Looking Back as We Celebrate Columbia’s 50th Birthday

Managing Pain

Understanding Stroke
**President’s Message**

Dear Friends,

Columbia, which many consider to be the center of Howard County, is 50 years old this year. The pioneers who settled Columbia have aged in place and are now retiring baby boomers who are beginning to realize that, as you age, you consume more health care. So, we are spending a lot of our time recognizing that not only is Howard County growing—we see the evidence of that with the record numbers of babies being born in our hospital over the last three years—but we also recognize that it is aging and graying. Moving forward, we must make sure that we are partnering with our community in areas such as elderly housing and transportation and that we have the social services to treat people in their homes, but also have a hospital that is prepared.

We have a plan in place that, over the course of the next two to three years, will allow us to increase the number of beds and bring us a new psychiatric unit and a new observation unit. This plan will enable us to update some of the facilities that were built 30 to 40 years ago that don’t meet the facility’s needs to provide the standard of care that we want to provide today.

It is a very exciting time, but it is a time of challenge in terms of raising the money needed to make these critical investments. We will need the support and philanthropy from our community. We are making some nice progress toward our $15 million philanthropy goal to support this plan and thank the donors listed on page 12 who have already contributed. I invite you to read about our plans at hcgoftomorrow.org and support our efforts in Building Today for a Healthier Tomorrow.

Sincerely,

Steve Snelgrove
President

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

Please direct comments regarding Wellness Matters to 410-740-7810. Hospital Information: 410-740-7890
Understanding 3-D Mammography
with Johns Hopkins breast imaging expert Nagi Khouri, M.D.

Q: **What are the benefits of getting a mammogram and when should I start?**
   It is well-documented that mammography screening decreases mortality from breast cancer by up to 40 percent. The American Society of Breast Imaging and American College of Radiology recommend you begin screening mammograms annually at age 40.

Q: **What is 3-D mammography or tomosynthesis?**
   Tomosynthesis, more commonly known as 3-D mammography, is a technology that allows us to view the breast in thin one-millimeter slices and look at the breast tissue in three dimensions, rather than in two dimensions as we would in a traditional 2-D mammogram.

Q: **How does 3-D mammography differ from 2-D mammography?**
   With 3-D mammography there is greater clarity of the breast tissue, which allows us to see more detail, so abnormalities like breast cancers are much more readily visible. A 2-D image is still needed but a 2-D mammogram no longer needs to be done. At Johns Hopkins Medical Imaging, we can reconstruct the 2-D image from the 3-D image, avoiding the need to conduct both tests and minimizing radiation exposure.

Q: **What are the benefits of 3-D mammography?**
   Data shows a 40 percent increase in cancer detection and a 40 percent decrease in the call-back rate for screening.

Q: **Should I have a 3-D mammogram?**
   We recommend 3-D mammography for all women, whether or not they have dense or fatty breasts. It is especially beneficial and strongly recommended for women with dense breasts.

Q: **What happens during a 3-D mammogram?**
   A 3-D mammographic machine is very similar to a 2-D mammographic machine. You are in the same position with the same compression. The difference is that the top portion of the 3-D unit moves through a small arc to obtain the 3-D image.

Q: **Is 3-D mammography covered by insurance?**
   Currently 3-D mammography is covered by several major insurance carriers, including Cigna, EHP, Medicare and Medicaid, and more carriers are deciding to cover it. If you are not sure about your insurance coverage, ask a member of our staff. If you want to have a 3-D mammogram at Johns Hopkins Medical Imaging and your insurance carrier does not cover it, there is a $57 fee.
Celebrating Columbia’s 50th Birthday

Looking Back
As the Howard County community prepares to celebrate the establishment of Columbia 50 years ago and the visionary and founder of Columbia, James Rouse, we asked our longtime physicians and staff what they remembered while looking back at the hospital’s history in Columbia.

