provides coordination of home care services but does not provide therapy.

Typically, a CCT member works with you for one-to-three months, depending on your needs.

**Susan’s Path to Wellness Begins**
Susan’s complicated needs triggered help from a team of CCT health care coordinators, beginning with a conversation between Susan’s primary care physician, Joseph Gibbons, M.D., and Tammy Evans, CCT provider engagement coordinator.

“Dr. Gibbons sat with me and talked about Susan’s case and the challenges she faced. My job was to help bridge the gap,” says Tammy. “I called Susan to learn about her needs and shared my notes with team member Megan Cullen, RN, BSN, our community health nurse.” Tammy coordinated the orders Megan needed to get Susan the care she required.

**HERE’S HOW YOUR CCT MEMBERS CAN PARTNER WITH YOU:**

1. **CONNECT**
   
   With your primary care physician or specialist

2. **REVIEW**
   
   Your hospital discharge summary and medication

3. **DEVELOP**
   
   A plan of care

4. **NAVIGATE**
   
   The health care system and community resources

5. **COMMUNICATE**
   
   With family and work directly with your caregivers
Joel and Megan couldn’t do enough for me, and I appreciate everything they did. This is an amazing program. Thanks to them, I am on track and bound and determined to see my grandson get married—in person.

– Susan Phelps

**Assessing Needs and Connecting Care**

Megan visited Susan in her home with Joel Orkmon, CCT community health worker, who helped assess and coordinate her challenges. “When we first started working with her, Susan notified us that her home health nurse was leaving,” notes Megan. Because Susan is on a blood thinner, she needed regular lab work to monitor her blood, so Megan and Joel coordinated the application and delivery of specialized equipment to monitor her blood. The company provided training to her and her family. They also coordinated home health caregivers staying until the machine arrived.

“During our assessment, we realized that because Susan was unable to leave her house, she couldn’t see her primary care physician in his office,” recalls Megan. “So, we also found a local organization to provide a home visit with a nurse practitioner. The nurse practitioner could assess Susan face-to-face and still communicate with Dr. Gibbons until Susan was able to return to his office.

“Our program can be tailored to respond to the unique needs of each patient ...We want our patients to be happy, healthy, safe and thriving in their community.”

– Megan Cullen, RN, BSN

“Let’s Get on the Same Page”

Joel worked closely with Susan’s family and caregivers to improve communication and organize her needs. “Susan and her family were extremely motivated to get her well, but her care was not being coordinated,” recalls Joel. “Our first task was to get everyone on the same page. I started with physical therapy and coordinated her in-home X-ray. I kept in touch with all the caregivers playing a role in her care and her family who was working with us,” says Joel. In addition, Joel was also the liaison for making sure that Susan was getting the equipment delivered on schedule and connected Susan with resources and visited with her weekly.

“We are here to help patients and can clearly see what is needed to keep them living independently,” notes Joel. “Often, I can look at medical records and see what is bringing a patient to the hospital. Then I can look around the house and see what is needed.”

Since the members of the CCT became Susan’s partner, she has been working hard in physical therapy to gain enough strength to use a wheelchair to attend her grandson’s wedding. She is now a graduate of CCT.

“Joel and Megan couldn’t do enough for me, and I appreciate everything they did. This is an amazing program. Thanks to them, I am on track and bound and determined to see my grandson get married—in person.”

– Susan Phelps

If you or a loved one may be in need of CCT services, call 410-720-8788 or email hghb-cct@jhmi.edu.
Journey to Better Health

An HCGH program, funded by the Howard County Health Department, working with Howard County faith communities to support health and complement care ministries to members who are ill, with health services and a support network.

The Goal: to empower members, with free services, to proactively monitor their health and encourage their journey with a network of people who support them in dealing with a health issue.

Bringing Care to Your Faith Community

Faith communities of all denominations that participate in the program will have access to:

• **Member Care Support Network** that provides health and social supports to members with significant health needs.
• **Health screenings** that help you to identify and monitor conditions such as high blood pressure, diabetes and obesity.
• **Healthy lifestyle classes**, such as Living Well, that teach practical skills to help you learn how to manage chronic conditions.

The Member Care Support Network

If you are 18 years of age or older, live in Howard County and are a member of a participating faith-based organization, you can also benefit from the support of the Member Care Support Network. Enrolled members can receive the assistance of Community Companions who are specially trained, trusted members of your faith community.

