

Wellness Matters

R_x

PATIENT NAME: You
ADDRESS: 123 Wellness Lane
Columbia, MD

Prescription:

*Have a
doctor
before you need one.*

**Do you have
a medical
“home?”**

How to choose a pediatrician.

Is it an emergency?



**HOWARD COUNTY
GENERAL HOSPITAL**

JOHNS HOPKINS MEDICINE

President's Message

Dear Friends,

As summer approaches and the weather finally warms, I encourage you to take advantage of our community by going outside and getting active. Enjoy the many Howard County parks by running, playing sports or walking.



Another way to get healthy is to partner with your physician. Throughout this issue of *Wellness Matters*, you will read about the importance of having a physician to keep you healthy and be your medical home. Having an open, communicative relationship with your primary care doctor is the first step to maintaining your health.

If you do not currently have a physician, in the next few weeks, you will be receiving the HCGH directory of physicians where you can review the listings of the nearly 800 talented physicians on our staff and find a partner to keep you healthy. Our online directory of physicians can be found at hcgh.org/findadoctor.

While you do your part to stay healthy, we continue to develop new programs and services to care for our community when a hospital visit is in order. I would like to take this opportunity to thank Howard County Executive Allan Kittleman for proposing, and the Howard County Council for considering, our proposal to secure funds for the renovation of our Emergency Department. This will help us to care for you and your family.

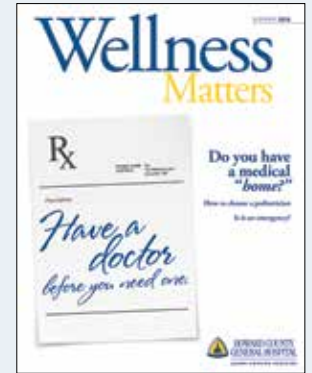
However you spend your time this summer, as always, stay healthy and active!

Sincerely,

Steve Snelgrove
President

Wellness Matters

In this issue of *Wellness Matters*, we highlight the importance of having a relationship with your doctor. From birth to older adulthood and everything in between, having a partnership and open communication with your physician is critical to keeping you healthy.



CONTENTS:

- 2 Choosing a Pediatrician
- 3 Do you have a Health Care Quarterback?
- 5 Partnering with your Primary Care Physician
- 6 Is it an Emergency?
- 7 Providing Coordinated Care for the Older Adult
- 8 Hospital News
- 10 Foundation News: Symphony of Lights Returns
- 11 Foundation News: Thank You to Our Donors
- 13 Wellness Classes

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

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

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Choosing Your Baby's Doctor: A PART OF THE JOURNEY

“Parenthood is a long and wonderful journey and having a medical professional who is caring and understanding from the beginning is an important part of this experience,” says **Edisa Padder, M.D.**, a pediatrician on staff at HCGH. “Every parent should feel their pediatrician cares about their child as if they are their own. Your pediatrician’s office should be your medical home, where all your child’s medical needs are met.”

One way to get started finding a pediatrician is to ask for referrals from family and friends. Your next step should be visiting the pediatrician’s office and meeting with the doctor, even before your baby is born. “A few issues to consider when choosing a pediatrician are the willingness of the pediatrician to listen and hear your concerns about your child, whether a simple question or complex medical issue,” explains Dr. Padder. “If you have a trusting relationship with your pediatrician, even a difficult situation becomes more manageable.”

Understand whether your pediatrician works full- or part-time and who you talk to or see after hours. “You want to talk to a physician who knows your family so he/she can give you proper guidance and advice,” explains Dr. Padder. “When your child gets sick after office hours, you should call your pediatrician’s answering service for guidance — if you know it is truly an emergency, go to the emergency room. If you are not sure whether your concern requires an urgent evaluation, please contact your pediatrician on call immediately. Additionally, you want to know how easy it is to get an appointment if your child is sick or for a well-child visit.”

Choose a doctor who shares your parenting philosophy and style and sees eye-to-eye with you on issues such as feeding, antibiotics, colic and sleep problems. Decide whether you want a solo practitioner or group practice and check the pediatrician’s training and credentials. “Know your initials,” says Dr. Padder. An M.D. attended medical school, did three years of residency and passed American Board of Pediatrics examinations. FAAP after a doctor’s name signifies a fellow of the American Academy of Pediatrics. Also trained to work with children are medical doctors who are family practitioners, nurse practitioners (NPs) and physician’s assistants (PAs).

In addition to family and friends, other sources for finding a pediatrician include the HCGH website hcggh.org/findadoctor, your insurance’s website and the American Academy of Pediatrics (www.healthychildren.org).



Visiting the Office

When visiting potential pediatrician offices, ask questions:

- Is the doctor in a group practice?
- Does another physician cover for the doctor at times?
- Is there a nurse in the office who can answer routine questions?
- Who handles phone calls when the office is closed?
- Are the physician and office staff courteous? Do they show compassion and patience or did you feel rushed?
- Is your insurance accepted?
- What is the office policy on taking and returning phone calls?

