Inpatient Care

Your Health Care Team

HCGH
AT THE CENTER OF YOUR HEALTH CARE

Managing Your Medications

Your Wellness Partner
Dear Friends,

As 2018 begins, many of you may have made a New Year’s resolution to become healthy. We want the hospital to be your partner in getting you healthy and keeping you healthy. HCGH is committed to being at the center of your health care and supporting you in your wellness journey and preventing disease—not just treating you when you are sick.

In this issue of Wellness Matters, we provide you with many tools and tips for things that you can do to be more engaged in your health care and interact with your physician. Having a primary care physician and communicating with all your doctors are essential to your care. We have been holding forums throughout the community to help educate people about important things related to their care in the hospital and outside hospital walls.

All of us who provide treatment at HCGH have the same goal: to deliver compassionate care centered on the needs of our patients and their families, and to be a trusted part of a broader health care delivery system. I hope you will choose us to be your partner in wellness.

Sincerely,

Steve Snelgrove
President

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

In this issue of Wellness Matters, we provide you with tips to use when interacting with your physicians, answers to questions on how your care is managed while you are in the hospital and what you can do to prepare for surgery.

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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.
How Your Care is Managed When You are Admitted to HCGH

Maximizing the partnership between hospitalists and primary care physicians

Mindy Kantsiper, M.D., medical director of the Collaborative Inpatient Medicine Service at HCGH, and Michael Silverman, M.D., chairman of the HCGH Department of Medicine, answer your questions.

Q: What are hospitalists?
Hospitalists are doctors, nurse practitioners and physician assistants who take care of admitted patients in the hospital. If you are admitted to HCGH, a hospitalist manages your care in concert with your primary care provider.

Q: Why have HCGH and other hospitals adopted this model?

Several years ago, primary care physicians on staff at HCGH visited in the hospital for part of each day to see their patients and then returned to their offices. They typically did not come back to the hospital again during the day. As our county and hospital grew, patients were being admitted with more complex conditions that required around-the-clock care by a doctor. Patient safety and quality became a more significant focus of the health care industry as a whole. Primary care physicians recognized that they could not be in two places at once.

It became increasingly clear we needed hospitalists to be in HCGH 24/7 to provide nurses and patients with medical oversight and also be accessible for primary care doctors who wanted to coordinate their patients’ care.

Today, HCGH has a single group of hospitalists who are part of Johns Hopkins Medicine to care for you 24/7 when you are an inpatient at HCGH.

Q: What is the benefit to the patient?

You will see a hospitalist every day, and they are in the hospital throughout the day and night to respond to your needs quickly. The hospitalist will also participate in multidisciplinary rounding daily. Multidisciplinary rounding is a time when your hospitalist, nurse, case manager, physical therapist and pharmacist—essentially all the major players involved in your care—meet to discuss and coordinate your plan of care.

Continued on next page >
Q: Can my doctor come see me in the hospital?
Yes, primary care physicians on staff at HCGH can visit you in the hospital. They can document and access your chart and consult with your hospitalist on your care. Your primary care physician’s input is welcomed.

Our model is not an either/or model. You do not have to choose; our care begins the minute you are admitted, and it is shared care with your primary care provider as much as possible. When a patient has a relationship with a primary care physician, it is a huge benefit to them. We only wish more patients had a primary care physician to help prevent serious illnesses.

When we see an HCGH primary care physician listed on a patient’s chart, we breathe a sigh of relief. We know we can get questions answered and there will be a safe hand-off to that physician when the patient leaves the hospital.

Q: How do hospitalists communicate changes in my health, such as test results and diagnoses, with my physician?
We offer many options to communicate with your primary care physician in real time throughout your hospital stay including a secure texting service that your physicians can register to receive. Primary care providers are notified electronically every day with a list of their patients who are in the hospital or who have visited the Emergency Room.
In addition, all primary care physicians on staff at HCGH have access to Epic, an electronic medical record system where they can view your complete chart including all tests, notes and orders.

We can also speak on the phone with your physician when complex care needs to be discussed, or at your request.

Q: How are my records shared with my primary care physician after I am discharged?
When you leave the hospital, your physician is sent your hospital discharge summary.