“The hospital provides training to the Community Companion volunteers of congregations to assist others in their faith community when they are experiencing a significant health issue,” says Tara Butler, HCGH Population Health Programs coordinator.

“They are trained on how to do a home and hospital visit, and Journey to Better Health serves as the connection between the volunteer and the patient.”

Community Companions can provide you with:

• Social support and connections to community health resources.
• Personalized support with your care needs.
• Coordination of congregational care in the event of a hospitalization.

David’s Story...

Tara has seen firsthand the impact Journey to Better Health has had. “I was David’s facilitator for the free healthy lifestyle program at his church,” recalls Tara. “My role was to help him achieve his health goals of reducing his risk for diabetes and losing weight. Holding this program in his church provided a trusted environment and a comfortable setting. The participants were non-judgmental of each other and kept each other accountable. David far exceeded his weight loss goal. In addition, in talking with David, he shared he didn’t have a primary care physician. I encouraged him to get a doctor and have a checkup — which he has also done. There are a lot of people like David who have experienced success in making a positive change to their health with the support of others.”

“I started looking at food labels, kept track of what I ate and tried to do 10,000 steps a day, but my big motivator was Tara,” recalls David. “She is such a positive person and made it enjoyable and fun to attend the meetings. She has continued to follow up with my wife and me to let us know about other programs they offer, and we are looking forward to attending the upcoming natural cooking class.”

For more information about Journey to Better Health and to see a list of participating faith-based organizations, visit hcg.org/faithorganizations, call 410-720-8788 or email hcg-j2bb@jhmi.edu.
What is a chronic health condition?
It’s a medical condition that occurs over an extended period and has no cure. Often the condition can be prevented or the symptoms can be managed with routine medical attention and ongoing treatment plans to improve your overall health.

Aren’t my genetics to blame?
While genetic factors may predispose you to be at a higher risk for some chronic health conditions such as diabetes and obesity, modifications to your lifestyle and diet are often all it takes to reduce your risk and mitigate health problems before they become life-threatening. Healthy behaviors play a significant role in preventing coronary artery disease, ischemic stroke, diabetes and cancers related to smoking.

Partner with your primary care physician.
Your primary care physician conducts annual screenings that help identify your risk for serious health problems and increase opportunities for early detection and intervention of potentially chronic conditions, such as insulin monitoring if you have diabetes. Ask your physician for reliable sources to learn more about your personal health risks and what you can do to prevent and manage chronic conditions. Your primary care physician also helps manage your care to ensure that any specialists you are seeing, medications you are taking or treatments you are receiving are all working together.

Take responsibility for your care.
Learn all you can about your chronic condition, or your risks for a chronic condition, so you know what you can do to control symptoms. Pay attention to your body and self-monitor so you can alert your doctor to potentially dangerous changes. Make healthy lifestyle and diet choices to promote your well-being — quit smoking, lose weight, exercise and eat balanced, nutritional meals.

Build a support team.
Invite your family and friends to join you in making healthy changes, and participate in healthy lifestyle classes to help you stay motivated.

Living Well with Chronic Health Conditions
Are you living with a chronic condition? You’re not alone. Chronic diseases, such as hypertension (high blood pressure), heart disease and diabetes, are common and among the leading causes of premature death in Howard County. Early preventive measures and a greater focus on disease management can reduce the impact and, in many cases, prevent the onset of chronic conditions.

Living Well
This six-week workshop is for those living with or at risk for a chronic condition such as heart disease, diabetes, cancer, depression, arthritis, lung disease and other long-lasting health concerns. Learn techniques to cope with feelings of frustration, fatigue, pain and isolation. Develop skills to communicate more effectively about your health. Learn exercises and healthy eating habits to maintain and improve well-being. Caregivers are welcome to register. Classes are offered through the HCGH Wellness Center and faith communities through the Journey to Better Health program. The next class will be held at Christ Memorial Presbyterian Church.

Sundays, 9/17 – 10/22, 11:30 a.m. – 2 p.m. Free.
Register online and view future classes at hcgh.org/events.
Q: Are you making the most of your Medicare benefits?

Medicare is complicated and Howard County supports a free service to help you better understand how it works and the coverage options you have. This Medicare Refresher class, developed in partnership by HCGH and SHIP, is for people who have had Medicare for a while and provides a more in-depth explanation of the two paths to Medicare: traditional vs. managed care. The class also highlights ways to better use your benefits, common problems, programs that can help with your costs and how to protect yourself from fraud or error. It also presents an important section on Taking Charge of Your Health Care.

