Enjoying The Great Outdoors
Steps to Preventing Lyme Disease

Practical Tips for Battling the Bulge

Treating Crohn’s Disease
Dear Friends,

In this issue of Wellness Matters, we acknowledge the outstanding businesses, organizations and community members who have made generous donations to Howard County General Hospital during the past year. I want to add my personal thanks, as their ongoing financial support enables the hospital to continue to provide excellent health care to our community, coupled with a number of amenities not available at most area hospitals.

A testament to the stellar care we provide is the fact that HCGH has recently been ranked 11th out of 31 hospitals in the Baltimore metropolitan area in a new listing of “best hospitals” by U.S. News & World Report. In addition, the American Heart Association/American Stroke Association presented HCGH with its “Get With the Guidelines Gold Plus Award” at this year’s International Stroke Conference. While successfully implementing the associations’ guidelines for stroke has earned the hospital this impressive award, what is even more meaningful are the lives saved at HCGH because our caregivers are employing state-of-the-art techniques. All of these accolades, plus many other certifications and awards too numerous to mention, collectively reflect what I see and hear every day—patients and visitors receiving the care and support they need from our knowledgeable and dedicated employees, physicians and volunteers. Their daily efforts ensure that you are in the right neighborhood for excellent health care!

I also applaud two members of our HCGH family: anesthesiologist John Payne, M.D., and Vivian C. “Millie” Bailey, HCGH trustee emeritus. Dr. Payne, a member of the HCGH medical staff since HCGH opened in 1973, recently retired as our longest serving physician. As a previous president of our medical staff (twice), Dr. Payne has provided invaluable leadership to his fellow physicians. We thank him for his many contributions over the years and wish him a well-deserved retirement! Please join me in congratulating Vivian C. “Millie” Bailey on being named one of The Daily Record’s Top 100 Women for 2011. This honor recognizes women throughout the state who excel in their professions, the community and mentoring others. It is my pleasure to recognize the contributions that these two individuals have and continue to make for others in our community.

As we enjoy all that living and working in Howard County affords us during the warm months of summer, I encourage you to invest in your well-being by participating in our upcoming events, support groups and programs—many of which are mentioned in this issue of Wellness Matters.

I hope to see many of you in the community in the coming months.

Sincerely,

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

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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Please direct questions, suggestions and comments regarding Wellness Matters to the Public Relations Department at 5755 Cedar Lane, Columbia, MD 21044-2912
If you are reading this article, it probably means that at one time or another, you’ve struggled with your weight. You may have wondered if your weight was considered appropriate, overweight or obese. According to Dr. Deepak Shah, a family medicine physician on staff at Howard County General Hospital, many of us underestimate which category we fall into.

A recent survey from Harris Interactive/Health Day of more than 2,000 adult men and women showed that nearly one-third of all respondents from the overweight category felt they were at a healthy weight, and that 70 percent of those who would be considered obese felt they were merely overweight. Given these misconceptions, “every individual should know where he or she stands in reference to his or her weight, as there are significant health consequences to having a weight that falls into the overweight or obese categories,” explains Dr. Shah.

You may know that being overweight can put you at risk for health problems such as heart disease, stroke, high blood pressure, diabetes and more. But did you know that obesity also increases the risk of developing cancer?

Recent studies also have shown that obesity and physical inactivity may account for 25–30% of several major cancers, including colon, breast and kidney cancers.

Learn How to Win the Battle of the Bulge
What is OBESITY?

In general, obesity is a term used to describe the health condition of anyone significantly (more than 20 percent) above his or her ideal healthy weight. According to the CDC, during the past 20 years, there has been a dramatic increase in obesity in the United States; in fact, currently, more than one-third of Americans fall in to this category and about another one-third in to the overweight category.

Did You Know?

Losing just 5 percent of your current weight will lower your risk for developing heart disease, type 2 diabetes and other conditions.

Your Body Mass Index (BMI) and Why it Matters

BMI is a numerical value of your weight in relation to your height. BMI is a good indicator of a healthy or unhealthy weight. A BMI of less than 25 indicates a healthy weight. A BMI of less than 18.5 is considered underweight. A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher indicates obesity.

To calculate your BMI, use the following formula:

\[
\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{height in inches}^2}
\]

Check out the BMI chart at www.hcgh.org/bmi or use the American Heart Association’s BMI calculator at www.heart.org.

No matter where your BMI number falls, you can make a positive change. Though it may seem like a daunting task, modest changes to your lifestyle can produce real results. Typically, this is accomplished with reduction in calorie intake and increase in calorie output.

Try These Tips to Reduce Calorie Intake:

- Eat more fruits, vegetables and whole grain foods.
- Eat more chicken, fish, and beans instead of beef and pork.
- Use olive, canola or corn oil as your main fat.
- Read food labels regularly to help you choose the healthiest foods.
- Reduce portion sizes by eating on smaller plates and not getting refills.
OBESITY in Children

Childhood obesity has more than tripled in the past 30 years, according to the CDC. The prevalence of obesity among children ages 6 to 11 years increased from 6.5 percent in 1980 to 19.6 percent in 2008. The prevalence of obesity among adolescents ages 12 to 19 years increased from 5 percent to 18.1 percent.