James Rouse realized that residents of the new town would need convenient and superior medical care. He wanted a health care delivery system as unique as the model city rising in the heart of a farming community. Rouse turned to The Johns Hopkins Hospital and the Connecticut General Insurance Company, which was financing Columbia’s development, for help. On October 1, 1969, Johns Hopkins, in partnership with the Connecticut General Life Insurance Company, entered into a new, prepaid voluntary health insurance plan with a primary emphasis on prevention of illness, open to all citizens of Columbia, called the Columbia Medical Plan.

Howard County General Hospital was founded in July 1973 as the Columbia Hospital and Clinics Foundation. The hospital, with just 59 beds, was designed to provide inpatient support for members of the Columbia Medical Plan, providing short-term care, such as overnight stays, infant deliveries and simple surgery. Patients suffering serious illnesses were transferred to the large, specialty teaching hospitals in Baltimore.

I remember... “The original hospital building was a hexagon so there were no right angles when you walked the halls.” — Luke Kao, M.D.

Even before the hospital opened, however, the local medical community realized that Howard County needed a full-service hospital. Within a year, the facility was turned over to a community-based board of trustees and became a private, not-for-profit institution, a model hospital in a model community.

HCGH staff remember the early days...
In 1978, Lutheran Hospital submitted a proposal to build another hospital in Howard County. The Maryland Health Resources Planning Commission turned down that proposal.

I remember... “There were nine patients on the second day the hospital opened. I admitted the first psychiatric patient that day to the medical/surgical ward because that was all we had. That was the beginning of the psychiatric services at the hospital.” — Carl Segal, M.D.

Through the years, the hospital has grown to accommodate the needs of the community and, in June 1998, HCGH joined Johns Hopkins Medicine.

I remember... “There were not all that many of us back in those days and everyone knew every doctor on the staff. I had finished my residency at the University of Maryland and was looking to start my own practice. Having grown up in Catonsville, I wanted to stay close. I heard about the hospital opening in Howard County and came to meet then president Theodore A. Hussey. After we talked, he said, ‘Can you start tomorrow?’ That was the beginning of my career here.” — Charles Lancelotta, M.D.

Today, the diverse community we serve benefits from a full range of specialists, including a medical staff of more than 950 physicians and allied health professionals, representing nearly 100 sub-specialties. HCGH now has 264 licensed beds and a staff of more than 1,900.

This past year, we provided service to more than 220,000 people, including: 3,597 babies born, 78,072 emergency room visits, 12,390 surgeries performed and 68,680 people treated in outpatient services.

I remember... “When we had no pediatric unit at HCGH. We didn’t have pediatricians or pediatric nurses on staff. The Emergency Room was combined to treat adults and children. The whole concept of combined pediatric inpatient/outpatient services took over five years to develop and now we are a model community hospital.” — Mel Stern, M.D.

I remember... “During the gas shortage, people would call for the ambulance to take them to the ED because they didn’t want to use their own gas. Police had to go to people’s home to confirm the emergency before the ambulance could take them to the hospital.” — Nancy Guercio, PCA

“Celebrating the 50th birthday of Columbia and looking back at our past reminds us of what an amazing and special place our hospital is in Howard County. As we look to the future, my hope for our hospital is that we have systems of care in place to ensure that care is delivered flawlessly and that we achieve the outcomes that our patients deserve every time. We will need to partner with the community and social services that are available to keep people healthy and disease free. We need to make sure that we have the community resources, as well as the hospital resources and rehabilitation facilities, to enable our county’s older population to gracefully age and live the rest of their lives in Howard County.” — Steve Snelgrove, President, HCGH
Managing Pain: Opioid Alternatives

Chronic pain can have a debilitating impact on the quality of your life. If you are one of the millions of Americans experiencing pain on a regular basis, it’s important that you see your doctor for an evaluation and learn how to manage your pain.