Edisa Padder, M.D., is a pediatrician with Padder Health Services in Columbia. **Appointments: 301-560-4747**





Your Health Care Quarterback

The Role of the Primary Care Physician

You are healthy. So, why do you need a primary care physician? According to William Saway, M.D., an internal medicine physician on staff at HCGH, “Even if you are totally healthy, your primary care physician is your health care quarterback who plays a very important role in keeping you healthy.”

Huddle: Have a Physician Before you Need One

It is important to meet with a physician regularly before you have that moment when you need an urgent visit. “Your primary care physician’s office is your medical home—they know you and your medical history to treat you best when you are feeling sick,” says Dr. Saway. “By having a primary care physician, you can often avoid a visit to the emergency room for sudden illnesses.”

First Down: Silent Clues

You may feel well and have no symptoms of illness, but Dr. Saway warns, “You can have high blood pressure, diabetes and/or high cholesterol, which are silent killers. Pain brings you to the doctor and bleeding brings you to an emergency room but these conditions don’t give you a clue that you need to see the doctor. An annual visit to your doctor for screenings can provide insight before a condition can become serious.”

**William
Saway, M.D.,**
specializes in
internal medicine
with Columbia
Medical Practice
in Columbia.
**Appointments:
410-964-5300**



Second Down: Education and History

A physician's job is to educate, too. For example, it is important to understand the consequences of high blood pressure or cholesterol or untreated diabetes. Your physician is your resource as well. Use your wellness visit to ask questions and get answers.

Family history is another tool physicians use in preventive care. "Patients who are otherwise healthy may have a family history of a condition that they in turn are susceptible to and they need to be monitored," notes Dr. Saway. "Your physician will take a thorough history and will use your history to determine any screening and/or testing you may need."

Special Teams: Collaboration is Key

If the need arises for you to seek the care of a specialist, your physician can also provide collaboration between specialists and guide you to the appropriate resources. Specialists and patients should keep the primary care physician informed so care can be effectively managed.

Your Stats: The Electronic Medical Record

Most physicians offer an electronic medical record that tracks test and screening results and generates reminders when you are due for a follow-up appointment, exam or test. This tool can be extremely helpful for patients in managing a chronic illness. Your physician's online website portal can also provide education and an additional way for you to communicate with your doctor.

Leading the Charge: Finding Your Health Care Quarterback

Are you in search of a physician to guide your care? To find a primary care physician, visit hcg.org/findadoctor. When access to care may be limited due to cost or insurance, Chase Brexton Health Care offers solutions as a Federally Qualified Health Center that serves underserved populations in the community as well as insured patients. "Our health care team is focused on helping patients stay healthy and providing care for urgent and chronic diseases. I enjoy working with my patients and their families to provide them with a comprehensive, team-oriented approach," says Sarah Connor, D.O., a family medicine physician on staff at HCGH.



Defining Primary Care Physicians

Internal Medicine Physicians are adult primary care physicians skilled in preventing, diagnosing, treating and managing adult diseases as well as encouraging disease prevention and screening and promoting well-being.

Family Practice Physicians provide ongoing, comprehensive health care for patients of all ages and genders. They also emphasize disease prevention and screening.

For information on the role of a geriatrician who treats the older patient, see page 7.

Sarah Connor, M.D., specializes in family medicine with Chase Brexton in Columbia.
Appointments: 410-884-7831





Partnering with Your Primary Care Doctor

What's the most important part of a relationship? Communication may come to mind, and it's just as important in your relationship with your primary care provider, says **Steven Geller, M.D.**, an internist on staff at HCGH.

"It's all about communication. It's about the patient being a good communicator and telling the doctor what they're really concerned about. And it's about the doctor being a good communicator back, being clear about the diagnosis and what to do about it," Dr. Geller says. "That's what's going to make your relationship work to benefit both parties. It's like all relationships."

Dr. Geller calls this relationship a partnership where you and your doctor work together to maintain your health. Over time, he says, your partnership will grow and allow you to prioritize health issues together. This becomes especially important when you have concerns you might feel embarrassed about.

"Most people have a hard time walking into someone's office they've never seen before and sharing something that's embarrassing, but by the second or third visit, people get more personal and bring up things they're timid about. A partnership leads to familiarity with your doctor, and familiarity helps visits feel more comfortable," Dr. Geller says.

How to Talk with Your Doctor

When talking with your doctor, share your most pressing concerns first and provide as much information as possible so your doctor can form a complete picture of your condition. Know your current medications and be honest about what's really bothering you, Dr. Geller says.

"Patients sometimes don't want to bring up their most serious concerns because they don't want there to be anything wrong with them," he says. "I don't want a person to walk out of my office, however, and not feel like their concerns were expressed. Even if it feels silly or irrelevant, if that's what you're worried about, then that's what you should bring up."

