Wellness Matters

Exercise for Everyone
President’s Message

Dear Friends,

At Howard County General Hospital, we are committed to keeping you healthy. My philosophy has always been that one of the first steps to staying healthy is being knowledgeable about wellness.

With this particular flu season being a harsh one and still underway, I want to share some actions you can take to prevent the flu and upper respiratory conditions. Wash your hands regularly; if you are around a school or children – encourage them to cough or sneeze into their sleeves instead of their hands; avoid visiting hospital patients if you are sick; and keep in mind you may still be contagious a few days after having the flu. Even though the flu vaccine was not as effective this year, it is still a good practice to get a flu shot each year.

Another way to keep your body well and strong is to exercise. This entire issue of Wellness Matters is devoted to providing you with tips on exercising regardless of your age or stage of life. An easy way to stay active is to do something you enjoy. I have stayed active by incorporating my passion for ice hockey into my exercise routine when I am able. I played ice hockey in college and have continued to play in leagues off and on as an adult. This sport is something I love to do for fun and it helps me to stay fit.

While reading the following articles, I encourage you to think of ways you can enjoy exercise. Whether it is setting aside a specific time of the day, participating in an activity or sport, or finding a partner to help motivate you through your journey – there are many ways for you to make fitness fun. I urge you to get fit and find an activity you enjoy!

Sincerely,

Steven C. Snelgrove
President

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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.

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“Exercise affects your whole body and makes your bones and muscles stronger. It improves your heart, lungs and brain function. It also reduces weight, increases lean body mass and can improve a child’s immune system,” says Suzie Jeffreys, an exercise physiologist at HCGH.

Not only does exercise help children physically, but mentally as well. “Kids need to get up and move every day. It is a natural part of living and gets our blood flowing and allows more oxygen to reach the brain, which can result in clearer thoughts, better grades, more energy and focus, and improved test scores,” notes Suzie.

“If you get them moving while they are young, it becomes a way of life,” Suzie suggests. “They don’t have to get drenched with sweat. Anything they do is better than sitting on the couch or in front of a video game or on their phone.”

Know Your Child’s Fitness Personality
With all the latest technology distractions geared toward children, they may sometimes need a little encouragement from their parents to get moving. “There are different fitness personalities. Not everyone is a born athlete and not everyone wants to be – so get to know your child,” says Suzie. Fitness personalities include:

- **The “Non-Athlete”** – These children need more encouragement and help to get and stay active. They are not inclined to physical activity due to either lack of interest, ability or both. For these children, it is important to introduce exercise gradually and make it fun. To pique their interest, schedule time for activity, invite friends and find what they enjoy.

- **The “Casual Athlete”** – These children find enjoyment in being active, but may not be a star athlete and are most likely not comfortable in a competitive environment. If you get these children out moving, they will lead you, and you can introduce them to new activities and inspire them with new equipment or attire.

- **The “Athlete”** – These children do not need to have you encourage them as much as support them. Continue to provide support by recognizing their talents and suggest trying a variety of activities.

Low Cost Exercise Options in the Howard County area:

- Team sports through leagues or school
- Get Active/Stay Active Howard County has a variety of programs and allows kids to try out different activities; [wepromotehealth.org](http://wepromotehealth.org); [info@getactivehowardcounty.org](mailto:info@getactivehowardcounty.org)
- Howard County Striders is a great opportunity to run and walk with other kids at a variety of fitness levels; [striders.net](http://striders.net)
- Girls on the Run is an afterschool program through the schools; 443-864-8593; [director@gotrcentralmd.org](mailto:director@gotrcentralmd.org)
- Howard County Recreation Centers (Glenwood, North Laurel, Roger Carter) are great resources for families to go play basketball, walk/run on an indoor track, jump rope, or swim for a reasonable fee; [howardcountymd.gov](http://howardcountymd.gov)
Exercising is important at every age. Studies report that, typically, adults need at least 150 minutes of aerobic activity and two days of muscle strength training every week. If that sounds unrealistic, try for 90 or 120 minutes. Any amount of exercise is beneficial.

For adults in general, Suzie Jeffreys, an exercise physiologist with HCGH, suggests the goal of exercising for 30 minutes, five to seven days a week. “Research shows even if you break up your exercise, as long as you exercise at least 10 minutes at a time, you get the same benefits.”