Dr. Shanthi Thomas-King, a pediatrician on staff at HCGH, explains, “It is important for parents to remember that obesity as a child does carry into adulthood.”

Tips on Raising Healthier Kids:  
Recommended by Dr. King

• Limit the amount of snack foods in the home, such as potato chips and cookies. If it is not in the house, kids will not be tempted to eat it. Healthy alternative snacks include low-fat yogurt, fruit, string cheese and pretzels.

• Juice is a major contributing factor to childhood obesity and is not a necessary component in one’s diet. Kids should have no more than 4 – 6 ounces of juice a day.

• A fun way to incorporate eating five fruits and vegetables a day is to think of the colors of the rainbow, and choose fruits and vegetables accordingly.

• Physical activity is also essential. Limit screen time (TV, computer and video games) to no more than one to two hours a day; this way kids will be encouraged to be more active.

Tips on Getting Fit  
Recommended by Dr. Shah

• Start slowly and don’t overdo it.

• Choose activities that you like — i.e. walking, gardening, or dancing.

• Try to exercise at the same time daily so it becomes a routine.

• Ask a friend to be active with you — the buddy system.

• Talk to your doctor if you’re not sure about the right intensity of exercise.

Did You Know?

Buying and eating fresh local produce in Howard County just got easier! From May through September, local farmers will set up a weekly outdoor market at HCGH in the back section of the visitors’ parking lot to offer the best of their seasonal harvest.

Market hours will be from 2 – 6 p.m. every Friday — just in time to stock up for the weekend.

HCGH is here to help you get healthy! For information on class offerings on everything from fitness programs for adults age 50 and older to individualized weight loss and dietary counseling, please turn to pages 6–9.
**Preventing for Total Joint Surgery**
May 24/7–9 p.m. Free.
Learn about total hip and knee surgery from health care professionals, past patients of Howard County General Hospital’s Joint Academy, and Nicholas Grosso, M.D.

**An Educational Evening for Newly Diagnosed Cancer Patients**
June 1/6–7:30 p.m. Free.
Join our oncology experts who will discuss common cancer treatments, what you can expect with chemotherapy and radiation therapy, oncology medications, as well as an overview of the support and resources provided on the HCGH campus. Cancer patients and their caregivers will hear from providers from Maryland Oncology Hematology and Central Maryland Radiation Oncology, a clinical oncology pharmacist from the Johns Hopkins Outpatient Pharmacy and a representative from the Claudia Mayer Cancer Resource Center. To register, call 1-800-546-1009.

**Rewiring Your Neural Pathways of Emotion**
June 9/7–8:30 p.m. Free.
Emotions affect our health, outlook, and well-being. Participants will examine current emotional response patterns and use the tools of imagery, visualization, and meditation to promote positive change and optimal ways of being.

**Looking to Lose Weight This Year?**
June 13/7–8:30 p.m. Free.
Using the six tastes (sweet, salty, sour, bitter, bland and spicy) of healthy eating, plan meals that tantalize your taste buds, provide balance in your diet, and promote well-being.

**Focus on Men’s Health**
June 16/8:30 a.m.–2 p.m. $50.
This blood chemistry test includes blood cell count; thyroid test; a measure of 18 blood chemicals; and information about HDL, LDL and triglyceride levels. Vitamin D test will be available for an additional $30. This test is appropriate for women too.

**Lyme Disease: Reducing Your Risk**
June 21/7–8:30 p.m. Free.
Lyme Disease in Howard County is increasing. Attend this informative lecture to dispel the myths and understand the facts. Learn how to prevent Lyme Disease by practicing specific behaviors. Presented by Saba Sheikh, M.D.

**Bring a Sack, Get Answers Back**
June 27/9 a.m.–noon. Free.
Bring your medications and our expert pharmacist will teach you more about the prescription drugs you are taking. Offered in partnership with Johns Hopkins Outpatient Pharmacy.

**Going Green: It’s a Personal Thing**
June 27/7–8:30 p.m. Free.
Going green is easier than ever. Do you know the newest information about recycling? Learn how to enhance your “green” behaviors. Attend this program and help build a healthier community for you, your family and friends.

**Managing Joint Pain**
June 29/7–9 p.m. Free.
Moving from place to place may seem easy, but, when you have pain in your joints, you notice every motion. Learn about the newest treatment options aimed at increasing your comfort and mobility. Presented by Joseph Layug, M.D.

**Mammogram**
Receive your annual digital “Soft Pad” mammogram in our caring, personalized setting. During May and October, we also offer $50 digital screening mammograms for men and women without breast symptoms or breast disease. Availability limited. For all appointments, call 410-740-7900. To those who qualify, HCGH partners with the Howard County Health Department to provide free digital mammograms. For eligibility and to schedule an appointment, call 410-313-4255.

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**THE MALL IN COLUMBIA:**
**Fitness and Sports Medicine Clinic**
May 21/11 a.m.–3 p.m. Free.
Center Court across from the fountain in The Mall in Columbia. Talk with our physician experts; participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis; visit our booths; and learn fitness tips and ways to incorporate more movement into your life.