Dr. Geller says most interactions with your doctor require face-to-face conversations and physical exams. If you have a simple question, however, such as how to take your medication, then a very quick phone call or email may suffice.

Your Medical Home

Regardless of how you communicate, Dr. Geller says he has one hope for how patients interact with their primary care providers. "The goal is for you to feel your primary care provider is your medical home, the place where you go first for any health problem that comes up," he says. "Your primary care provider will tell you what to do next rather than you trying to guess or spending time trying to access care elsewhere."

Steven Geller, M.D., is an internist with Centennial Medical Group in Elkridge and Maple Lawn.
Appointments: 410-730-3399



Is it an Emergency?

Know where to go for care.



Whenever an illness or injury occurs, you will need to decide how serious it is, how soon to get medical attention and where to go for care. There are many choices these days depending on the severity of your injury or illness. Unsure if it is an emergency? Your primary care physician knows you and your medical history best and can often guide you to the appropriate treatment facility during office hours. Many physician practices also now offer after-hours urgent care as well or an answering service, so check with your doctor on the services they provide before you need them. Your insurance company may have a nurse hotline that you can utilize to understand what treatment and care setting would be best too.

Trust Your Instincts

“If you think you are having a true medical emergency, always call 911,” says **Robert Linton, M.D.**, director of the HCGH Emergency Department. “This is especially important if you are experiencing chest and/or arm pain, trouble breathing, excessive sweating and fatigue. These can all be symptoms of a heart attack. Call 9-1-1 and do not drive yourself. Howard County Fire and Rescue Services are specially trained to evaluate and stabilize heart attack patients while our team mobilizes at the hospital to prepare for your arrival.”

Hot with Fever?

Try acetaminophen or ibuprofen to control your fever. If your fever doesn't go down, call your family doctor or visit urgent care. If your fever is higher than 105 degrees, you should go to the ER.

A Blow to the Head

If you hit your head, lost consciousness, experienced a seizure and/or are vomiting, you should be evaluated by a health care provider in the ER.

Strains and Sprains

Typically sprains or strains can be evaluated in a physician's office or urgent care center. You may be referred for tests, physical therapy or to a specialist. However, if you think you broke a bone, you should be evaluated in an emergency room.

Feeling the Flu?

According to **Mark Landrum, M.D.**, an infectious disease specialist on staff at HCGH, “If you have flu-like symptoms and are otherwise in good health, most physicians suggest that you stay home and treat symptoms with over-the-counter medications and fluids. Your physician may prescribe Tamiflu. After hours, your doctor may have an answering service. Urgent care facilities are also a good option when your doctor's office is closed. If you are having difficulty breathing, a prolonged high fever, severe dehydration or relapse after getting better, seek emergency medical care.”

Non-urgent Imaging Tests

If your doctor has prescribed an imaging study such as an MRI, CT scan or X-ray, there are many imaging facilities to choose from. You can schedule an appointment at HCGH's Diagnostic Imaging Department by calling 410-720-8130. You should only report to the Emergency Room after hours if your doctor has noted that the test is urgent.

Providing Coordinated Care for the Older Adult



For an older adult, a new ache or pain can have far-reaching effects. When older people visit the doctor with knee pain, for example, they often bring additional concerns specific to their age. They fear knee pain will reduce their independence, limit their mobility or worsen their existing illnesses.

“If an older man has knee pain, then he’s thinking about a lot more than just the pain. He thinks this might be the end of things as he knows them. He fears he’ll have to move away, go into a nursing home or never see his dog again,” says **Scott Maurer, M.D.**, a geriatrician on staff at HCGH with experience treating older adults.

Geriatricians “provide the primary care for older adults who have the most complicated medical and social problems,” according to The American Geriatrics Society.

Empathy plays an important part in treating older people, Dr. Maurer says. Doctors who treat older patients are familiar with their unique needs and can anticipate what their patients may think and feel, talk through how their patients’ medical conditions will affect their lives and offer what Dr. Maurer calls “sober, realistic statements” about their health when helpful.

“In geriatrics you take care of patients with more complicated conditions who have more to lose,” Dr. Maurer says. These conditions can include arthritis, heart disease, erectile dysfunction, diabetes, cancer, depression and memory loss. Often, physicians treat multiple conditions simultaneously, which can require a combination of medications.

“In older people, different medications interact with each other and can have adverse effects because their bodies store medicine differently than younger people,” Dr. Maurer says. “As a result, treatment can be more complicated.”

Older adults gain another advantage by having and regularly seeing their primary care physician or geriatrician. As patients age and develop more health issues, they often end up with a number of specialist physicians that address each health condition individually. Dr. Maurer says a primary care physician or geriatrician can help streamline this process and centralize patient care.