Help your hospitalist care for you. See article on page 6 for important things to communicate about your medical history.
Tips for a Safe Hospital Stay

For many patients and their families, coming to the hospital for a procedure or surgery can be anxiety-provoking. Here are some of the ways patients and loved ones can partner with hospital staff to ensure a satisfactory, comfortable and, above all, safe visit to HCGH:

**Share Your Medical History**
Make sure your doctor has your complete medical history including a list of all medications you are currently taking along with the dosage and how often you take them. Do not bring the actual medications with you to the hospital, as we will provide these for you during your stay along with any new medications you may require. Visit bit.ly/hcgh-med-safety to hear from our pharmacist about medication management in the hospital.

**Be an Informed Patient**
Our doctors and staff encourage you to participate in discussions about proposed treatments or surgical procedures, as well as to ask questions about unfamiliar terms and/or abbreviations related to your care. You should also read consent forms completely, asking about anything you find unclear or confusing. There are no bad questions — if it is important to you, it is important to us.

**Confirm Your Identity for Procedures and Medications**
Staff should always ask for your name and birth date, as well as check your ID bracelet before giving you any medication or performing a test or procedure. For surgeries, you are asked to confirm the procedure and area on the body where it will be performed; the location will be marked on your body prior to surgery. Check that these steps are taken before you receive medication or procedures.

**Help Us Prevent the Spread of Germs**
While in the hospital, we ask that you wash your hands frequently, cover your mouth when you sneeze or cough and follow other protocols to prevent the spread of germs. Discourage friends and family members from visiting if they are ill.

Our staff are trained to keep you safe by washing or sanitizing their hands before and after having contact with you and wearing gloves while drawing blood and performing certain procedures. If you are unsure if your provider is following this protocol, you are encouraged to ask them to do so.

**Understand Your Medications**
It is important for you to share information about all prescription, non-prescription, vitamin and herbal medications you are taking, as well as any allergic reactions you may have had in the past. If you are prescribed new medications, we encourage you to ask about their names, uses, side effects, and potential interactions with other medication. *(Read more on page 7.)*
Getting the Most From Your Physician Interactions

Patients may be overwhelmed when seeing their doctor and may forget to ask crucial questions or understand important instructions regarding their care. Follow these tips to get the most out of your next visit with your doctor:

**Make Lists and Get Organized**
Prepare for the visit by writing a list of questions and concerns to share with your doctor. Review this list during the appointment and check that all your questions have been answered before you leave. You should also make a list of all the medications and supplements you are taking, including the dosage amounts and times. You can also bring your medications with you to the appointment. If you are seeing a new physician, make sure you have your complete medical records handy. Know when you have received vaccines, procedures and other tests in the past. Gather that information from other providers prior to your appointment.

**Communicate Effectively and Honestly**
Give as much information as you can about your symptoms and conditions. Answer all questions honestly—remember, your doctor is asking in order to provide you with an accurate diagnosis. Tell your doctor about all your symptoms, even if they do not ask you about them, and try not to overstate or understate the issues you are dealing with—an accurate report of your symptoms leads to a more correct diagnosis. Be sure to explain any cultural preferences or values that may influence the care you are given, and mention any limitations to your hearing, sight or cognition.

**Record and Remember**
Make sure you fully understand all instructions you have been given, medications you have been prescribed and treatment options you have been offered before leaving your doctor’s office. Ask your doctor to explain if you do not understand something. If you are worried about remembering the instructions, take notes during the appointment or bring a family member or a close friend with you to write things down. You can even ask if it is okay to record audio. Before you leave, be sure that you have open lines of communication with your doctor and can email or call if you have any questions or need a reminder about instructions in the future.

**Use Available Technology**
Many physician offices offer an electronic medical record (EMR) online portal. This tool provides another way for you to communicate with your physician and view portions of your medical record, including many test results, diagnoses, medications and immunizations, as well as access a summary of your visits and post-appointment instructions.

HCGH utilizes an electronic record called MyChart that provides medical information available to you about your Johns Hopkins care, including care received at HCGH. MyChart accounts can be established by anyone age 13 or older who is a patient at a participating Johns Hopkins Medicine facility, including HCGH. To sign up for MyChart, you need an activation code, which you receive in your After-Visit Summary or discharge instructions following your appointment or hospital stay at HCGH. Log onto mychart.hopkinsmedicine.org.
Managing Medications Between Home and the Hospital

Staying on top of your medications can be challenging, especially in the event of a hospital stay. Medication communication is critical.

Bring your medication list with you to the hospital
“Your medication list is just as important as your insurance card,” says Isha John, Pharm.D., MBA, HCGH director of Pharmacy. “Make sure you have all the proper information including the medication name, dose, strength, frequency and why you are taking it.”