**FREE HEALTH SCREENINGS**

- **Skin Cancer**
  May 17 and 19/5–7 p.m.
  Dermatologist will examine one or two areas of concern.

- **Diabetes**
  August 10/9–11 a.m.
  All health screenings are now held in the HCGH Wellness Center. Registration is required.

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**Wellness Classes Registration**

Register online for HCGH’s Wellness Classes
Advance registration is required for all classes and programs. Payment is due at time of registration. A $25 processing fee will be charged for refunds and returned checks. Classes may be cancelled due to low enrollment.

- **410-740-7601** – Information & registration
- **410-740-7990** – TDD
- **800-850-3137** – Long distance only, please
- [www.hcgh.org](http://www.hcgh.org) – Online registration & to find a physician
- **410-740-7750** – Physician referral

HCGH Wellness Center
10710 Charter Drive, Suite 100, Columbia, MD 21044

Information & Registration: 410-740-7601 • Online Registration: www.hcgh.org • Please Pre-register for all Programs
HEALTHY LIFESTYLES

Mastering Time
Learn easy ways to proactively prioritize and make the choices that will create abundant time to do the things you value most in your life. June 6, 7–9 p.m. Free.

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

Women’s Self-Defense
Women age 16 and up will learn and practice highly effective and easy-to-learn techniques designed for adult situations. September 24, 9 a.m.–noon. $50.

Adult/Child/Infant CPR
Earn a two-year American Heart Association completion card. This is not a health care provider course. June 14, July 11, July 26 or August 10, 5:30–9 p.m. $48.

HEALTHY FAMILIES

Prenatal Class for Early Pregnancy
For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby’s growth, and easy ways to support your pregnancy. July 6, 7–9 p.m. Free.

Prepared Childbirth Program
Five-part program to prepare for the birth of your baby. Go to www.hcgh.org for more information.

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

Prenatal Exercise
Gentle stretching and light exercise condition birth muscles and enhance well-being. Taught by a certified instructor. Physician permission required. Thursdays, May 26–July 14, 6:30–7:30 p.m. $88/eight sessions.

Sibling Preparation Tour
Help siblings-to-be, ages 4 to 12, prepare for baby’s arrival by touring the hospital. Call eight weeks prior to due date to schedule tour. Free.

Childbirth Weekend
Expectant couples will learn about childbirth preparation in this weekend class. Go to www.hcgh.org for more information.

Breathing Center Tour
A preview of maternal-child services available for expectant couples. Call at least eight weeks prior to due date to schedule a tour. Free.

Happiest Baby on the Block
Endorsed by the American Academy of Pediatrics, this class will teach parents-to-be and parents of babies up to 3 months old successful techniques that can quickly soothe your crying newborn baby. July 13, 7–9 p.m. $50 per couple (includes parent kits).

Breastfeeding
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. A nurse lactation consultant will teach practical tips for successfully combining career and breastfeeding. Go to www.hcgh.org for more information.

FOR CHILDREN AND TEENS

Essentials in Babysitting
Learn how to effectively manage children, create a safe environment and apply emergency techniques. June 11 or August 27, 9 a.m.–1 p.m. $50 (includes lunch and certificate of attendance).

Self-Defense for Young Women
Age-appropriate self-defense for young women ages 12–15. Learn physical and psychological strategies. Also discusses concepts of self-image, self-esteem and assertive behavior. June 4, 9–11 a.m. $35.

CPR for Teens
This American Heart Association course prepares teens, ages 11 to 17, to perform CPR on an adult, child and infant. Other topics include choking, how to call 911 and answer dispatcher questions, and brief overview of an AED. July 23, 9 a.m.–noon. $35.
**IMPROVING WITH AGE**

- **Be Seated**
  Seated fitness program geared to adults age 50 and older. Increase range of motion and build muscle strength. Cosponsored with Howard County Dept. of Parks and Rec. $36.

- **Fitness Fun for Seniors**
  Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Dept. of Parks and Rec. $32.

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

- **AARP Driver Safety**
  Classroom refresher for drivers age 50 and older. Discount on auto insurance may be available. $12 for AARP members, $14 for others.

**IMPROVING YOUR HEALTH**

- **Weight Loss through Bariatric Surgery**
  Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. May 24 or August 30, 4–6:30 p.m. Free.

- **Individualized Weight-Loss and Dietary Counseling**
  Nutritional counseling with a registered dietician to discuss your dietary concerns and goals including weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Day and evening appointments available. $35 for a half-hour visit. Payment is required when appointment is scheduled.

- **Pulmonary Rehabilitation**
  A program lasting up to 10 weeks that is designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education and emotional support. HCGH Rehabilitation Services Dept. Call 443-718-3000 for information and an appointment.

- **Living Well...Take Charge of Your Health**
  This chronic disease management program teaches coping techniques, exercises for strength and flexibility, and communication skills. For people living with chronic conditions as well as caregivers. Next six-class session begins August 9, 5–7:30 p.m. To register, call Maryland Access Point, 410-313-5980. $28.

- **The Mall Milers**

- **Pre-Diabetes: What Is It and What Can You Do About It?**
  Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. June 8, 7–9 p.m. $15.

- **Individualized Diabetes Management**
  Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 443-718-3000.