Q: Why should I re-evaluate my Medicare options?

From our counseling experience, we see that many beneficiaries, even those who have had Medicare for some time, often make decisions based on an incomplete understanding of their coverage options or what a family member or friend has recommended. We stress the importance of making choices based on your own needs and situation. Sometimes beneficiaries may want or need to change their plan, for example, if their health, financial or living situation has changed, new plan options are available or their current plan is terminating. Even if you are not planning to make changes, it is just as important to expand your understanding to ensure you are best utilizing your current coverage.

Q: Should I take this class before open enrollment?

Annual open enrollment (October 15 through December 7) provides an opportunity to change your Medicare drug or health plan for the coming year and that decision can be overwhelming. Attending this class in advance will give you a better understanding of the two paths to Medicare so that you will be prepared to compare details of plan choices in the fall.

Q: I am not on Medicare yet, but will be soon. Are there any classes for me?

Yes, we offer Medicare 101 and 102. See the Mark Your Calendar section in this edition of Wellness Matters for dates and times at HCGH or call SHIP for presentations at other locations in the county.

Q: What is SHIP?

SHIP stands for the State Health Insurance Assistance Program, which provides unbiased, confidential, local help with Medicare at no charge. The goal is to help Medicare beneficiaries of any age, their families and/or caregivers be informed decision makers.

For more information on Medicare, or to schedule a one-on-one appointment with SHIP, call 410-313-7392 or visit howardcountymd.gov/SHIP.

Medicare Refresher Class
Monday, September 18/10 – 11:30 a.m.
Free.
HCGH Wellness Center
For those already on Medicare who want to deepen their understanding of coverage options, information sources and how to avoid some common problems. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence. To register, visit hcgh.org/events.
HOWARD COUNTY GENERAL HOSPITAL Receives Awards for Stroke Program

HCGH received the American Heart Association/American Stroke Association’s Get With The Guidelines®– Stroke Gold Plus Quality Achievement Award with Target: Stroke™ Honor Roll Elite. The award recognizes the hospital’s commitment to providing the most appropriate stroke treatment according to nationally recognized, evidence-based guidelines.

“HCGH’s emergency medicine physicians work very closely with neurologists who are on call 24 hours a day,” said Eric Aldrich, M.D., Ph.D., medical director, HCGH Stroke Center. “The hospital is committed to a high standard of stroke care by ensuring that patients receive treatment according to nationally accepted standards and recommendations. HCGH also provides outpatient rehabilitation therapy and has a stroke support group.”

Temporary Emergency Room Parking

As the hospital prepares for renovations to our emergency room, parking spaces directly outside the adult and pediatric emergency room entrance will be limited. Complimentary valet parking for emergency patients will be provided at the ER entrance until October 31, 2017. Patients can be dropped off at the emergency room entrance. There will be parking configuration changes throughout this project. Please pay attention to campus wayfinding and signage. For more details, visit hcghoftomorrow.org.

HCGH Sleep Lab Move

The HCGH sleep lab has moved from the main hospital into the Medical Arts Building at 11085 Little Patuxent Parkway, Suite 210, Columbia, Md. The new lab offers the same overnight sleep testing and diagnosis as well as consultation and treatment for sleep disorders as part of the Johns Hopkins Center for Sleep. Appointments: 1-800-WESLEEP (1-800-937-5337)

New Board of Trustees Chair and Professional Staff President Named

HCGH is pleased to announce that Paul Skalny, managing director of the law practice of Davis, Agnor, Rapaport & Skalny, has been elected chair of the hospital’s board of trustees and will serve a two-year term.

“I am excited to be leading the board as the hospital begins the campus construction and renovation project and undertakes the development of a master facility plan that will create a road map for the hospital to be at the center of health care for our community,” says Skalny.

Mr. Skalny has served on the hospital board of trustees since 2011 and currently serves on the board of trustees of Johns Hopkins Medicine as well as the Howard Hospital Foundation.

Stephen T. Villanyi, M.D., has been named president of the HCGH Professional Staff. A member of the HCGH professional staff since 2008, Dr. Villanyi attended medical school and completed his anesthesia residency at the University of Toronto and was certified by the Royal College of Physicians and Surgeons of Canada in 1990. He was certified by the American Board of Anesthesiology in 1997.