According to Suzie, physical activity not only helps control weight, but adults who do not exercise are at a greater risk for other health problems such as diabetes, certain types of cancer, heart problems and high cholesterol to name a few.

The Beginner

If you are an adult who is not in an exercise routine, or even if you have never exercised before, it is never too late to start. “Adults who are not accustomed to exercising can start slowly and gradually,” Suzie suggests.

“Something is better than nothing. Start with 10 minutes, or 10 minutes twice a day, and then build from there. Though you will be tired when you exercise, within two weeks of regular exercise, you will have more energy.”

- Suzie Jeffreys, an exercise physiologist with HCGH
Make Exercise Your Norm

The following suggestions can support your exercise efforts:

DON’T SET UNREALISTIC GOALS.
If you’re hoping exercise will help you lose weight, remember that it didn’t take a few weeks to put the weight on – especially for adults age 40 and older – and you may not see the results of your increase in physical activity immediately.

DON’T GET DISCOURAGED.
Instead of basing your results on your weight, which can often be a downer, try on a pair of pants every two weeks that are tight. You will begin to see and feel a difference.

YOU DON’T NEED A GYM MEMBERSHIP.
Many people often use the lack of a membership as an excuse not to exercise. Walking is one of the best exercises, and no equipment or cost is required.

WALK WITH A PURPOSE.
When you go for a walk, don’t just stroll. Pump your arms and get your heart rate up. Push yourself to get a little winded.

TRACK YOUR TIME.
Get a calendar and put it where you will see it often. Put a checkmark for each day you exercise.

EXERCISE WITH YOUR CHILDREN.
If you have young kids, get out and exercise with them. Power walk while they run around or ride their bikes.

STRETCH AFTER YOU ARE WARMED UP OR AFTER YOU COMPLETE YOUR WORKOUT.
You should always be warmed up before stretching to prevent injuries. For example, walk for five minutes then stretch before you do more moderate exercise.

MEASURING YOUR EFFORT

The following scale of exertion may help you stay in your target zone:

0: Sitting on the couch/Resting
1: Thinking about exercising
2-3: You have started moving and warming up. You should not be short of breath. Conversation is easy – you should not be struggling for air.
4-5: Warm and slightly winded. You can still talk but may have to catch your breath when speaking.
6-7: You are really working and are at your target heart rate range. (If you are over 40, you should get your heart rate range from your doctor.)
8: You will only be able to stay at this level for a few minutes and you won’t want to talk, although you should always be able to ask for help if necessary.
9-10: You won’t be able to talk comfortably at all and may feel nauseous. You can’t sustain this level of exertion for more than 30 seconds.

NO EXCUSES

DON’T HAVE TIME UNTIL LATE?
Studies show the time of day you exercise typically may not affect your sleep. Do what works best for you.

ACHY JOINTS?
Exercise can actually help reduce arthritis symptoms.

TOO BUSY?
Breaking up exercise into 10-minute segments throughout your day is still beneficial.
The Sleep and Exercise Connection

“There is a reciprocal relationship between sleep and exercise,” says Charlene Gamaldo, M.D., medical director of the Johns Hopkins Center for Sleep at Howard County General Hospital. “Most of us recognize the fact that when we sleep well we feel better and have more energy during the day, which includes feeling more motivated and having more energy to exercise. Those who sleep well tend to lead a more active lifestyle.”

On the flip side, studies show that the average person who exercises regularly has a tendency to fall asleep more quickly and go into deeper sleep stages. “These individuals also appear to prime their body and brain to be better and more efficient sleepers, which results in waking up feeling more rested and restored,” notes Dr. Gamaldo.

For those people suffering from insomnia, who are unable to fall asleep or struggle with staying asleep and have not responded to treatment, there is some recent data looking at the significant role of exercise.

“Participants suffering with long-standing insomnia, in a new study, exercised moderately (with an increase in heart rate) for 50 minutes, three times a week, for six months,” says Dr. Gamaldo. “The results showed a significant improvement in their insomnia. This was not just a subjective measurement on how they felt, but also based on their sleep quality as measured in a sleep lab. This is exciting news to treat insomnia. There is no downside of exercise, no bad side effects. Instead, patients also reap the health benefits that come with increased physical activity aside from better sleep.”