Leave your medications at home
While there are rare circumstances where you might be asked to bring in your medications, generally it is best to leave them at home. “During your stay, we will get the complete medication history we need through talking to you and your family and by contacting the pharmacy where you get your prescriptions filled,” says Isha.

Hospital safeguards ensure medications are given safely
The hospital pharmacist reviews your medications around the clock and communicates any necessary adjustments to your health care team. “Hospital pharmacists make sure that medication doses are adjusted appropriately for your kidney and liver function. We also provide information on drug interactions and side effects,” says Isha. Hospital staff have access to your medication list and the electronic medical record and can verify this information with you or your family members to obtain the most up-to-date medication list. HCGH also utilizes a variety of barcode technologies—having nurses scan the medication and then scan your unique ID wristband—to make sure the right medications get to you.

Ask questions about your medications and their side effects
It is important for you to be actively involved in your care during your hospital stay. Ask questions about your medications—why you are taking them and their side effects. A pharmacist is available to answer any medication-related questions as part of your health care team. You can also ask questions during the bedside shift reporting that occurs when the shifts change as well as regular team rounds with your physician and nurses. If you have a friend or family member with you, they can also participate in your care by keeping track of your health information.

Understand your medication list
Before you are discharged, a nurse will review your discharge medications. Make sure you understand your plan of care after discharge and any new medications you have been prescribed. Have a plan to get your new prescriptions filled and identify any changes to your previous medication regimen. Once home, remove any medications you should no longer be taking from your medicine cabinet.

Isha John, Pharm.D., MBA, is the HCGH director of Pharmacy.

“Your medication list is just as important as your insurance card.”
– Isha John, Pharm.D., MBA

For more information on managing your medications, watch our video series at bit.ly/hcgh-med-safety.
Tips to Improve Recovery from Surgery

According to Hadley Wesson, M.D., a general surgeon on staff at HCGH, “For most surgical patients, research has shown that following specific steps before surgery can help improve your recovery, resulting in a more positive experience, better outcomes and fewer, if any, complications and possibly even shortening your hospital stay.” Below are Dr. Wesson’s tips about how to prepare for surgery to ensure a speedy recovery:

**Talk to Your Doctor**
As soon as you know you are having surgery, talk to your doctor about how to prepare for the procedure. Your doctor will help you create a plan for before and after the surgery that will help expedite your recovery.

**Fully Understand the Procedure**
Read about your condition, how the procedure is performed, what anesthesia you will be given and other aspects of your surgery that will help you be fully informed. Knowing what to expect at all stages of the process will help maximize your recovery. Ask your doctor in advance if you have any questions about the procedure.

**Focus on Your Overall Health**
The healthier you are before surgery, the easier it will be to recover. At HCGH, we focus on a patient’s overall health and medical history to make sure to eliminate or minimize any complications related to an underlying health condition. We also focus on nutrition and hydration to make sure your body is strong and prepared. An upcoming surgery is also a great opportunity to begin exercising, drinking more water and eating well.

**Pay Attention to Your Diet**
Your doctor may give you specific directions regarding what you can and cannot eat or drink leading up to your surgery. Make sure to follow their instructions as closely as possible to reduce the possibility of complications and ensure a quick recovery.

**Have a Support Network**
Ask a close family member or friend to be with you throughout the entire process. Having support both before and after the surgery will help reduce stress levels and ensure your personal comfort.

**Know Your Post-surgery Plan**
What can you expect while recovering? How long do you expect to be in the hospital? Who will take care of you during the recovery period, and how? We can work with you to arrange any special care that may be needed to ensure you have the right level of support.

Hadley Wesson, M.D., is a general surgeon with Johns Hopkins Community Physicians in Columbia.

**Appointments:**
410-730-1988

Visit hcg.org/surgeryprep to learn more from Dr. Wesson about what to expect before and after your surgery at HCGH.
ER Entrance Move Reminder
The Emergency Room entrance has been temporarily relocated to the hospital’s main entrance. The relocation will allow the hospital to implement the construction of a 48,000-square-foot addition to the hospital, which will update older facilities to meet our modern needs and help us provide quality care for Howard County’s growing population.

Walk-in patients and visitors are asked to access the ER through the main entrance of the hospital until the renovations have been completed. Ambulances and emergency vehicles will still use the existing ambulance entrance. View a campus map indicating entrances, and learn more about the construction, at hcghoftermorrow.org.