Pulmonary Function Testing Services

Pulmonary function testing is no longer being conducted in The Bolduc Family Outpatient Center and is now offered in the Johns Hopkins Community Physicians (JHCP) pulmonology offices, located in the Medical Arts Building at 11085 Little Patuxent Parkway, Suite 201, Columbia, Md. To schedule an appointment, call 410-715-1060.
When Beverly Nees had a heart attack last summer, she was in the right place at the right time.

“I was going into the hospital for kidney stone removal and had been having chest pains the night before,” says Beverly. HCGH anesthesiologist Clarita Frazier Dawson, M.D., quickly identified abnormalities in Beverly’s EKG and called HCGH cardiologist Michael Silverman, M.D., who diagnosed her heart attack.

“Dr. Silverman was incredible,” recalls Beverly. “I will be honest, during the cardiac procedure, I was petrified, and I am a tough buzzard, but I was scared to death. I was so engrossed listening to him and watching everyone do their job, it was like clockwork. Everyone was wonderful. I can’t say enough good things about the staff.”

Through the lifesaving efforts of a team of individuals, Beverly received the treatment she needed. Beverly and her family honored that team at the Heroes in Health Care fundraising event held in June. More than 200 donors, board members, community members and HCGH staff attended the event, which celebrated just a few of the outstanding caregivers at HCGH in addition to the philanthropy that provides HCGH with critical support. The event, championed by honorary event co-chairs Dr. Robert and Susan Fischell, raised more than $100,000 to benefit HCGH.

In addition, in appreciation of the care that she received, Beverly and her husband made a donation to the hospital in honor of the team that saved her life.
New Chair of Foundation Board of Trustees

The Howard Hospital Foundation has named Doug Beigel as chair of the foundation’s board of trustees. Beigel, who is chief executive officer for Columbia-based COLA, a national clinical laboratory accrediting organization, has served on the foundation’s board for more than four years. In addition, Beigel has served on the Howard County General Hospital Physician Relations Committee and the foundation’s Major and Planned Gifts Committee.

“The hospital is the only hospital in the county, and that means that it is fundamentally important, and we should never take it for granted,” notes Beigel. “Everyone has choices philanthropically, but my perspective in supporting the hospital is that health care feeds the quality of life for not only the individual but the county as a whole. I look forward to focusing on philanthropy and to achieving funding for the Building Today for a Healthier Tomorrow capital campaign.”

Beigel has lived in Howard County for over 40 years.

Donor Funds New Swallowing Therapy Technology

Following a hospitalization in January, John Hook’s ability to swallow had diminished to the point where he had to receive nourishment through a feeding tube. He began traditional swallowing therapy with HCGH Outpatient Services, doing exercises with a therapist. Shortly after John started therapy, HCGH received a generous philanthropic contribution from another grateful patient who funded the purchase of a surface electromyography (sEMG) biofeedback system to treat swallowing disorders that took John’s progress to a new level.

“This technology allows us to monitor muscle movement when swallowing in real-time,” says Dorinda Malcolm, HCGH speech-language pathologist. “Traditionally, we would feel the muscles while the patient did their exercises to check progress. During this therapy, the strength of the swallow is transmitted to the system through small electrodes placed on the patient’s neck. The patient can see on a screen the measured strength of their swallowing muscles after each swallow and if they have hit their goal or if they need to provide more strength in the next swallow.

In a world of treatment that is very evidence-based, this technology also gives us data. In traditional therapy, we had a sense that therapy was working if the patient seemed better after a session, but now we can see the data that John is indeed making progress. We can visualize his numbers being hit and his improvement. Not only that, but patients get excited too with the real-time data showing their progress.”

John attributes his improvement, and the ability to eat and go to dinner again with his family, directly to the new equipment. “The beauty of this technology is being able to see a clear picture of the effectiveness of your swallow,” says John. “It is motivating, and you do better when you can see your progress on the screen. I had no idea if I had gotten better at swallowing before I started using the machine. In my opinion, I would not have improved as much as I have without that technology. It is truly a wonderful thing.”

“HCGH is thankful for the generosity of grateful patients and community members who enable patients like John to receive life-changing therapies through their charitable investments,” notes Jan Hines, HCGH director of major gifts.

For information on how you can help fund needed equipment at HCGH, contact Jan at 410-740-7840.
Philanthropy Spotlight: Supporting **BUILDING** for A HEALTHIER TOMORROW.