Although this study also showed that the time of day that people exercised didn’t negatively impact the participant’s sleep, Dr. Gamaldo warns that everyone is different. “I encourage my patients to exercise and if they can fit it in more practically in the evening without hampering their sleep, then they should do so. For a long time we felt you shouldn’t exercise in the evening before sleep, and for some people that may still be the case. Listen to your body and try to incorporate physical activity at some point in your day that works for you.”

Charlene Gamaldo, M.D. is the medical director of the Johns Hopkins Center for Sleep at Howard County General Hospital and associate professor of neurology at Johns Hopkins Medicine. Appointments: 800-937-5337
Exercising when Expecting

When it comes to exercising when expecting a baby, Lahaina Hall, M.D., an obstetrician on staff at HCGH, answers some questions you may have:

Q: Can I exercise when pregnant?
   You can exercise while pregnant, as long as you do not have any medical or obstetrical issues that put your health at risk. Some conditions that would limit exercise are vaginal bleeding, premature rupture of membranes, incompetent cervix, low placenta or risk factors of preterm labor. You should always speak with your doctor first before starting any exercise regimen.

Q: What is a healthy amount to exercise?
   If you don’t already exercise regularly and you are beginning an exercise regimen during pregnancy, start slowly and work up to a goal of at least 30 minutes a day. This can have significant health benefits and help with the process of labor.

Q: Is there a time when I should stop exercising?
   There is no set time to stop exercising if your pregnancy remains uncomplicated. Certain exercises may be more challenging as the pregnancy progresses, and those exercises will need some modification. Avoid excessive exercise in hot, humid weather. Stay hydrated. Stop exercising if you experience: pain, vaginal bleeding, contractions, leakage of fluid, chest pain, shortness of breath, headache, decreased fetal movement, muscle weakness or are feeling faint or dizzy.

Q: Why should I exercise while pregnant?
   Exercise has many benefits in pregnancy, such as: building muscle, bone and stamina; improving energy, mood, sleep and posture; promoting strength and endurance; relieving stress; and possibly helping to prevent/treat gestational diabetes.

Q: Which exercises are best for pregnant women?
   The best exercises for pregnant women include: swimming, walking (if you don’t exercise, walking is a good way to start and build endurance over time), cycling, yoga, low impact aerobics and running (especially if you were a runner before pregnancy).

Q: Are there any exercises I should avoid?
   You should avoid exercises with an increased risk of falling and contact sports. Some examples are: skiing, horseback riding, gymnastics, hockey, soccer, football, basketball, volleyball and boxing. Also, after the first trimester, avoid exercises requiring you to lie on your back.

Q: How can I avoid injury?
   Always warm up before exercising. Stretching is particularly important. This can help avoid stiffness and injury. Hormones during pregnancy cause ligaments to become more relaxed, enabling joints to be more mobile and at risk of injury. Always cool down after exercising by slowly reducing activity and then stretch.

   As pregnancy progresses, be aware that your center of gravity will shift with your growing abdomen; this can make you less stable and more likely to lose balance and fall.

STAY HYDRATED!!!!! Make sure to drink water before, during and after exercise.
Senior Living ≠ Sedentary Lifestyle

Studies show that exercising regularly and staying active have long-term benefits and improve the health of older adults. According to a Johns Hopkins study, “Most experts recommend exercise as the single most important anti-aging measure anyone can follow, regardless of age, disability or general level of fitness. A sedentary lifestyle accelerates nearly every unwanted aspect of aging.”

Physical Benefits
A lack of physical activity can put you at higher risk for health problems such as diabetes and osteoporosis. In fact, according to Dianne Braun, P.T., a clinical program manager and physical therapist with HCGH, “It is not only healthy for seniors to exercise, it can also be dangerous to not exercise. Not being physically active can be risky as seniors can lose up to 75 percent of their strength from inactivity, making them prone to falls. Current statistics show that one in three people over the age of 65 fall every year and that number increases to one in two by age 80.”

The Mental Benefit
Not only does exercise help seniors physically, it can also have a positive effect mentally. Physical activity can help manage stress and reduce feelings of depression. “Depression is a big issue for seniors, and just five minutes of exercise a day has been shown to reduce the incidence of depression,” says Dianne. Some studies also suggest that regular physical activity can increase various aspects of cognitive function.

How Much is Enough?
“General exercise recommendations for seniors include 30 minutes of exercise with strength training two times per week,” says Dianne. “If you have a fear of increasing pain, or have a heart or medical condition, check with your physician for exercise guidelines. The important thing is to start exercising and make it a part of your daily routine.”