When is a geriatric specialist needed?

According to The American Geriatrics Society, a geriatrician should be consulted when:

- An older person’s condition causes considerable impairment and frailty. These patients tend to be over the age of 75 and coping with a number of diseases and disabilities, including cognitive problems.
- Family members and friends are feeling considerable stress and strain as caregivers.

Scott Maurer, M.D., is a geriatrician practicing in Glenwood.

**Appointments:
410-489-9550**



A Salute to Judy Brown, R.N. A Career of Relentless Pursuit of Improvement

When your caring nature is what drove you into nursing and you find yourself working at the hospital in the community you call “home,” you want the quality of care to be the best it can be. Throughout her 34-year career at HCGH, Judy Brown, MSN, MAS, RN, NEA-BC, FACHE, has committed herself to doing just that.

Judy’s is a career – and a life – well lived. She started at HCGH as a shift director in 1982 and today serves as senior vice president of Outcomes Management, the department charged with monitoring quality and safety at the hospital. She started her career as a nurse, rose to the chief nurse role and has nurtured her career and her family over the years.

As Judy prepares for her retirement, we look back on her many contributions to the quality of care at HCGH and the programs she helped put in place, including the Sexual Assault Forensic Examiner (SAFE) Program and The Center for Wound Healing. Her story is an inspiration to current and aspiring health care workers to work hard, continue to improve through education, and dedicate themselves to this important work. Her full story is available at hocowellandwise.org.

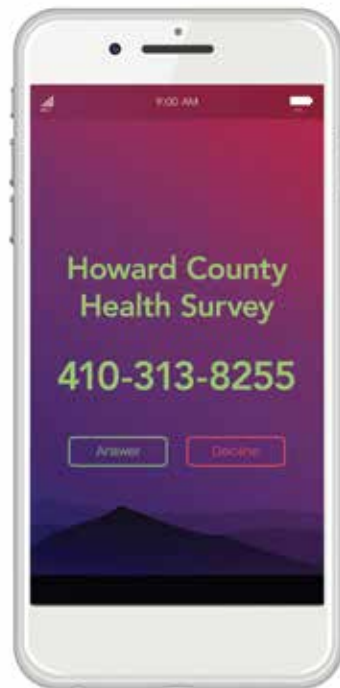


Judy Brown, MSN, MAS, RN, NEA-BC, FACHE, poses in her original uniform with her nursing graduation photo.

**HELP MAKE
HOWARD COUNTY
HEALTHIER**

**ANSWER
THE CALL**

If you see
410-313-8255
on your caller ID,
answer the call!



www.howardcountyhealthsurvey.com

HCGH Physicians Recognized as Top Doctors

HCGH is proud to congratulate the following HCGH professional staff members who were recognized in Baltimore Magazine’s annual Top Doctor issue:

- Edward Ahn, M.D., Pediatric Neurosurgery
- Stephen George, M.D., Pediatric Rheumatology
- George Thomas Grace, M.D., Plastic Surgery/Facial
- Edward Gratz, M.D., Pediatric Neurology
- Robert Greenberg, M.D., Pediatric Anesthesia
- Melissa Hawkins-Holt, M.D., Pediatric Rheumatology
- Barry Reiner, M.D., Pediatric Endocrinology
- Laura Sterni, M.D., Pediatric Pulmonology and Pediatric Sleep Medicine

A GIFT IN YOUR WILL

THE SMART SOLUTION: LIVE NOW AND GIVE LATER

Between paying your bills and saving for retirement, Howard County General Hospital (HCGH) knows there are many demands on your wallet — yet you still want to support your community hospital.

Leaving HCGH a gift in your will satisfies your charitable desires and ensures that you and your family have the resources you need. A gift in your will has these benefits:

- **Simplicity.** As little as one sentence in your will is all that is needed.
- **Flexibility.** Because you are not actually making a gift until after your lifetime, you can change your mind at any time.
- **Versatility.** You can structure the gift to leave a specific item or amount of money, make it contingent on certain events or leave a percentage of your estate to HCGH.

The Smart Choice: Giving a Percentage

If you're thinking about leaving the hospital a gift in your will, determining exactly how much to give when you don't know what the future holds can be tricky. That's why including a gift of a percentage of your estate is a smart option. That way your donation remains proportionate to your estate size, no matter how it fluctuates over the years.

For more information about giving in your will, contact your attorney or the Howard Hospital Foundation at 410-740-7840 or visit hcg.org/lhhfplannedgiving.



A LASTING TRIBUTE

Doug and Ginger Beigel had a new addition to their family last year, their first grandchild, Kinley Grace Beigel, born at Howard County General Hospital. To say they are proud, doting grandparents would be an understatement. When thinking about a way to celebrate Kinley and have a permanent symbol of their love for her, Doug thought of the hospital.