- **Dietary Counseling for People with Diabetes**
  Presented by a registered dietician, this individualized counseling program focuses on the dietary requirements of diabetes. Call 443-718-3000 for information.

- **Living with Diabetes**
  Johns Hopkins education at HCGH and recognized by the American Diabetes Association. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietician. July 15 & 19, August 19 & 23, or September 16 & 20, 8:30 a.m.–3 p.m. The Bolduc Family Outpatient Center. For information, call 443-718-3000.

- **HCGH Pulmonary Rehabilitation Maintenance Program**
  An exercise maintenance program for pulmonary rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday afternoons/ $60 per month. For information, call 443-718-3000.

- **Smoke-Free Lungs**
  Learn tips for quitting your tobacco habit and mastering long-term success. This program provides support and education for those wanting to quit as well as those who have quit. Come to one or all sessions. May 17, June 16, July 28 or August 18, 7–9 p.m. Free.

- **Phase II Cardiac Rehabilitation Program**
  A four- to 12-week program to assist cardiac patients in the early recovery phase following a heart attack, angio-plasty or cardiac surgery. Provides exercise, education and emotional support. Call 443-718-3000 for information and an appointment.

- **Nutrition and Cancer**
  Individualized, three-session counseling with a registered dietician. For those who wish to lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. $90.

**Information & Registration:** 410-740-7601 • Online Registration: www.hcgh.org • Please Pre-register for all Programs

**SUMMER 2011 WELLNESS CLASSES**
CANCER SUPPORT PROGRAMS

Living with Breast Cancer
Designed to meet the needs of breast cancer patients with metastatic disease. A safe and welcoming place providing encouragement, support and education. Fourth Thursday of the month, 7–8:30 p.m. No fee; registration requested. 410-964-9100 x5. Underwritten by a grant from the Maryland Affiliate of Susan G. Komen for the Cure.

Transition to Wellness
Women at or near the conclusion of breast cancer treatment receive coping tools and information as you enter the wellness phase of your journey as a breast cancer survivor. May 23 and July 18, 6 – 8 p.m. Registration requested; call 410-884-4574.

Breast Cancer Support Group
Support group for patients and survivors of breast cancer. An opportunity to meet people on a similar journey, share feelings and receive support and advice. Facilitated by Mary M. Dowling, LCSW-C. Third Wednesday of each month, 7–8:30 p.m. No fee, but registration requested at 410-964-9100 x5.

Knitting and Crocheting Group
Instruction, fellowship, and good times assured for the beginner or the advanced needle. Knit or crochet your own projects or create chemo caps, lap blankets, or preemie hats to donate. Every Wednesday, 10 a.m.–noon. Free.

Yoga
Yoga for patients, caregivers and survivors. Learn basic yoga movements under the leadership of an experienced and clinically trained instructor. Fridays, 9–10 a.m., and Tuesdays, 6:30–7:30 p.m. For information, fees and registration, call 410-964-9100.

Hand-Stitching and Quilting Group
Learn new methods of hand piecing, including Dresden plate and yo-yo in upcoming months. Second and fourth Tuesdays of each month, 1–3 p.m. Free.

CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit www.hcgh.org for details. Registration required.

Additional information about the support groups listed above can be found by visiting www.hcgh.org/community.
As May is Lyme Disease Awareness Month and Howard County has the second highest incidence rate for Lyme Disease in the state, it is an excellent time to review Lyme Disease basics to keep you and your family healthy as you enjoy the outdoors this summer.

What is Lyme Disease?

Lyme Disease (LD) is a disease transmitted by deer ticks. You can only get LD from the bite of an infected deer tick that is attached to your body for at least 36 hours. While not every tick bite causes LD, you can get LD more than once—so knowing the risks and symptoms is important.

What Are The Symptoms?

According to the Centers for Disease Control, if you spend time in grassy, wooded areas during active tick season (April to October), you are at risk for LD. Initial symptoms typically appear within three days to one month after you are bitten by an infected tick. Dr. Heather Alexander, a pediatrician on staff at Howard County General Hospital, says, “the most common symptom in children is a distinctive rash, which generally occurs seven to 14 days after the tick bite.” This rash looks like a bull’s eye or target, because it can appear as a flat, red area with a lighter area in the center. The rash starts small and can expand to two inches or more in diameter.

“The most common symptom in children is a distinctive rash, which generally occurs seven to 14 days after the tick bite.”

Other symptoms include:

- Headaches
- Muscle aches
- Fatigue
- Fever/chills
- Neck stiffness
- Joint pain and swelling
- Swollen lymph nodes

“If initial signs are left untreated, some patients may experience more severe symptoms weeks to years after the bite,” says Dr. Saba Sheikh, an internist on staff at HCGH. “LD can lead to an irregular heart rhythm or chest pain. It can impact your nervous system, causing facial paralysis (Bell’s palsy) or tingling and numbness in the arms and legs. Patients can suffer from headaches and neck stiffness—potential signs of brain involvement—as well as pain and swelling in large joints, arthritis, hearing difficulty and memory loss.”