Opioids Are Not the Answer

It’s tempting to look for a “quick fix” and pop a pill for relief. Relying on medication alone has contributed to a nationwide epidemic in the abuse of opioids and an escalating opioid crisis in Maryland. While opioids are extremely effective in relieving pain at its onset, they can be highly addictive, have deadly consequences when used incorrectly and can lead to heroin addiction. Opioids may also lose their effectiveness with prolonged use and therefore may not be a good choice for chronic conditions that cause pain.

See a Pain Specialist at Our Chronic Pain Clinic

If you are experiencing chronic pain, visiting a pain specialist might be your best course of action. HCGH recently opened a chronic pain clinic, directed by Johns Hopkins pain specialist Steven Levin, M.D., that offers a comprehensive pain program for HCGH inpatients and outpatients.

Explore Your Treatment Options

“Comprehensive care is the best care,” says Dr. Levin. He and his team are committed to providing quality pain management using the latest therapies, including advanced medication management, specialized interventional procedures and innovative rehabilitation programs. One of the clinic’s more intriguing treatments is electrical stimulation to suppress pain signals. “The more you can offer the patient to treat their pain, the less likely they will be overreliant on opioids,” says Dr. Levin.

Have Your Own Pain Management Plan

The pain management team at HCGH works with each inpatient to create a custom pain management plan incorporating a variety of treatments such as physical therapy, steroid injections and anti-inflammatory drugs. Patients also are educated on a variety of non-pharmacologic pain management strategies, including the use of an eye mask, ear plugs and warm blankets to control their pain.

Try Less Traditional Treatments

Patients are encouraged to try less traditional treatments. Some chronic conditions, such as lower back pain, respond well to massage, spinal manipulation or acupuncture in combination with low doses of anti-inflammatory drugs.

Steven Levin, M.D., is a pain management specialist with Johns Hopkins Pain Medicine Center at Howard County.

Appointments: 410-955-7246

For more information on pain management visit: hcg.org/videos
Put an End to Stroke: Know the Signs & Risk Factors

What is a stroke?
A stroke occurs when there is a disruption of brain function caused by a blood clot and lack of blood flow to the brain.

What are some symptoms of a stroke?
Someone having a stroke may experience dizziness, weakness, numbness, loss of speech or difficulty speaking and other symptoms.

What should I do if I think someone is having a stroke?
Call 911 immediately.

Learn to recognize the warning signs of a stroke and BE FAST

B. Balance Lost
E. Eyes Blur
F. Facial Drooping
A. Arm Weakness
S. Speech Difficulty
T. Time to Call 911

Treatment—time is critical.
HCGH’s Stroke Program is designated by the Maryland Institute for Emergency Medical Services Systems as a primary stroke center for the state of Maryland. HCGH offers a comprehensive system for rapid diagnosis and treatment of stroke. It includes brain imaging scans, neurologists who conduct evaluations and use clot-busting medications, when appropriate.

What medications are used to prevent or treat a stroke?
A variety of medications are available to prevent blood clots from forming and to lower cholesterol and high blood pressure to reduce the risk of plaque build-up. Tissue Plasminogen Activator (TPA) is a drug that breaks up a blood clot and, when appropriate, it is injected as an emergency treatment during a stroke.

Join the HCGH Stroke Support Group.
Our monthly Stroke Support Group is open to both stroke survivors and their families and is held in The Bolduc Family Outpatient Center. For more information, call 410-884-4641, or visit http://bit.ly/stroke_support.

For more information on stroke, watch our Q&A video series at: hcgh.org/videos
Annual Awards
Celebrate Our Medical Staff

Congratulations to the 2016 winners of The Johns Hopkins Medicine Clinical Awards which recognize HCGH physicians and care teams who embody the best in clinical excellence:

Physician of the Year
HCGH nephrologist and President of the Professional Staff Mary Pieprzak, M.D., received the HCGH Physician of the Year Award for her profound commitment to patient care and quality improvement. This honor is given annually to a physician who consistently achieves high standards in the practice of medicine and is looked upon as a role model by his or her peers.