As a board member of the Howard Hospital Foundation, Doug was familiar with the engraved paving stones that span the gardens surrounding the main entrance to the hospital. "Buying the paver served two purposes. First, it allowed Ginger and me to honor our granddaughter in a way that was lasting," says Doug. "Hopefully we will be around a long time and she will know us, but this is a way of having a permanent tribute to her and showing her how much we love her. Second, the paver gave us an opportunity to thank the hospital for the compassionate care my family received and honor the caregivers."

Whether you want to show your support for the hospital, honor a relative or friend or memorialize someone special, an engraved paving stone can provide a lasting tribute. Visit hcg.org/pavers to place an order.



Ed Hunter with his daughter Sharon Keeny.

Ed Hunter's wife of 64 years, Nancy, lost her battle with ovarian cancer in September 2015. For more than eight years, Nancy had fought hard and been a frequent patient at HCGH. She was an avid knitter and loved to crochet. She left one project unfinished and in pieces at the time of her death. Soon, the pieces would be sewn together by an HCGH volunteer whose generosity came full circle for the hospital.

"Nancy knitted quite a bit," remembers Ed. "We have afghans everywhere in our house. She knitted me hats, jackets and even argyle socks back when they were popular. In the past few years, during her dialysis treatment, she started crocheting colorful squares. Each square was different, and I had drawn a plan so that no two colors would touch." Unfortunately, Nancy passed away before the completed squares could be stitched to form an afghan.

Looking for some helpful hands, Ed remembered the Claudia Mayer/Tina Broccolino Cancer Resource Center where Nancy had frequented and the staff there who had visited her when she was a patient in the hospital. He took her squares to see if they could help finish Nancy's work before the holidays. An anonymous volunteer at the center worked tirelessly — spending more than 50 hours — to attach the squares together and, after a few weeks, Ed had a colorful afghan by the hands of his wife and a center volunteer. Ed presented this cherished gift to his daughter at Christmas — their first Christmas without Nancy.

In recognition of the volunteer's generosity, Ed chose to honor her through the Honor a Caregiver program with a monetary donation to the hospital. "I am glad I live here and I enjoyed giving back to the hospital," says Ed. "I very much appreciate the efforts of the anonymous volunteer and know that Nancy would have been so happy with the results."

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

CELEBRATE KINDNESS • CARING • COMPASSION • HOSPITALITY

SYMPHONY OF LIGHTS RETURNS

Symphony of Lights, the time-honored Howard County holiday tradition, will make its grand return in 2016! This family-oriented event will include dazzling displays of nearly 100 larger-than-life animated and stationary holiday light creations and include traditional events such as the Dazzle Dash, Midnight at 7, Tail Lights, Bike the Lights, Twinkling Tots and Military Appreciation Nights along with ongoing drive and group walk-throughs of the displays.

During the event's one-year hiatus, the over 20-year-old displays were completely refurbished and will be brighter than ever with LED lighting. Many brand-new displays are currently under construction and will be unveiled this year. New elements in 2016 will include: a laser light show, a 3-D holiday video projected 50 feet high at Merriweather Post Pavilion and an outdoor ice skating rink.

We are excited to share our updated event with you and look forward to seeing you and your family this holiday season! Proceeds from the Symphony of Lights festivities support critical initiatives at Howard County General Hospital.

If you'd like to receive updates and "sneak peeks" of the 2016 Symphony of Lights festivities, "like" us at [Facebook.com/symphonyoflightsfestivities](https://www.facebook.com/symphonyoflightsfestivities). For sponsorships and to learn more, you can also visit hcg.org/symphonyoflights.



Thank You to Our Donors

Howard Hospital Foundation is a private, nonprofit organization entrusted to provide philanthropic support to HCGH. The hospital's ability to provide our community with world-class patient care services would simply not be possible without the support of our generous donors. We are recognizing the generous support of donors who have given to the hospital between January 1, 2015 and December 31, 2015. HCGH is grateful for each and every contribution; however, due to space restrictions, only the names of those who have given \$1,000 or more are published here. Donor lists are checked carefully each year; in the unfortunate event of an error, please notify us at 410-740-7840.

\$1,000,000 and Above

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Dr. Kay Y. Ota-Berman*

\$250,000 - \$499,999

The Horizon Foundation of
Howard County*

\$100,000 - \$249,999

Estate of Shirley Bossom†
Evelyn and J.P. Bolduc*
Susan and Robert Fischell, Sc.D.*

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Apple Ford Lincoln*
Estate of Donald Miller†

\$25,000 - \$49,999

Blossoms of Hope/The Howard
County Cherry Tree Project
Hamel Family Fund at Community
Foundation of Howard County
The Kahlert Foundation
Estate of Mary and Thomas Knott*
Majmudar Family Foundation*
Carla and Creig Northrop and
The Northrop Team*
The Rouse Company Foundation
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Triathlon Club
Cattail Creek Country Club Rally
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W.R. Grace Foundation
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\$5,000 - \$9,999

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Johns Hopkins Federal
Credit Union

\$1,500 - \$2,499

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American Radiology Associates, P.A.
Bank of America Merrill Lynch
bgr CPAs*
Mary Caddell
Caliber Home Loans

"Our passion is baking, and our purpose is paying it forward to HCGH. By donating proceeds of our bakery fundraisers, we can match our passion with a purpose and make a difference in the lives of so many patients every day. When we funded the purchase of the vein viewer unit, we were giving back so that other children wouldn't have to endure the discomfort our daughter did when getting IVs over the course of her illnesses.