According to Dr. Sheikh, what makes LD difficult to diagnose is the wide range of symptoms patients can experience. “If you have had a tick attached for more than 24 hours, develop a suspicious rash, experience any of these symptoms or believe you have LD, contact your physician.”

How is LD Treated?

“Your physician will typically base early diagnosis on your symptoms because blood tests conducted in the early stages of LD can be negative,” explains Dr. Sheikh. “Blood tests are usually positive three to four weeks after an infected tick bite. Your doctor will treat LD with antibiotics; getting antibiotic treatment early should prevent later complications.”

What Can I do to Prevent Getting LD?

While there is no vaccine for LD in the United States, “you can minimize your family’s risk,” says Dr. Alexander, who suggests taking the following steps:

- Avoid grassy or wooded areas.
- Stay on cleared trails.
- Use insect repellent containing DEET. Spray it on clothing and exposed areas of skin.
- Wear enclosed shoes, long pants and long-sleeved shirts. Tuck pant legs into socks and tuck shirts into pants.
- Wear light-colored clothing so ticks will be easier to spot.
- Keep long hair pulled back. Wear a cap.
- Check frequently for ticks, especially areas where clothing meets the skin.
- At the end of the day, check yourself and your children from head to toe for any ticks.
- Wash off insect repellent after coming indoors.
Bite out of Your Summer Fun

“When washing off insect repellant, take the time to check for ticks,” advises Dr. Alexander. “Remember, deer ticks are tiny, so check carefully—especially behind the ears; on the scalp; along the hairline; and in the groin, neck and armpits. Also check household pets as they can carry ticks inside your home. Keep pets away from tick-infested areas, remove any loose or attached ticks, and talk to your vet about tick-control products. Keep your yard clear of brush, tall grass and leaves. Be proactive and take proper precautions—then enjoy being outside!”

“Be proactive and take proper precautions—then enjoy being outside!”

If You Find a Tick?
• Use tweezers to grasp the tick firmly at its head or mouth, next to the skin. Avoid squeezing the tick’s body.
• Pull upward firmly and steadily on the tick until it lets go of the skin. If part of the tick stays in the skin, don’t worry as it will eventually come out.
• Swab the bite site with alcohol.
• Mark the date you removed the tick on a calendar and share this information with your doctor.

Lyme Disease: Reducing Your Risk
June 21/ 7-8:30 p.m.
Lyme Disease in Howard County is increasing. Attend this lecture to dispel the myths and understand the facts. Learn how to prevent Lyme Disease by practicing specific behaviors. Presented by Saba Sheikh, M.D.
Call 410-740-7601 or visit www.hcgh.org to register.
Diagnosis: Crohn’s Disease

24-year old Jessica Collins knew she had a problem when a simple pizza night with a girlfriend left her doubled over in pain for nearly a week. “I have always had a weak stomach,” Jessica explains. “But this time was different; I couldn’t even walk.”

Jessica, who lives in Westminster, headed back to Howard County where she had grown up and straight to the Emergency Department at Howard County General Hospital. Tests quickly indicated Jessica was probably suffering from Crohn’s disease, a chronic disorder that causes inflammation and swelling of the digestive or gastrointestinal (GI) tract. She was sent to a gastroenterologist who performed a colonoscopy that confirmed the Crohn’s diagnosis. Crohn’s and a related disease, ulcerative colitis—a chronic disease of the colon or large intestine—are the two main disease categories that belong to a larger group of illnesses called inflammatory bowel disease (IBD).

Jessica was prescribed steroids for treatment of her Crohn’s disease flare up. In general, steroids are recommended only for short-term use to reduce Crohn’s symptoms. When Jessica started to wean off the steroid treatment after about a month, she found herself unable to eat and losing a lot of weight quickly. Though she began to run a fever, Jessica waited several days to see her gastroenterologist for their previously scheduled appointment.

“I was wearing a white shirt that day and my face must have matched the color of my shirt,” Jessica notes. “My doctor took one look at me and sent me to the Emergency Department at HCGH.”

The Emergency Department discovered abscesses and a fistula on her colon and intestines, a common complication for patients with Crohn’s disease. An abscess is a tender mass filled with pus from an infection. If the abscess deepens and penetrates the intestinal wall itself, a fistula is formed. A fistula is an abnormal connection between two organs or body structures, which are not normally connected. In Jessica’s case, the abscess and fistula were causing her intestines to seep fluid into her abdominal cavity.

“I cut it close by waiting so long to see my doctor,” Jessica says. She spent almost three weeks in HCGH, receiving antibiotic treatment and abscess drainage in order to remove the infection from her body. Once the infection was gone, Jessica saw Dr. James Zalucki, a colon and rectal surgeon on staff at HCGH, for laparoscopic surgery to remove the portion of her colon and intestine with the fistula caused by Crohn’s disease.

“Unlike traditional surgery on the colon or other parts of the intestines where a long incision down the center of the abdomen is required, laparoscopic surgery requires only small keyhole incisions in the abdomen,” explains Dr. Zalucki. “As a result, the patient may experience less pain and scarring after surgery and a more rapid recovery. Jessica went home two days after her surgery.

“While Crohn’s cannot be cured with surgery, the primary goal of surgery is to alleviate complications when other therapies do not work. The combination of medical and surgical therapy can often give people with Crohn’s disease the best possible quality of life.”