The Arthritis Antidote
Though exercise may seem like the last thing you want to do when suffering from arthritis, exercise is very important to increase strength and flexibility, reduce joint pain and help with fatigue. Physical activity does not have to be at a high-intensity level, but studies indicate that a moderate level of exercise can help with the pain as well as help maintain a healthy weight. “Strength training and aerobic activity (walking or other) are good for the joints. Many studies have shown a reduction in pain with regular strength training and aerobic conditioning,” says Dianne. Examples include:

- Aerobic conditioning activities: walking, biking, swimming or even raking the leaves.
- Strengthening activities for lower body: squats, single-leg stance, step-ups and sit to stand from a chair (try not to use your arms and upper body).
- Strengthening for upper body that incorporates some weight lifting: arm raises/overhead raises and biceps curls.
- Yoga, Tai Chi and Pilates are also examples of exercises that incorporate core strength with flexibility and balance.

Dianne Braun, P.T. is a clinical program manager and physical therapist with HCGH.
Exercise to Tone... Your Heart

Alexander Chudnovsky, M.D., a cardiologist on staff at HCGH and medical director of the HCGH Cardiac Rehabilitation Program, wants you to know that exercise is for everyone, regardless of age or cardiac health status. The heart is meant to be used!

No Cardiac History?
Exercising doesn’t just tone the muscles in your arms, legs and core, it strengthens the heart muscle. According to the American Heart Association, physical activity helps prevent the nation’s number one and number four killers: heart disease and stroke. “When you exercise regularly, the heart becomes conditioned and uses oxygen and energy more efficiently,” says Dr. Chudnovsky. “To condition the heart, you should exercise at least four times a week and raise your heart to your target heart rate for 20-30 minutes during exercise.”

The Cardiac Patient
In general, most cardiac patients benefit from exercise. Those with coronary artery disease and congestive heart failure can benefit significantly from cardiac rehabilitation offered in a clinical, monitored setting. You should discuss a cardiac program with your physician. HCGH offers many cardiac rehabilitation options to help those who have recently experienced a heart attack, angioplasty, stable angina, coronary bypass surgery, irregular heart rhythms, heart failure, or transplant or valve surgery. (See page 13 for a listing).

“What exercise can induce the heart to grow new blood vessels to supply areas of the heart that may have been affected by prior cardiac events,” notes Dr. Chudnovsky. “In addition, regular exercise can help reduce blood pressure, increase good cholesterol (HDL) and reduce bad cholesterol (LDL), improve glucose metabolism for those with diabetes and support weight loss.”

Before You Start
According to Dr. Chudnovsky, if you are planning to start exercising and you are not conditioned and have cardiac risk factors that include diabetes, smoking, high cholesterol, high blood pressure and/or a family history of cardiac events, you should see your cardiologist or primary care doctor before you put your heart under the stress of physical activity.
NEW PROGRAM HONORS THE CAREGIVER

Have you ever had a hospital experience that made you feel like a specific caregiver made a world of difference during your stay? Hospital stays can be a stressful experience for a patient and their family, and the HCGH staff is committed to making sure you and your family members are well cared for while you are here. The HCGH staff’s goal is to treat patients the same way we would want our own hospitalized family member to be treated.

It is because of these special occurrences that Howard Hospital Foundation (HHF) started the new program, Honor a Caregiver. This program allows HCGH patrons and friends to make a tribute to a caregiver who made a difference during your or your loved one’s hospital experience. Be it a physician, nurse, housekeeper or other caregiver – often just one person can make a difference.

Your HCGH caregiver will receive an acknowledgement letter announcing that a donation has been made in his or her honor and will receive a custom-crafted pin to wear proudly. Your donation will support new equipment, staff education, community wellness and other enhancements designed to save and improve lives in Howard County. To make a donation to honor a caregiver, visit hcgh.org or call 410-740-7840.
Care in an Emergency

Dear paramedics, nurses and doctors of HCGH,

We would like to thank you for saving my daughter, Alyssa Thattassery. She had febrile seizures on a cold day in December. She was only a year old when she had a terrible case of the flu. She had prolonged seizures. As a physician myself, it was a scary experience to witness my daughter while she was uncontrollably seizing. The paramedics were quick to respond and they calmed me down. I was so helpless. Later Alyssa was intubated and given IV seizure meds by the pediatric physician. With the efficient team of medical staff and excellent care and lots of love and prayers, our daughter recovered 100 percent. Enclosed is my donation to thank you for your service!