Other Awards:

Excellence in Service and Professionalism Award
Andrea Ridgeway, D.O., Emergency Medicine

Innovations in Clinical Care Award
Robert Linton, M.D., M.B.A., and the Emergency Department Service Line Optimization Committee

Best Consulting Physician Award
Weronika Micula-Gondek, M.D., assistant professor of Psychiatry and Behavior Sciences, Johns Hopkins Hospital

Clinical Collaboration and Teamwork Award
Marc Applestein, M.D., chairman of Surgery, and the Surgical Services Committee, including Bernard Marquis, M.D., chairman of Anesthesia, and Sharon Rossi, R.N.C., M.S., senior director of Perioperative Services

Armstrong Award for Excellence in Quality and Safety
Tuvia Blechman, M.D., director of Pediatrics

To watch a video about the award recipients, visit hopkinsmedicine.org/clinical-awards.

CONGRATULATIONS to...

M. Shafeeq Ahmed, M.D., HCGH’s chief medical officer and vice president of Medical Affairs, for being named one of the “100 Hospital and Health System CMOs to Know in 2017” by Becker’s Hospital Review. This is the third time Dr. Ahmed has been named to the list.

Karen Davis, Ph.D., R.N., HCGH’s chief nursing officer and vice president of Nursing, for being recognized as a Baltimore Magazine’s Excellence in Nursing Award Winner.
HCGH Welcomes New Vice President of Development

Shannon Wollman recently joined the Howard Hospital Foundation as vice president of Development.

Drawing upon her previous experience leading large-scale fundraising initiatives, Shannon will be responsible for directing the Foundation’s current capital campaign, “Building Today for a Healthier Tomorrow,” in addition to serving as the primary liaison between the Foundation and key donors and between the community and internal stakeholders. She will also lead the planning, implementation and management of major and annual gift fundraising programs while working closely with the Foundation board to promote the Foundation’s philanthropic vision and strategy.

She is a seasoned development professional with more than 16 years of experience directing philanthropic, institutional and major gift campaigns for hospital systems.

Prior to this appointment, Shannon was the director of development for the Johns Hopkins Heart and Vascular Institute. Prior to joining Johns Hopkins, Shannon was manager of the Department of Development and a major gifts officer at Sinai Hospital and Levindale Hebrew and Geriatric Hospital in Baltimore, part of the LifeBridge Health system.

In addition to her development and fundraising accomplishments, Shannon has served on various local boards focused on the arts and human services. A graduate of Towson University, Shannon grew up in Baltimore and spent 10 years in New York City pursuing a theatrical career before returning to Maryland. Shannon and her family currently live in Howard County.
Thank You to Our Donors and Event Sponsors

Howard Hospital Foundation is a private, nonprofit organization entrusted to provide philanthropic support to Howard County General Hospital: A Member of Johns Hopkins Medicine. 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. Gifts from grateful patients and their families, physicians and staff, trustees, volunteers, businesses and the philanthropic community have allowed the hospital to respond to the health care needs of its growing community, fostering cutting-edge medical care and wellness services in a local setting. We are recognizing the generous support of donors who have made an outright gift or pledge payment to the hospital between January 1, 2016 and December 31, 2016.

$1,000,000
Dr. Sanford A. Berman and Dr. Kay Y. Ota-Berman*

$100,000 – $499,999
COLA, A National Laboratory Accreditation Organization**
Horizon Foundation*

$50,000 – $99,999
Apple Ford Lincoln*
The Lundy Family Foundation**

$25,000 – $49,999
Blossoms of Hope/The Howard County Cherry Tree Project
Bosom Buddies Charities

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Fred Frederick Family Foundation/
Betty Anne and Fred Frederick
Haywood Alan Jones and
Patty L. Armacost
Howard Community College
Howard County Tourism and Promotion
Johns Hopkins Emergency Medical Services
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$1,500 – $2,499
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Ann and Rob Moxley
Owens & Minor
Anne and Peter Rogers
Barbara and Lawrence Rowe
Ruppert Properties, LLC
Tele-Tector of Maryland, Inc.
Vintage Security
Welltower Inc.