With the capital campaign underway to support the upcoming estimated $40 million campus construction plan, we are grateful to many of our donors who have already stepped forward philanthropically. Below are the stories of two of our longtime donors, who are also supporters of our recent campaign.

**A Gift to the Community**

Steve Attman, principal of Acme Paper & Supply Co., Inc., headquartered in Howard County, will tell you that the business his parents started 70 years ago is all about family and improving the customer experience. Together with his brothers Ron and David and four members of the third generation, the Attmans work with more than 250 employees. Acme Paper & Supply Co., a distributor in the mid-Atlantic of food service, retail and industrial packaging and janitorial supplies and equipment, recently made a charitable commitment to support the hospital’s current Building Today for a Healthier Tomorrow capital campaign.

“I remember reading thank you letters my grandfather received back in the 1930s for his one-dollar contributions to organizations. My grandparents and parents instilled in us the importance of giving back, and, as we celebrate our 70th anniversary, our family wanted to give a gift to the families in our community by supporting the hospital,” says Steve. “This community has been good to us and our employees since we relocated Acme here in 1979. With the growth in the county, HCGH has become even more important to our community. After a recent tour of the hospital, we understand the hospital’s needs and are excited to be associated with the upcoming construction. We should all take pride in our hospital and support its growth.”

Ron Attman echoes his brother’s thoughts on philanthropy, “If you want a better environment for your employees and to be part of a community, you have to support those things that are important to everyone in the community. HCGH is not sitting still, but making a real difference and constantly improving. At Acme, we too are all about innovation and making a difference. Supporting the hospital was an easy decision for us.”

Generations of Giving in Howard County

Harold Lowe moved to Howard County in the early 1960s and raised his family here. His son Greg joined the family business his father started in Columbia, Lowe Wealth Advisors, in 1994. Together they’ve grown the company and have carried on the philanthropic tradition of supporting health care needs in the community. In addition to Greg’s service on the Howard Hospital Foundation board, the father-and-son duo recently donated to the hospital’s Building Today for a Healthier Tomorrow campaign.

“One of the core tenets of who we are is giving back,” notes Greg. “For us, when we look at charities, we look at those that have an impact on our community. Therefore, when you look at our giving, hospitals and health care have been the largest recipients of our charity for more than 20 years.”

“There are so many great things happening in Howard County. If we had unlimited resources, we would love to give to them all, but three generations of my family have been served by HCGH, and I don’t think you can find a family in Howard County that hasn’t intersected with the hospital in some way. We want those health care experiences to be as good as they can be, and we understand what a multigenerational impact the hospital has on this county.”

Greg encourages the community to get involved and support the hospital. “The reality is that the hospital requires support from the community it serves. Whether you are giving $25 or a substantial gift, incrementally, over time, they add up and will make a difference. The incremental gifts together can provide just as much impact as a single large gift. Our hope is that our giving can serve as an example for our team and our community to choose to support charitable causes that they are passionate about.”

If you would like to donate to support our campaign or learn more, visit: hcgboftomorrow.org or call 410-740-7840.
Vivian Bailey knows just where her giving mindset came from — her mother. “As a single parent, my mother didn’t have a lot, but she was a giving person, and she gave whatever she could,” recalls Vivian.

At 99 years of age, Vivian has spent most of her life just as her mother did … giving to others and supporting organizations near and dear to her heart. Howard County General Hospital has been a recipient of Vivian’s philanthropic support for more than 30 years.

“I think it is important for us all to support our community hospital,” says Vivian. “I served on the hospital’s board of trustees for 22 years. It is extremely important that we do all we can to help the hospital achieve all its goals.

“I feel that I have been blessed, and being blessed has allowed me to devote time and money to the hospital and other causes in the area. Everyone can’t do big things, but people forget that you can make contributions even if they aren’t large. You don’t need a lot of money to do a lot of good.”

In addition to her annual giving and support of numerous capital campaigns, Vivian is a member of the HCGH Legacy Society and has included the hospital in her will. “When I was thinking about the money I will leave, I thought of three things that I already supported that I wanted to continue to support after my death and one of those was the hospital,” says Vivian. “The intent of putting the hospital in my will is that my impact will be felt even after I am gone. As Jackie Robinson said, ‘A life is not important except in the impact it has on other lives.’ ”

Jan Hines, HCGH director of major gifts, says, “Philanthropy takes many forms. Charitable contributions can be designated through estate plans, outright donations, life income gifts and more. Vivian has utilized many charitable giving options to fulfill her philanthropic wishes. Her annual giving donations have had an immediate impact at the hospital and her planned gift will impact generations to come. Legacy gifts, such as Vivian’s, play a vital role in achieving the goals of our hospital and can support any area.”