Love,
The Thattessery Family

The Impact of Inpatient Care

Mildred Toth has lived in Columbia for 10 years and has been a patient at HCGH several times. Her most recent visit lasted several days, and she was moved by her care to honor her caregivers with a donation to HHF.

“They all treated me so well and everyone took so much time to be nice,” says Mildred. “The group of nurses and techs, especially Tederra, were professional and kind and always understanding. They sympathized with me when I was feeling miserable. No one wants to be sick and in a hospital, but the staff made it bearable. They had such an impact on me, I wrote down their names: Carolyn, Kendra, Alyssa, Kim and Linda too! When people do their job right and go all out, they should be told.”

Lifesaving Cancer Care

If you asked Robert Walker why he and his wife honored his caregiver, oncologist Nicholas Koutrelakos, M.D., it is very simple. “He saved my life,” says Robert.

A little over a year ago, Robert was diagnosed with a rare form of cancer in the appendix. “We met with Dr. K., as everyone calls him, and he was wonderful,” says Robert. “I liked his positive attitude. When my wife and I first went to him, we were scared to death. I was hoping to just be able to take some chemo pills, but Dr. K. was up-front and frank that I would need surgery and chemotherapy, too.”

According to Robert’s wife of 57 years, Maxine, “Dr. K. was so personable, and he related to us so well. He made us feel so special when we came in. He made us feel like his friends – not just his patients. We have a lot to be thankful for and this donation in his honor is a small way that we can express our appreciation.”

“It was a rough recovery, but today I am cancer-free,” says Robert. “I am happy to be back working with my wife on our 146-acre horse and grain farm in Howard County.”
Howard County General Hospital and Howard Hospital Foundation want to thank all of our sponsors and participants in helping to make the 21st annual Symphony of Lights such a successful event. After seven weeks of operation, the 2014 Symphony of Lights ended on January 4, 2015. One hundred percent of proceeds from this treasured holiday tradition benefit critical initiatives at HCGH.

This year, our drive through experienced more than 20,000 vehicles! Girl Scout troops, sports teams, schools, corporate groups and more enjoyed private group walk throughs. Families with small children braved the cold weather for our Twinkling Tots event, and a record number of dog owners walked through the lights with their pets and participated in our first annual “Best Dressed Pet” contest at the Tail Lights event. The Midnight at 7 event featured a dazzling fireworks show and welcomed over 2,500 participants, while the Dazzle Dash had over 3,000 participants. In total, the Symphony of Lights attendance this year increased nearly 20 percent with more than 100,000 participants.

Symphony of Lights welcomed a new event this year with Bike the Lights. Nearly 200 participants enjoyed bicycling through the lights, including HCGH’s President Steve Snelgrove and a bicycling Santa Claus.

The Howard Hospital Foundation’s signature fundraising events, including the Symphony of Lights, provide valuable support to HCGH, and we thank the many sponsors, event participants, community partners and volunteers who help make this event possible.
From middle and high schools holding bake sales, to golf and tennis tournaments and restaurant fundraisers, the foundation received nearly $100,000 in donations in 2014 from local community members and businesses.

For Michelle Kupiec, owner of Kupcakes & Co. in Elkridge, donating to the hospital is both a corporate and personal mission. “We are a small business that believes in paying it forward,” says Michelle. “HCGH cared for my daughter for years when she was sick, so for the past four years we have held the Kupcakes for Santa event and donated 100 percent of our profits. My entire staff of 18 donates their paycheck for the day as well.” The store also worked with HCGH to develop a cupcake in honor of the hospital’s 40th anniversary and donated 20 percent of the sales of that cupcake during that year. “We want to be able to make a difference for patients and help purchase equipment for the pediatric department which took such good care of our daughter,” says Michelle.

For the past three years, the Cattail Creek Country Club in Glenwood has supported HHF. In 2014, the club held a Tennis Classic and designated 100 percent of proceeds to benefit the Claudia Mayer/Tina Broccolino Cancer Resource Center. “The planning committee wanted to support a good charity in Howard County. We have had members who have used the Cancer Resource Center and we liked that it benefitted the patient and their family,” says Eileen Dietz, member of Cattail Creek Tennis Committee and Cattail Creek Board of Directors. The club also held a “Rally for a Cure” golf event in 2014 that supported the Cancer Resource Center.