HCGH Welcomes New Vice President of Finance/Chief Financial Officer
HCGH extends a sincere welcome to Claro M. Pio Roda, who joined the hospital as the vice president of finance/chief financial officer in January. He is responsible for guiding and overseeing the hospital’s financial activities that include financial reporting and analysis, capital and operating budgeting, and strategic and financial planning. Prior to joining HCGH, Claro served as senior director of Finance for Johns Hopkins Medicine. An experienced leader, he has been with Johns Hopkins Medicine for 23 years. Claro received a Master of Health Science in health finance and management and a Doctor of Public Health in health leadership and management from the Johns Hopkins Bloomberg School of Public Health, where he is an associate faculty member.
Highlights by the Numbers

$550,000 TOTAL Gross Funds Raised
15,000 CARS drove through the lights
5,600 PEOPLE walked through the lights
165 ADDITIONAL DONATIONS
96 AMAZING VOLUNTEERS
1 PIG walked through our pet-friendly Tail Lights

Thank You TO OUR GENEROUS SPONSORS and COMMUNITY
THANK YOU to the community members who supported HCGH by driving through the lights, attending special events or volunteering.

MARK YOUR CALENDAR

Howard County General Hospital’s Heroes in Health Care Celebration

Saturday, June 9, 2018 • 7–10:30 p.m. • The Great Room at Savage Mill

Join our Honorary Co-chairs David and Eileen Powell for an evening to celebrate HCGH. Guests will enjoy dinner and dancing to the sounds of the band The Real Geniuses. Valet parking will be provided.

Tickets are $125, and sponsorship opportunities are available. Proceeds benefit HCGH. Visit hcgh.org/heroes or call 410-740-7840 for more information.
Celebrating Philanthropy

HONORING THE ART OF CARE

Retired Howard County art teacher Mary Alice Glass was a patient in HCGH for several days last year. While waiting for test results, she found herself antsy and bored. A friend brought her mandala coloring books to keep her entertained doing something she loved — creating colorful art. “I like to keep busy with my hands and prefer to do something creative. Every time one of my wonderful caregivers would come into the room, I would ask them what their favorite color was,” recalls Mary Alice. “I colored each of them their own patterned mandala in their chosen color scheme. As I completed each one, they started pinning up each of their pages in their breakroom, and it looked like a quilt.”

The staff on the third floor was great. They took such wonderful care of me. I even loved the hospital’s food. It was delightful to be able to pick my meal — even when I was on a liquid diet — I had choices. We couldn’t ask for a better hospital in our community, and I only wish I could do more to give back.”

– Mary Alice Glass

This two-time Howard County teacher of the year was so touched by the care she received from the staff, she took her generosity one step further after she was home from the hospital and honored her caregivers with a donation to HCGH in their names.

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

HONORING THE ART OF CARE

Thanks to the generous #GivingTuesday contributions HCGH received through the global day of giving, the hospital was able to reach its goal of purchasing new neonatal stethoscopes for the caregivers of our tiniest pediatric patients. The Labor & Delivery, Maternal Child Unit and NICU staff members who use the stethoscopes expressed their heartfelt gratitude saying, “We all care deeply for the mothers and babies every day. The donations the hospital received for the purchase of the most up-to-date stethoscopes help us to assist in bringing little miracles into the world.”

If you would like to learn more about the foundation, register to receive our e-newsletter at hcgh.org/give.

Tuvia Blechman, M.D., NICU medical director and chair of the Department of Pediatrics at HCGH, examining an infant.

Mandala art by Mary Alice Glass
Why support HCGH? For Brian Walter, M&T Bank market president of the Chesapeake region, that answer is very simple, “It is hard to think of an organization with more impact in the community than the hospital.” For the past 10 years, M&T Bank has been a stalwart philanthropic supporter of the hospital’s campaigns and fundraising events, donating more than $300,000.

Brian has also served the hospital personally, sitting on the Howard Hospital Foundation board of trustees and is currently serving as secretary of the HCGH board of trustees.

“At M&T Bank, we take being a good corporate citizen seriously and, in addition to our moral responsibility to play that role, we understand that our success as an organization is predicated on the success of community organizations. We believe in giving back.”

– Brian Walter

Last fall, HCGH President Steve Snelgrove was joined by Howard County Executive Allan H. Kittleman and members of the Howard County Council for a ribbon-cutting ceremony marking the completion of the first phase of adult and pediatric Emergency Department improvements made possible through county funding.