Whether you would like to put your donation to work today or benefit HCGH after your lifetime, you can find a charitable plan that lets you provide for your family and support the hospital. For more information on making a philanthropic impact, contact Jan Hines at 410-740-7899.
Wellness Matters
Fall 2017

**Wellness Classes**

Registration advised for all programs – visit hcgh.org

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**SPECIAL EVENTS**

**Wellness Screening for Your Health**
Screening includes risk assessment for prediabetes and stroke; blood pressure and BMI measurement; stress management techniques provided by our behavioral health specialist; information about workshops that address health risks; education on healthy lifestyle choices; and informational sessions on healthy eating and more. Those registered will receive email updates about the informational sessions as well as the presenters and topics. Flu shots will be available. Take ownership of your health by working with our team to support you! Registration is recommended but walk-ins are welcome. 11/3, appointments scheduled between 9 a.m.–2 p.m. Free.

**Mental Health First Aid**
This nationally recognized course will familiarize you with the signs, symptoms and frequency of mental illness. Learn how you can provide effective and appropriate assistance, which can save lives, promote recovery and reduce stigma. 11/16, 8:30 a.m.–5 p.m. Free.

**Seasonal Affective Depression (SAD) and Winter Blues**
What are the symptoms of SAD? How can you help someone with SAD get through this time of year? Learn about the latest information and new treatment options. Design a plan for yourself or assist a loved one to manage expectations and stress. 10/11, 7–8:30 p.m. Free.

**Healthy Food Choices for the Holidays**
Navigating nutrition choices over the holidays can be stressful. Join us for a discussion on how to make healthy food choices by optimizing calories and portion sizes — not taste — during Thanksgiving and beyond. 10/23, 7–8:30 p.m. Free.

**A Look at Total Joint Replacement**
Learn about total hip and knee surgery from Daniel Tang, M.D., health care professionals and past patients of Howard County General Hospital’s Joint Academy. This program will provide potential patients and their families the opportunity to ask questions about joint replacement surgery. 10/30, 6:30–8:30 p.m. Free.

**Wellness Screening for Your Health**
Screening includes risk assessment for prediabetes and stroke; blood pressure and BMI measurement; stress management techniques provided by our behavioral health specialist; information about workshops that address health risks; education on healthy lifestyle choices; and informational sessions on healthy eating and more. Those registered will receive email updates about the informational sessions as well as the presenters and topics. Flu shots will be available. Take ownership of your health by working with our team to support you! Registration is recommended but walk-ins are welcome. 11/3, appointments scheduled between 9 a.m.–2 p.m. Free.

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**GET HEALTHY WITH DIET & EXERCISE**

**Dietary Counseling**
Discuss your dietary concerns and goals with a registered dietitian. $40 for a half-hour visit. Payment is self-pay only and taken when you make your appointment.

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

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**HEALTHY FAMILIES**

**Prenatal Yoga**
Prepare for the birth of your baby with gentle and safe movements to stretch, strengthen and relax your body. No prior yoga experience needed. Physician permission is required before the first class. Wednesdays, 9/13–11/1, 6–7 p.m. $88/eight-week session.

**New Moms Support Group**
Open to first-time mothers who delivered at Howard County General Hospital and their babies, up to 5 months old. Share experiences with other new moms. Includes support, referrals, guest speakers and discussion of parenting topics. Thursdays, 9/28–11/16, 11 a.m.–12:30 p.m. Free.

**Happiest Baby on the Block**
Parents and parents-to-be learn techniques to quickly soothe baby. 10/10, 7–9 p.m. $50 per couple (includes parent kits).

**Prenatal Class for Early Pregnancy**
Parents-to-be and parents in the first three months of pregnancy will learn about the early stages of pregnancy including physical changes, baby’s growth and ways to promote a healthier pregnancy. 10/9, 7–9 p.m. Free.

**Maybe Baby: Financial Issues for Expectant, New and Prospective 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. 10/12, 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 pediatrician Naseem Dawood, M.D. 10/25, 7–8:30 p.m. Free.