If you or your organization would like to plan a fundraiser to benefit HCGH, please contact Emily Shreve, HHF special events development manager at 410-720-8706.

New Tool to Plan Your Gift

By funding valuable programs, the HHF is able to help the hospital provide the highest quality of care thanks to generous contributions from our community members.

There are many ways to show your appreciation to HCGH including making a contribution through planned giving, or making a donation through your will. When you create a gift as part of your estate or financial plans, you help the hospital develop vital new programs and purchase state-of-the-art equipment to continually improve patient care well into the future.

A new section of the hospital’s website now makes planning your gift even easier. This feature offers the ability to access the best options to easily plan your gift based on your giving amount, age and assets. An online tool allows you to calculate your personal bequest by answering a few questions.

Whether you would like to put your donation to work today or benefit us after your lifetime, you can find a charitable plan that lets you provide for your family and support the hospital. For more information, visit the website at hhf.planningyourlegacy.org or call Sandra Harriman, vice president of development, at 410-740-7840.
Wellness Classes

Registration advised for all programs – visit hcgh.org

SPECIAL EVENTS

CPR Across Howard County
American Heart Association Family & Friends CPR for the adult and child victim. For the community and not a certification course. 4/25, 9 a.m.–12 p.m. Free.

Varicose Vein Screening
Johns Hopkins vascular surgeon Richard Feinberg, M.D., will conduct vein screenings at his Columbia office. 3/5, 5–7 p.m. Free. 410-550-8346.

The Emotional Side of Weight Management
Do anxiety and stress cause you to reach for another cookie? Learn about the mind/body connection and practical strategies to handle the emotional triggers that lead to overeating. Discussion will include techniques to help you move through the emotional side of weight management including yoga, mindful thinking, physical activity and breathing meditation. 5/4, 7–8:30 p.m. Free.

Caring for the Young Athlete
Successful prevention, evaluation and rehabilitation of sports-related injuries and concussions is crucial for any young athlete. During this in-person seminar, Johns Hopkins pediatric specialists in orthopaedics, sports medicine, neurosurgery, surgery and physical therapy will discuss injury prevention and the signs/symptoms of more serious conditions and when to seek help. 4/8, 6:30–8:30 p.m. Online registration at http://bit.ly/YoungAthleteSeminar.

GET HEALTHY WITH DIET & EXERCISE

Weight Loss Through Bariatric Surgery
Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. 410-550-0409 or hopkinsmedicine.org/jhbc/bariatrics. 3/2, 4/20, 5/11, 5:30–7 p.m. Free.

The Mall Milers

Dietary Counseling
Discuss dietary concerns/goals with a registered dietitian. $40/half-hour visit.

Healthy Weight Connection
Kick-start individual lifestyle changes, including diet and exercise, to help you reach a healthier weight. Receive personalized guidance from a certified dietitian. Various nutrition topics and gentle yoga. Tuesdays and Thursdays, 3/24–5/14, 6:30–8 p.m. $195.

Looking to Lose Weight This Year (Part 1)
Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 6/1, 7–8:30 p.m. Free.

Kitchen Wisdom (Part 2)
Sample food and learn how to spice up healthy meals with herbs and spices. 6/8, 7–8:30 p.m. Register for one or both parts. Free.

HEALTHY HEART & LUNGS

Adult/Child/Infant CPR
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). 2/19, 3/4, 3/26, 4/15, 4/27, 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 per month.

Pulmonary Rehabilitation Maintenance
Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. $60 per month.

Pulmonary Rehabilitation Maintenance
Exercise and education to assist patients with lung disease.

Smoke-Free Lungs
Education and support for those wanting to quit or who have quit. 4/14, 7–9 p.m. Free.
**HEALTHY FAMILIES**

**Happiest Baby on the Block**
Parents and parents-to-be learn techniques to quickly soothe baby. 3/24, 4/16, 5/5, 7–9 p.m. $50 per couple (includes parent kits).

Optional Newborn Class
A certified instructor will teach you how to promote your newborn’s health. Presented by Michelle Seavey, M.D. 5/13, 7–8:30 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. 3/18, 4/16, 7–9 p.m. Free.

**Maybe Baby: Health Issues to Consider Before Pregnancy**
Learn about parent wellness, health care matters and other considerations when starting your family. Presented by Michelle Seavey, M.D. 5/13, 7–8:30 p.m. Free.