Areas now open include:
- a new rapid-evaluation area in the Emergency Department designed so patients with more routine conditions can be treated and released quickly.
- a new pediatric emergency waiting area designed with young patient and family comfort in mind featuring a Hubble Space Telescope theme.
- a separate and secure child and adolescent support area providing new treatment spaces for pediatric behavioral health patients.

With these renovations completed, HCGH has begun work on the $45-million, two-story construction project to meet growing community needs for emergency care, medical observation and behavioral health services.

Please remember the emergency entrance has been temporarily relocated to the front of the hospital to accommodate construction.

To learn more or to donate to the Building Today for a Healthier Tomorrow campaign, visit hcghoftomorrow.org.

Stalwart Supporters

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“We are tremendously grateful for M&T Bank’s corporate partnership and generous support of various capital initiatives over the years, including our current construction project. Their continued patronage of our Symphony of Lights festivities highlighted by this year’s presenting sponsorship, is a testament to their philanthropic mission of improving the quality of life for their customers, employees and neighbors,” says Shannon Wollman, HCGH vice president of development. “Their contributions have had an invaluable impact at the hospital.”

In speaking about the bank’s most recent pledge, Brian says, “When you look at the physical constraints the hospital faces in terms of meeting the community’s needs, particularly in the mental health area, and the ER enhancements required to match the continuously growing community, we understand the hospital’s need to build for tomorrow.

“From my perspective, one of the things that is most exciting about HCGH is that there is a great blend of being a true community hospital that cares for county residents while offering the benefits of the Johns Hopkins relationship. This puts the hospital on the cusp of providing world-class medical care in a community setting. That is something we are proud to support.”
Wellness Matters
Spring 2018

Wellness Classes
Registration advised for all programs – visit hcgh.org

SPECIAL EVENTS

Emotions and Overeating: Causes, Triggers and Treatment Strategies
Our emotions often guide our actions including our eating patterns. Examine the factors that can affect your eating and learn how emotions can impact hunger and food choices, how to avoid sensitive triggers and how to bring conscious thinking into your eating. Presented by Weronika Gondek, M.D. 3/29, 7–8:30 p.m. Free.

Mental Health First Aid
This nationally recognized course will familiarize you with the signs, symptoms and prevalence of mental illness. Learn how you can provide effective and appropriate assistance, which can save lives, promote recovery and reduce stigma. 4/13, 8:30 a.m.–5 p.m. Free for residents of Howard County.

Wellness Screening for Your Health
This 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
• Complete medication list for your next doctor’s visit—bring your medications, vitamins and herbals to our expert pharmacist to learn more about them

New location: HCGH Pavilion 1 Classroom (use hospital’s main entrance).
3/9, 9 a.m.–2 p.m. Free.

Eating Well: Prescription for Better Health
Nutrition and proper nourishment of your body are key to living healthy. A certified nutritionist and registered dietitian will discuss the relationship of your food and nutrients to immunity, chronic disease management, healing and more. 5/17, 7–8:30 p.m. Free.

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GET HEALTHY WITH DIET & EXERCISE

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

Dietary Counseling
Discuss your dietary concerns and goals with a registered diettian. 3/8, 4/9, 5/21 or 6/4. Appointments scheduled between 6–8 p.m. $40 for a half-hour visit.

HEALTHY FAMILIES

New Moms Support Group
Open to first-time mothers who delivered at HCGH 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, 3/1–4/19 or 5/3–6/21, 11 a.m.–12:30 p.m. Free.

Happiest Baby on the Block
Parents and parents-to-be learn techniques to quickly soothe baby. 3/5, 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. 3/22, 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 Edissa Padder, M.D. 5/3, 7–8:30 p.m. Free.

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, 3/7–4/25 or 5/16–7/11, 6–7 p.m. $88/eight-week session.

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. 4/12, 7–9 p.m. Free.

IMPROVING YOUR HEALTH

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. Thursdays, 4/5–5/10, 10 a.m.–12:30 p.m. Free.

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. 3/8, 6–7 p.m. Free.

Cancer Self-management
This six-week workshop provides information and practical tools to help individuals self-manage symptoms, challenges and day-to-day tasks in a small, supportive group setting. This workshop is appropriate for those living with cancer as well as those who have been affected by cancer and their caregivers. Fridays, 3/23–5/4, 10 a.m.–12:30 p.m. Free.