Following her surgery, Jessica feels healthier than ever. She continues to see her gastroenterologist and take her medications. “It’s amazing,” Jessica marvels. “I’ve gone from debilitating sickness to not feeling sick at all.”

As for the pizza, Jessica has discovered that changes in diet and lifestyle may help control symptoms and lengthen the time between flare-ups. She says, “I have learned what will set me off, though it’s different for everyone.”

According to the Crohn’s and Colitis Foundation of America, about one in four adults with Crohn’s disease will develop a fistula or abscess during their lifetime.
“I’ve gone from debilitating sickness to not feeling sick at all.”

Is It Crohn’s?

At the onset, Crohn’s disease symptoms are difficult to distinguish from other intestinal problems. “Abdominal pain often occurs, especially in the lower right portion of the abdomen,” says Dr. Zalucki, a colon and rectal surgeon on staff at Howard County General Hospital. “Sometimes the pain is first mistaken for appendicitis.”

Signs of Crohn’s disease can range from mild to severe and may develop gradually or come on without warning. There may be periods with no signs or symptoms. When the disease is active, symptoms may include:

- diarrhea
- abdominal pain and cramping
- blood in your stool
- ulcers
- reduced appetite and weight loss
- unexplained fever lasting more than a day or two

Not all people may experience the same symptoms. See your doctor if you have persistent changes in your bowel habits or if you have any of the signs and symptoms of Crohn’s disease listed above.

For a referral to a gastroenterologist on staff at HCGH, call 410-740-7750 or visit www.hcgh.org.
Kayode Williams, M.D., MBA  
Howard County General Hospital Board of Trustees, Anesthesiologist, Johns Hopkins Medicine

Dr. Kayode Williams, an anesthesiologist with Johns Hopkins Medicine, has been involved with Howard County General Hospital for more than three years, serving on the Community Relations Council and joining the board of trustees in July 2010.

Dr. Williams believes the addition of the new medical pavilion has been a step in the right direction for the hospital. “An environment that is pleasing to the senses is important for healing, for both those who receive care and those who deliver it,” he explains.

When it comes to the future, Dr. Williams sees HCGH becoming the number one destination for health care in the region. “The hospital is crafting itself as a state-of-the-art center for general care and specific specialty care,” Dr. Williams says.

Dr. Williams is the treasurer and co-founder of the Maryland Association of Physician Executives, a statewide political action committee representing physician leaders.

He resides in Howard County.

Elizabeth Rendon-Sherman  
Board of Trustees, Howard Hospital Foundation, CEO/CFO, LG-TEK

For the past year, Elizabeth Rendon-Sherman has served on the board of trustees of Howard Hospital Foundation, but she has been involved with the community — particularly the foreign-language-speaking community — for many years. Her company, LG-Tek, provides IT, training and linguistic support for organizations, including transmitting health care information to non-English speakers.

As a business owner who prides herself on providing quality service, Ms. Rendon-Sherman appreciates the level of customer service at HCGH. “They are responsive to the needs of the community. Their willingness to improve services and ensure patient satisfaction shows commitment to quality care,” she says.

Because of this, Ms. Rendon-Sherman sees HCGH growing by leaps and bounds. “For the past three decades, I have witnessed the hospital grow to provide more efficient and specialized services. They listen to the community and respond with improvements,” she explains.

Ms. Rendon is chair of the Howard County Chamber of Commerce, vice president of the Columbia Festival of the Arts, committee chair for the Fort Meade Alliance, and a member of both the Howard Community College Capital Campaign Council and the Howard County Cyber Commission.

She resides in Howard County with her husband, Mark, and their two children.

Francis Chuidian, M.D.  
President, Howard County General Hospital Professional Staff

Dr. Francis Chuidian, who specializes in pulmonology/critical care, joined the professional staff of HCGH in 1996. He is currently the president of the hospital’s professional staff and also a member of the Medical Review Ethics Committee and the Critical Care Committee.

“I am very proud and feel privileged to work at HCGH,” says Dr. Chuidian. “In the time I have been here, I have seen the hospital campus and its services grow and evolve. We now have the new hospital pavilion for our inpatients and the Medical Pavilion, housing doctors’ offices to care for outpatients. The hospital has been recognized for clinical excellence by HealthGrades and U.S. News ‘Best Hospitals.’ As I look to the future, I see us developing more clinical programs so that local residents will not have to leave this community to have specialty procedures done; instead, they will be able to have them done close to home.”

Dr. Chuidian resides in Columbia.
Foundation Chair’s Message

Dear Friends,

This message will be my last to you as chair of the Howard Hospital Foundation, as I have come to the end of the two-year term. Flipping through the following pages and seeing the extensive list of those who contributed to the foundation this past year leaves me humbled and proud to witness the generosity of our Howard County neighbors. It is an honor to have served in such an important capacity and with such a fine group of people, from the energetic and engaged board to the many generous volunteers.