"I hope we can be a leader in the community and show that even a small business can have a big impact. We are looking forward to identifying our next donation that will once again match our passion with a purpose."

— Michelle Kupiec, owner, Kupcakes & Co.

Georgia Lovette
Maxim Charitable Foundation
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Charles Miller
New York Life Foundation
NVR/Ryan Homes
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Sue Song, Ph.D.
Vintage Security
Visiting Angels Living
Assistance Services
Wilmer Eye Institute at Columbia

\$1,000 - \$1,499

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Barbara and Larry Bormel
Peter Boycan
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Iron Mountain
Suzie and Joseph Jamaris, M.D.*
J.I. Foundation
Linda Krichten
The Mall in Columbia
Hank Mandelbaum
Beverly and James Mann
Raymond Miller
Judy and William Munn Fund
at the Mid-Shore Community
Foundation
Susan Nass
North Laurel Senior Council
Rhine Lawn Care & Landscaping
Linda and Charles Rishell
Debjeet Sarkar, M.D.

“We live here, we work here, we play here, and so many of our friends and clients are here, too. We believe it is important for us to philanthropically support the very communities that support us. We live in such a great community, and we have to collectively address the needs of our community hospital. I have a soft spot for Howard County General Hospital and want to help make it the best that it can be.”

— Paul G. Skalny, Managing Director
Davis, Agnor, Rapaport & Skalny, LLC

Signature OB/GYN
Emmy Lou Volenick
Wells Fargo Home Mortgage
Women's 9 Hole Golf Association
of Hobbits Glen
Women's Giving Circle of
Howard County
Julie and James Young*

* denotes pledge payment
** denotes new pledge
† deceased

Legacy Society members who have named HCGH in their will, trust, life insurance or retirement account and have notified the Howard Hospital Foundation of their intent include:

Vivian C. “Millie” Bailey
Dr. Sanford A. Berman and
Dr. Kay Y. Ota-Berman
Shirley Bossom†
Jean Hartman
George Huber, Pharm.D.
Mary and Thomas Knott†
Donald Miller†
Clare and James Openshaw
Grace and John Payne, M.D.
Eileen and David Powell

Joan Reisfeld
Emmy Lou and William† Volenick
F. Jean Warthen†
Karen and John Whiteside
Eugene “Pebble” Willis, M.D.†

† deceased

Leadership Council is comprised of individual, corporate and foundation donors who have contributed \$100,000 or more in lifetime giving to HCGH:

Apple Ford Lincoln
Vivian C. “Millie” Bailey
Bank of America Merrill Lynch
Dr. Sanford A. Berman and
Dr. Kay Y. Ota-Berman
Blossoms of Hope/The Howard
County Cherry Tree Project
Evelyn and J.P. Bolduc
Shirley Bossom†
Tina and Victor Broccolino
Patricia and Thomas Buescher
Cardiovascular Specialists of
Central Maryland
Chanceland Farm
The Columbia Bank
Constellation, An Exelon Company
Dancel Family Foundation
Mim and Steve Dubin
Susan and Robert Fischell, Sc.D.
Mary and Kingdon Gould Jr.
Hamel Builders, Inc.
Harkins Builders, Inc.
Margaret and Wilson Hoerichs
Norma E. and Roger Hoff Sr.
The Horizon Foundation of
Howard County
H. Elizabeth and Peter Horowitz
Howard County Anesthesia
Associates, P.A.
Howard County General Hospital
Professional Staff
Howard County General Hospital
Volunteer Auxiliary

Howard County Government
George Huber, Pharm.D.
Cynthia and E. Wayne Jackson
JJAM Enterprises, Inc.
Johns Hopkins Department of
Emergency Medicine
JPB Partners
Mary Agnes and Fred Lewis, D.V.M.
Lundy Family Foundation
M&T Bank
Macy's
Varsha and Mukesh Majmudar
Maira Mattingly and Jeff Leco
Dorothy and W. Brian McGowan
Charles Miller
Donald Miller†
Dessie and James Moxley Jr.
Judy and William Munn
Carla and Creig Northrop and
The Northrop Team
David Paul, M.D.
Grace and John Payne, M.D.
Christina and Don Pistorio
PNC Bank
Eileen and David Powell
Quest Diagnostics
The Rouse Company Foundation
The Ryland Group
Hillery and Alton Scavo
Shade Construction Company, Inc.
Sodexo
U.S. Foodservice
W.R. Grace Foundation, Inc.
F. Jean Warthen†
Wells Fargo Bank
Karen and John Whiteside
Whiting-Turner Contracting
Company