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HEALTHY LIFESTYLES

Living Well
This six-week workshop is for those living with or at risk for a chronic condition such as heart disease, diabetes, cancer, depression, arthritis, lung disease and other long-lasting health concerns. Learn techniques to cope with feelings of frustration, fatigue, pain and isolation. Develop skills to communicate more effectively about your health. Learn exercises and healthy eating habits to maintain and improve well-being. Caregivers are welcome to register. Next class held at Christ Memorial Presbyterian Church. Sundays, 9/17-10/22, 11:30 a.m.-2 p.m. Free.

Living Well with Hypertension
Those who have been diagnosed with hypertension (high blood pressure) and those who are in a pre-hypertensive range will learn to better manage their condition or reduce their risks. Topics include facts about high blood pressure, problems with salt/sodium intake, benefits of healthy eating, reading food labels, home monitoring tips and monitoring your numbers. 9/5, 5-7:30 p.m.; 10/3, 6-8:30 p.m.; or 11/8, 5:30-8 p.m. $5.

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. 10/26, 6-7 p.m. Free.

HEALTHY HEART & LUNGS

Adult, Child and Infant CPR
Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn a two-year CPR completion card (not a health care provider course). 9/6, 9/18, 10/4, 10/17, or 11/15, 5:30-9 p.m. $55.

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, Medicare and insurance coverage, call 443-718-3000.

DIABETES PROGRAMS FOR PATIENTS & CAREGIVERS

HCGH’s comprehensive diabetes programs focus on each individual and not just the disease. Whether you’re newly diagnosed with 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. Held in the Wellness Center.

Prediabetes
Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent/delay actual diabetes. 10/3, 7-8:30 p.m. $15.

Comprehensive Diabetes Course
Designed for the newly diagnosed patient and for individuals who have been living with diabetes for years. Led by a certified diabetes educator and a dietitian, this class provides in-depth education on managing diabetes as well as personalized options for helping you live healthier with the disease. Information on glucose monitoring, proper nutrition, exercise, medications and support will be covered. Offered as a full-day, six-hour course during the afternoon or two, three-hour sessions in the evening. $50 (includes materials).

Brief Diabetes Course
If you have been newly diagnosed with diabetes or just need a refresher on the basics of the disease, this brief course is designed to get you on the right path to living healthy. Certified diabetes educators cover the basics of diet, nutrition and lifestyle choices to help you manage your diabetes and achieve optimal health. Two-hour course. $25 (includes materials).

For course dates and times or to register, visit hcg.h.org/diabetes or call 410-740-7601.

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

INSURANCE

Some insurance plans cover the cost of certain wellness and prevention classes. Be sure to check with your health care plan for more information.
SEPTEMBER (continued...)

Medicare 101
Monday, September 11/7–8:30 p.m. Free.
HCGH Wellness Center
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.

Medicare 102
Monday, September 18/7–8:30 p.m. Free.
HCGH Wellness Center
Learn about Medicare Health Plans (Parts C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

County Executive Town Hall Forum featuring
HCGH President Steve Snelgrove
Tuesday, September 26/7–8:30 p.m.
North Laurel Community Center, Laurel, Md.
Howard County Executive Allan Kittleman, HCGH President Steve Snelgrove and other hospital leaders will discuss Howard County’s current and future health care needs and plans as well as answer questions from the public.

OCTOBER

Surviving Survivorship: Living with Cancer
The Johns Hopkins Sidney Kimmel Comprehensive Cancer Center
Saturday, October 7/Noon–4 p.m. Free.
BWI Airport Marriott Hotel
Conference for patients and caregivers includes workshops on hope and spirituality; a doctor’s perspective on survivorship; practical information from the Social Security Administration and more. For more information or to register, visit http://bit.ly/SurvivingSurvivorship2017 or call 410-955-8934.

50+ Expo
Presented by Howard County Office on Aging and Independence
Friday, October 20/9 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.

NOVEMBER

HCGH Symphony of Lights Dazzle Dash
Sunday, November 19/4–7 p.m.
Walk or run through the magical outdoor display of holiday lights. Enjoy lighting ceremony, activities, food, music, entertainment and giveaways. For more information on all of the HCGH Symphony of Lights festivities, visit hcgh.org/symphonyoflights.

Unless otherwise noted, register for these events at hcgh.org/events. For additional information on other HCGH events and classes, see pages 14–15, visit hcgh.org or call 410-740-7601.