As I reflect on my time as chair, I marvel at how the hospital has changed and grown in the past two years, and the part the Howard Hospital Foundation has played in that growth. During this time, the foundation made the Claudia Mayer Cancer Resource Center a new fundraising initiative, purchased the state-of-the-art LIFENET system for Howard County ambulances, and launched the Legacy Society of Howard County General Hospital. The annual Fretz “Autumn Extravaganza” event had a record-breaking year, as did the Annual Benefit Golf Classic and Symphony of Lights. We raised funds for the beautiful new entry plaza, joined the social network, and have gone mobile with the Text to Donate program.

In the past two years, we have been ranked in the top five percent of all hospitals in the United States. That success is not an accident; it is the committed efforts of many people, including the community we serve, that make such incredible health care available right here in our own backyard.

Although I will no longer be serving as chair, please know that I will continue to serve on the Howard Hospital Foundation board of trustees. I am happy to pass the torch into the very capable hands of Paul Skalny, who will take office on July 1. I will continue to ask you to join me in my goal of improving the wellness of our community.

We are where we are today because of the foresight, vision, energy and financial support from the community; where we will be tomorrow is up to us, the community. If we want to maintain the highest levels of care, we must step forward and be a part of the future of this hospital.

My time as chair has proven that this is a giving and generous group of neighbors. With your help, we will continue to move forward to accomplish the goals of the foundation. From my family to yours, thank you so very much.

With thanks,

David Powell, Chair, Howard Hospital Foundation
$5,000 – $9,999 (continued)
Jena and Sean Peay*
Donna and Lowell Pidel*
Migisi and Gar Richlin*
Steven Sachs*
Rita and Maurice Simpkins*
Speizman Horowitz Family Fund
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Holly Stone and George Stone, M.D.
Odette and Fernand Tersiguel
Tombros Foundation
Waverly Woods Development
Corporation**
Julie and James Young*

$2,500 – $4,999
Anonymous Member of HCGH
Medical Executive Committee*
Schantz and Nasser Basir
Audrey Benford
Lucille and Jay Blackman*
Judy and Terry Brown*
Capital Women’s Care
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Kwans Club of Ellicott City Foundation
Kristin Lamme
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Phyllis Mason
Monica May and Michael May, M.D.
Charles McAfee
Mary Patton*
Delphine and Charles Peck
Lisa and Henry Plain
Robin and Albert Poirier*
Linda Ritter
Arlene Ross and Warren Ross, M.D.
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Judith and David Tripp
Lisa and David Wagner
The Wine Bin

Runners pose with Healthy Howard at Dazzle Dash on Nov. 20, 2010, while enjoying
food from sponsor Chipotle. Dazzle Dash raised record proceeds of $79,000.

* Includes Campus Development Plan pledge or payment on prior year pledge.
** Includes Master Facility Plan pledge payment.
Transforming How We Care for You
Gifts/Pledges to the Campus Development Plan Capital Campaign (2004 - 2010)

In 2007, Howard County General Hospital broke ground on the $105 million Campus Development Plan – the largest construction and expansion project in the hospital’s 36-year history. The project is being funded in part through public and private gifts. We thank the following donors and contributors who contributed more than $22 million dollars toward the $30 million capital campaign goal.

$7,000,000
Howard County Government

$4,200,000
Horizon Foundation of Howard County, Inc.

$2,000,000
The Rouse Company Foundation

$1,000,000
Evelyn and J.P. Bolduc
Lundy Family

$500,000 – $999,999
Chanceland Farm
W.R. Grace Foundation, Inc.

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Mary Gould and Kingdom Gould Jr.
Howard County General Hospital
“Pitch In To Win”
Employee Campaign
Howard County General Hospital
Volunteer Auxiliary
Johns Hopkins Emergency Medical Services
“The Painted Veil” Movie Premiere
U.S. Foodservice

$100,000 – $249,999
HCGH Benefit Golf Classic 2007
HCGH Benefit Golf Classic 2008
Norma and Tom Hoff
Howard County Anesthesia Associates, P.A.
Cynthia and E. Wayne Jackson
JAM Enterprises, Inc.
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Eileen and David Powell
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$5,000-$9,999
Allen & Shariff Corporation †
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Holly and George Stone, M.D.
Diane Tortolani and Edmund Tortolani, M.D.
Mary Ann and W. Gill Wylie

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A. Carl Segal, M.D.
Peggy Yaskovich

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† Denotes new pledge to the Campus Development Plan

*** Deceased
Members of the LEADERSHIP COUNCIL have contributed $100,000 and above to the Howard Hospital Foundation. We are proud to recognize:

Anonymous
Apple Ford
Vivian C. “Millie” Bailey††
Bank of America
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HCGH Annual Benefit Golf Classic
HCGH Professional Staff
HCGH Symphony of Lights
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Norma and Tom Hoff
Horizon Foundation of Howard County, Inc.
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Howard County Anesthesia Associates, P.A.
Cynthia and E. Wayne Jackson
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Kicks Against Breast Cancer
Mary Agnes Lewis and
   Fred T. Lewis, D.V.M.
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Dorothy E. and W. Brian McGowan
Charles H. Miller
Dessie and James Moxley
Judy and Bill Munn and
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Karen and John Whiteside††
Whiting Turner Contracting Co.
W.R. Grace Foundation, Inc.