† deceased

Special Events that have raised \$100,000 or more to benefit HCGH

Autumn Extravaganza Event to
benefit the Claudia Mayer/Tina
Broccolino Cancer Resource
Center
Bare Bones Invitational
Golf Tournament
Esmond Saturday Soiree
HCGH Annual Benefit Golf Classic
HCGH Symphony of Lights
Kicks Against Breast Cancer
Painted Veil Movie Premiere, Janet
Oken and Harry Oken, M.D.
Rounders Movie Premiere, Janet
Oken and Harry Oken, M.D.

“Howard County General Hospital relies on the support of corporate sponsors like Apple Ford Lincoln to help fund lifesaving care daily, deliver ongoing community education and to provide for future facility expansion to serve the needs of our growing community. When our business thrives, we are grateful for the patronage of the people who support our success, and we want to give something back to them in a meaningful way. Our success allows us to reinvest in our community and our citizens’ well-being by supporting the hospital.”

— George Doetsch, Chairman, Apple Ford Lincoln

SPECIAL EVENTS

Do Your Eyelids Need a Lift?

Droopy eyelids and eyebrows and excess eyelid skin may indicate a condition known as eyebrow ptosis. This may result in a decrease in your field of vision due to aging or a medical condition. Learn about indications for surgery as well as cosmetic issues to consider. Discover treatment options that can help you see better again. Presented by Johns Hopkins Wilmer Eye Institute ophthalmologist **Fatemeh Rajaii, M.D., Ph.D.** **6/15**, 7–8:30 p.m. Free.

Healthy Eating on the Go

Join us for a discussion on eating healthy in a fast-paced world. Learn how the new food label can help you make better choices when dining out and how you can prepare healthy, low-cost lunches at home. **6/20**, 7–8:30 p.m. Free.

Eating Well: Prescription for Better Health

A certified nutritionist/registered dietitian will discuss the relationship of food and nutrients to immunity, chronic disease management, healing and more. **10/10**, 7-8:30 p.m. Free.

HEALTHY HEART & LUNGS

Adult, Child and Infant CPR/AED

Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn two-year American Heart Association completion card (not a health care provider course). **6/9**, **6/21**, **7/11**, **7/27**, **8/9**, or **8/29**. 5:30–9 p.m. \$55.

Smoke-Free Lungs

Education and support for those wanting to quit or who have quit. **6/13**. 7–9 p.m. Free.

Cardiac Rehabilitation Program[†]

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

Cardiac Rehabilitation Maintenance[†]

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

Pulmonary Rehabilitation[†]

Exercise and education to assist patients with lung disease.

Pulmonary Rehabilitation Maintenance[†]

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

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

CHILDREN & TEENS

Essentials in Babysitting

Learn to manage children, create a safe environment and apply basic emergency techniques. **7/9** or **8/13**, 9 a.m.–1 p.m. \$55.

Home Sweet Home

Children (8–12) and their parents learn ways for children to stay at home alone. **8/13**, 9–11 a.m. Free.

Self-Defense for Young Women

Teens (12–15) learn physical and psychological strategies of self-defense. **6/11**, 9–11 a.m. \$35.

Kids Self-Defense

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

FOCUSING ON BODY AND MIND

Women's Self-Defense

Women (16 and up) learn and practice highly effective, easy-to-learn techniques designed for adult situations. **6/25**, 9 a.m.–12 p.m. \$50.

Advance Directives

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



IMPROVING WITH AGE

Medicare 101

Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **6/14**, 10–11:30 a.m. Free.

Medicare 102

Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **6/21**, 10–11:30 a.m. Free.

Using Medicare's Plan Finder

Learn how to use the 'Plan Finder' tool on medicare.gov to compare and review the Medicare Prescription Drug Plans available to you. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **6/28**, 10–11:30 a.m. Free.

AARP Driver Safety

Classroom refresher for ages 50+. **6/24** or **8/8**, 10 a.m.–2:30 p.m. \$15/AARP members, 20/others.

HEALTHY FAMILIES

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

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

Choose Your Pediatrician and Promote Your Newborn's Health

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

Happiest Baby on the Block

Parents and parents-to-be learn techniques to quickly soothe baby. **6/28**, 7–9 p.m. \$50 per couple (includes parent kits).

Prenatal Class for Early Pregnancy

Parents-to-be and those in the first trimester of pregnancy learn about pregnancy's early stages. **8/23**, 7–9 p.m. Free.