Living Healthy with Hypertension
If you have been diagnosed with hypertension (high blood pressure) or been told you are pre-hypertensive, learn to better manage your condition to reduce your risk and improve your health. 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. Held in the HCGH Pavilion 1 Classroom (use hospital’s main entrance). For dates and times, visit hcgh.org/classes or call 410-720-8788. Free.

FREE SCREENING

Skin Cancer
Our dermatologist will examine one or two areas of concern. 5/15, 5–7 p.m. Held in the Claudia Mayer/Tina Broccolino Cancer Resource Center. Free.

HEALTHY HEART & LUNGS

NEW! Family & Friends CPR
Family & Friends CPR teaches the lifesaving skills of adult hands-only CPR; child CPR with breaths; adult and child AED use; infant CPR; and relief of choking in an adult, child or infant. This course provides students with the most hands-on CPR practice time possible. Family & Friends CPR is appropriate for anyone interested in learning the skills to save a life. This course is not for health care providers or anyone needing a professional certification or completion card. 3/6, 3/22, 4/4, 4/16, 5/2 or 5/15, 5:30–9 p.m. $45.

Cardiac Rehabilitation Maintenance†
Exercise for cardiac rehab program graduates. Tuesdays & Fridays, 8 a.m. or 9:30 a.m. $75/mo.

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

Pulmonary Rehabilitation Maintenance†
Exercise maintenance for pulmonary rehab program graduates. Tuesday & Friday afternoons. $75/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.

Living Well with Diabetes
This six-week workshop is for those who have been diagnosed with diabetes or have been told they have prediabetes. In this interactive group approach, develop the skills needed to confidently manage your health. Caregivers are also encouraged to register. Thursdays, 4/5–5/10, 5:30–8 p.m. Free.

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 hcgh.org/diabetes or call 410-740-7601.

Prediabetes
Our certified diabetes educator/registered dietitian will teach you how to make changes to prevent or delay an actual diabetes diagnosis. 4/10, 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).
March

**Driver Safety**
March 16, April 27, May 17/10 a.m.–2:30 p.m.
$15/AARP members and $20/others.
HCGH Wellness Center
AARP classroom refresher course for drivers 50+.
To register, call 443-364-8647.

**Opioid Overdose Response Program**
Thursdays, March 15 or April 19/6–7 p.m. Free.
HCGH Wellness Center
Overdose deaths are on the rise in Howard County. Those taking illegal and prescription pain killers are at risk. Learn how you can administer naloxone, a safe and effective antidote for overdose and perform rescue breathing until help arrives. For more information and to register, call 410-313-6274.

**Latino Health Fair**
Saturday, March 10/12–4 p.m. Free.
Wilde Lake Interfaith Center
Cosponsored by HCGH and St. John the Evangelist Catholic Church. Receive numerous health screenings.

April

**We Walk for Wellness**
Saturdays, April 7–October 27/9–10 a.m.
North Laurel Community Center parking lot
New registrations: 8:45 a.m. Program: 9 a.m. Free.
Make this the year of improved health. Join our guided walking/exercise group led by a personal trainer. Discover the personal benefits of regular exercise. Commit to increase your physical activity this spring. For more information, call 410-740-7601.

**CPR Across Howard County**
Saturday, April 28/9 a.m.–3 p.m. Free.
HCGH Wellness Center
In this American Heart Association course, learn adult and child CPR as well as how to clear an airway obstruction. This course is open to everyone age 12 and older. **This is not a certification course and does not teach infant CPR.** To register, visit hcgh.org or call 410-740-7601.

May

**Stride and Thrive Below the Belt 5K/1-mile Run/Walk**
Sunday, May 20/8:30 a.m.
Homewood Field at Johns Hopkins University
Presented by The Kelly Gynecologic Oncology Service in the Department of Gynecology & Obstetrics at Johns Hopkins Hospital. All proceeds support gynecologic cancer research, local cancer survivors and their caregivers, and the survivorship mentoring program. To register, visit charmcityrun.com/hopkins.

June

**Heroes in Health Care**
Saturday, June 9/7–10:30 p.m.
The Great Room at Savage Mill
An evening celebrating HCGH’s staff and partners. Honorary co-chairs: David and Eileen Powell. Tickets and sponsorships available. Proceeds benefit HCGH. For more information, call 410-740-7840 or visit hcgh.org/heroes.