LEGACY SOCIETY
Charter members who have named Howard County General Hospital in their will, trust, life insurance or retirement account and have notified the Howard Hospital Foundation of their intent include:

Vivian C. “Millie” Bailey
Shirley Bosson
Jean Hartman
Joan Reisfeld
Emmy Lou and William Volenick
F. Jean Warthen***
Karen and John Whiteside
Eugene “Pebble” Willis, M.D.***

† Denotes new member 2010
†† Includes bequest
*** Deceased

MEMORIAL GIFTS were received by the Howard Hospital Foundation to remember the following people:

Anna Abromaitis
William H. Bailey
Richard Barnes
Friedrich Bohmler
Doris Brashears
Susan Brooks
Salvatore DiMarco
Margaret Docherty
Jeffrey E. Doolittle
Jackson S. Family
Merrill Freeman
Genevieve Grau
Paul Gray
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Mary G. Pope
Nora Rosenberger
Victor Ross
Mary Ellen Sadowski
Kylen Seals
Brianna T. Stamer
Delores Tate
Logan T. Venti
Alice Wywialowski

FUNDRAISING EVENTS offer additional opportunities for the community to support our hospital. We are proud to recognize the following events that raised more than $600,000 to benefit Howard County General Hospital and the Claudia Mayer Cancer Resource Center:

Cuts Against Cancer
Fretz Autumn Extravaganza
HCGH Annual Benefit Golf Classic
Kicks Against Breast Cancer
Symphony of Lights

THE FRETZ “AUTUMN EVANGELANZA” event committee is all smiles after a record-breaking year.
New 2011 Physicians Directory

The new 2011 HCGH Physicians Directory is being prepared for distribution. This year’s directory lists the more than 700 skilled physicians that practice at HCGH in more than 70 specialties and subspecialties. Copies will be mailed to the community in late June. To request a copy, please call 410-740-7750.

HCGH Designated as Cardiac Center

HCGH has received designation as a cardiac interventional center by the Maryland Institute for Emergency Medical Services Systems. This newly established designation enables emergency medical services providers to transport patients with a certain type of heart attack, called a STEMI, directly to cardiac interventional centers, which provide catheter-based coronary intervention techniques. Since 2003, HCGH has provided emergency angioplasty to STEMI patients.

Congratulations to Vivian C. Bailey

HCGH extends its heartfelt congratulations to Vivian C. “Millie” Bailey, HCGH trustee emeritus, on being named one of The Daily Record’s Top 100 Women for 2011. This honor recognizes women throughout the state who excel in their professions, the community and mentoring others. Bailey and the other Top 100 women were honored at a special reception on May 9 at The Meyerhoff Symphony Hall.
May
CUTS Against Cancer Cut-a-thon – New Date & Location!
Sunday, May 15/ 11 a.m. – 4 p.m. Free.
Medical Pavilion at Howard County
Haircuts, manicures, seated massages, raffles, auction items and more to benefit the Claudia Mayer Cancer Resource Center. For details, contact Pam: 410-381-2440, email abroccolino@hcgh.org, or visit www.hcgh.org/cac.

HCGH Joint Academy Fitness Walk
Saturday, May 21/ registration at 8:30 a.m.
The Mall in Columbia
Past HCGH Joint Academy patients and recent graduates are invited to take part in a walk to celebrate how far you have progressed. To register, call 410-730-8696. For more information, visit www.hcgh.org.

Fitness and Sports Medicine Clinic
Saturday, May 21/ 11 a.m.–3 p.m. Free.
Center Court across from the fountain in The Mall in Columbia
Talk with our physician experts; participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis; visit our booths; learn fitness tips and ways to incorporate more movement into your life.

21st Annual Benefit Golf Classic
Monday, May 23/ registration at 10:30 a.m., Lunch: 11 a.m., Tee time: noon
Turf Valley Resort, Ellicott City
All proceeds from our Annual Benefit Golf Classic will benefit HCGH. Register now to secure your tee time by calling the Howard Hospital Foundation at 410-740-7840.

June
Howard County Relay for Life
Friday, June 3/ 6:30 p.m.– Saturday, June 4/ 8 a.m.
Hammond High School
For more information, call 410-781-4316 or visit www.howardrfl.com.

Healthy Howard Day
Sunday, June 5/ 10 a.m.–3 p.m.
Centennial Park
Healthy Howard Day promotes physical activity and a healthy lifestyle while highlighting the many activities and programs available that support wellness efforts in our schools, workplaces and community.

Columbia Festival of the Arts 2011 Season
Friday, June 10–Saturday, June 25
Ticketed events, held at various locations throughout Columbia, include the free LakeFest Weekend, Manhattan Transfer, Ed Asner as FDR and comedian Paula Poundstone. For more info, visit www.columbiafestival.com.

Free LakeFest Weekend
Friday, June 10–Monday, June 13
Columbia Town Center/Lakefront in Columbia
Features MarchFourth Marching Band and Wise Fool New Mexico

August
Howard County Fair
Saturday, August 6 – Saturday, August 13
Howard County Fair Grounds
Please come visit us at the Howard County Fair.

For a complete listing of all the Howard County General Hospital events, please visit www.hcgh.org.