Prenatal Yoga

Prepare for baby's birth with safe movements to stretch, strengthen and relax your body. No yoga experience needed. Physician permission required before first class. Wednesdays, **9/7–10/12**, 6–7 p.m. \$66/six-week session.

FREE SCREENINGS

Family Vision and Hearing Screening

General vision and hearing screening for ages six years to adult. Includes glaucoma screening. Bring eyeglasses if you wear them. **6/22**, 4–6 p.m.

Ask the Pharmacist

Bring your medications, vitamins, herbals and questions to our pharmacist to better understand benefits and side effects. **6/9**, 10 a.m.–1 p.m.

Depression Screening

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

Diabetes Screening with BMI

Receive a free diabetes screening, which includes a blood glucose test, blood pressure screening, BMI (body mass index) measurement, and weight management information. **10/18**, 9–11 a.m.



GET HEALTHY WITH DIET & EXERCISE

Dietary Counseling

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

The Mall Milers

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

DIABETES

Take Control of Your Diabetes

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

Prediabetes

Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent or delay actual diabetes. **9/8**, 7–8:30 p.m. \$15.

Living Well with Diabetes

Learn how to manage the symptoms of diabetes. Topics include nutrition, glucose monitoring, exercise, skin and foot care, communicating with health care providers, medication usage, techniques to deal with pain, fatigue, disease-related problem solving and goal setting. Sponsored by the Howard County Office on Aging. Tuesdays, **7/5–8/9**, 6–8:30 p.m. \$28/includes materials. To register, call 410-313-3506.

REGISTRATION

hcggh.org—online registration

410-740-7601—information

410-740-7750—physician referral

410-740-7990—TDD

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

Unless noted, all classes are held at
HCGH Wellness Center

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

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

INTERNAL MEDICINE

Sesha S. Adusumilli, M.D.
Columbia Patient Care Associates
11085 Little Patuxent Parkway
Columbia, MD 21044
410-884-4939

Bennett So, M.D.
Columbia Medical Practice
5450 Knoll North Drive, Suite 260
Columbia, MD 21045
410-964-5300

DENTISTRY

Tarun Saini, D.D.S.
Saini Orthodontics
10776 Hickory Ridge Road
Columbia, MD 21044
410-730-1255

GENERAL SURGERY

Scott Rehrig Jr., M.D.
Johns Hopkins Community
Physicians
11085 Little Patuxent Pkwy, #103
Columbia, MD 21044
410-730-1988

PEDIATRIC UROLOGY

Ming-Hsien Wang, M.D.
Johns Hopkins Brady Urological
Institute
10710 Charter Drive #420
Columbia, MD 21044
410-955-6108

calendar 2016 of Events:

We Walk for Wellness

Saturdays through October 1 / 9-10 a.m.
North Laurel Community Center, Laurel, MD
Registration: 8:45 a.m. Program: 9 a.m.
Warm-up, guided group walking and cool-down, including light aerobic activity such as jumping jacks, marching in place and arm circles. Information about nutrition and exercise available. For more information, call 410-740-7601.

MAY

Farmers Market

Fridays, May 6 to October 28 / 11:30 a.m. – 4:30 p.m.
Stop by the rear of HCGH Visitor Lot C to purchase farm-fresh produce.

JUNE

Relay for Life

Saturday, June 4 / 12 p.m. – 12 a.m.
Long Reach High School
For more information, contact 800-227-2345. relayforlife.org/howardmd

Howard County Family Wellness Day

Sunday, June 5 / 10 a.m. – 3 p.m.
Centennial Park
Promotes physical activity and a healthy lifestyle while highlighting the many activities and programs available that support wellness. Free blood pressure screening, BMI and pulmonary function testing. wepromotehealth.org

26th Annual Howard County General Hospital Benefit Golf Classic

Monday, June 6 / 10:30 a.m.
Cattail Creek Country Club, Glenwood, MD
Registration: 10:30 a.m. Shotgun start: 12 p.m.
All proceeds benefit HCGH. Register now to secure your tee time by calling Howard Hospital Foundation at 410-720-8706.

5th Annual Power of the Purse

Monday, June 13 / 4:30-7:30 p.m.
Fretz Showroom, Columbia, MD
Silent auction and sale of new, gently used, vintage and designer handbags. Proceeds benefit Claudia Mayer/Tina Broccolino Cancer Resource Center at HCGH. powerofthepurse@blossomsofhope.org

NOVEMBER – JANUARY

Symphony of Lights Festivities

November, 2016 – January, 2017
Symphony Woods, Columbia, MD
Returning this year with new, exciting additions and the traditional Dazzle Dash, Midnight at 7, Tail Lights, Bike the Lights, Twinkling Tots, Military Appreciation Nights and ongoing drive and group walk throughs. To stay updated on the 2016 Symphony of Lights festivities, "like" us at facebook.com/symphonyoflightsfestivities