**FOR CHILDREN & TEENS**

**Essentials in Babysitting**
Learn to manage children, create a safe environment and apply basic emergency techniques. 3/21, 4/11, 5/16, 9 a.m.–1 p.m. $50.

**Self-Defense for Young Women**
Teens (12–15) learn physical and psychological strategies of self-defense. 4/11, 9–11 a.m. $35.

**HEALTH SCREENINGS**

**Skin Cancer**
Dermatologist will examine one or two areas of concern. 5/19 & 21, 5–7 p.m. Free.

**Podiatry**
Presented by Kyle Scholnick, D.P.M. 4/29, 9–11 a.m. or 5/6 4–6 p.m. Free.

**Topic of Cancer**
Prostate cancer screening including PSA blood test. Presented by Alejandro Rodriguez, M.D. 4/28, 4–6 p.m. $15.

**AARP Driver Safety**
Classroom refresher for ages 50+. 3/23, 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, 9:30–10:30 a.m. $64/8-week sessions.

**DIABETES**

**Prediabetes**
Our certified diabetes educator will teach you how to make changes to prevent/delay actual diabetes. 3/5, 7–9 p.m. $15.

**Individualized Diabetes Management**
Learn from a certified diabetes dietitian and nurse how to manage diabetes. 443-718-3000.

**Living with Diabetes**
Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000. 2/20 & 24, 3/20 & 24, 4/17 & 21, 8:30 a.m.–2:30 p.m. in the Bolduc Family Outpatient Center at HCGH.

**Living with Diabetes: Executive Summary**
A condensed version of Living with Diabetes offered in the evening. 443-718-3000. 2/18 & 19, 3/18 & 19, 4/15 & 16, 6–9 p.m.

* Most insurance plans cover all or part of this program.

**FOCUSED ON BODY & MIND**

**Advance Directives**
Understand what advance directives are, who needs them, how to get them and how to complete them. Leave with an advance directives document. 4/17, 6–7 p.m. Free.

**Women’s Self Defense**
Women (16 and up) learn and practice highly effective, easy-to-learn techniques designed for adult situations. 6/27, 9 a.m.–12 p.m. $50.

**Mastering the Illusions of Stress**
Gain insight into how your perceptions influence your stress. Discover secrets that will allow for more peace and well-being in your life. 4/22, 7–9 p.m. Free.
HELD MONTHLY
Looking to Quit Smoking?
Howard County Department of Health Tobacco Cessation Program
First Wednesday of each month and held for four consecutive Wednesdays
11:30 a.m. or 6:30 p.m. Free.
Interactive program to help quit the use of tobacco. Some services include
physician evaluation, medication, acupuncture, support groups and individual
appointments. Facilitators are trained Tobacco Treatment Specialists. For
more information, call 410-313-6265 or visit howardcountymd.gov.

MARCH
Latino Health Fair
Saturday, March 7/12–4 p.m. Free.
Wilde Lake Interfaith Center
Cosponsored by HCGH, Priority Partners and St. John the Evangelist Catholic
Church. Receive numerous health screenings.

APRIL
WomenFest 2015
Saturday, April 25/10 a.m.–3 p.m. Free.
Gary J. Arthur Community Center at Glenwood, Cooksville, MD
An inspirational health and wellness event featuring 90+ exhibitors, health
screenings, and seminars presented by the Howard County Department
of Citizen Services’ Office on Aging. For more information, call 410-313-
5440 or visit howardcountyaging.org/WomenFest. Pre-registration is not
required.

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

GASTROENTEROLOGY
Amy Kim, M.D.
Johns Hopkins Gastroenterology and Hepatology at Howard County
10700 Charter Drive, #310
Columbia, MD 21044
410-715-0350

GENERAL SURGERY
James Harris, M.D.
Michael Zenilman, M.D.
JHCP General Surgery at Howard County General Hospital
11085 Little Patuxent Parkway, #103
Columbia, MD 21044
410-730-1988

PEDiatrics
Marcia Augustine, M.D.
Klebanow and Associates
8821 Columbia 100 Parkway
Columbia, MD 21045
410-715-0080

PSYCHIATRY
Carl Segal, M.D.
10632 Little Patuxent Parkway, #238
Columbia, MD 21044
410-997-0140

For a full list of HCGH physicians visit hcgh.org/findadoctor.