“Howard County General Hospital is our hospital. Unfortunately, we have both spent many days there over the last four years. Although we received excellent care, we know that new medical developments can improve the care at HCGH only if the hospital has the input and the money to deploy the new techniques. As members of the Patient and Family Advisory Council, we strive to include the patient and family perspective in every aspect of the hospital. We support HCGH financially and as volunteers because we want our hospital to be the best it can be.”

— Kathleen Plunkett and Bob Fruit

Howard County General Hospital: A Member of Johns Hopkins Medicine 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.

* Denotes pledge payment
** Denotes new pledge
† Deceased
In 2012, I was diagnosed with Hodgkin’s lymphoma. My oncologist’s office was right across the hallway from the Claudia Mayer/Tina Broccolino Cancer Resource Center. The moment I walked in I felt like I was not alone. There were professionals who could assist me with all the questions I had. The doctors were amazing at treating the disease but to have a resource center right there that could help me was so comforting. I am happy to report that I am cancer free. I wanted to do something in some small way to benefit the center that helped me so much. Through my company I was able to get a foundation grant to assist the center in helping others. The center is reliant on the financial support of others, and they were so grateful for even the small amount I could contribute.

— Elizabeth Hardesty

**Leadership Council is comprised of individual, corporate and foundation donors who have contributed $100,000 or more in lifetime giving to Howard County General Hospital:**

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
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Howard County Government
George Huber, Pharm.D.
Cynthia and E. Wayne Jackson
JJAM Enterprises, Inc.

**Legacy Society 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
Dr. Sanford A. Berman and Dr. Kay Y. Ota-Berman
Shirley Bossom†
Jean Hartman
George Huber, Pharm.D.
Mary and Thomas Knott†

**$1,000 – $1,499**

Mary Caddell
Caliber Home Loans
Cardiovascular Specialists of Central Maryland
Edward Cochran, Ph.D.
Columbia Area Mothers of Multiples
Erin and Christopher Connors
Constellation Energy Group, Inc.
George Davis
Nuala and Stephen Duffy
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**Varsha and Mukesh Majmudar**

**Moira Mattingly and Jeff Leco**

**Dorothy and W. Brian McGowan**

**Charles Miller**

**Donald Miller†**

**Dessie and James† Moxley, Jr.**

**Judy and William Munn**

**Carla and Craig Northrop**

**And The Northrop Team**

**Janet Oken and Harry Oken, M.D.**

**Painted Veil and Rounders Movie Premieres**

**David Paul, M.D.**

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Merriweather Post Pavilion

Modspace

Nightmare Graphics

PennySaver

Sir Speedy

The Business Monthly

Whole Foods Market Columbia
Thank You to Our Capital Campaign Donors

Building Today for a Healthier Tomorrow is a campus construction project that will increase our current capacity to treat patients with a broad range of health needs and enhance their experience of care. To achieve our fundraising goal of $15 million, we will need philanthropic support from our community. The generous support of the campaign donors listed below will help us to continue to provide the highest quality of care for all who enter our doors.

$500,000
Anonymous

$100,000 – $499,999
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Fern and Ed Hamel
The Kahlert Foundation
Dr. Fred T. and Mary Agnes Lewis
M&T Bank
The Herman and Walter Samuelson Foundation

$50,000 – $99,999
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Howard County General Hospital Volunteer Auxiliary
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Security Development
W. R. Grace Foundation

$25,000 – $49,999
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Pamela and William Wagoner
Williamsburg Homes
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Mary Lisa and Charles Langmead
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Patricia and David Condon
Jeff and Sheryl Goering
Sandra Nix Harriman
Sheila Higdon
Maryland Primary Care Physicians
Patti and Daniel Medinger
Linda and Tom Scrivener
Emmy Lou Volenick

As Howard Hospital Foundation Chair Scott Butler completes his board term, he is proud of the support the board and community have shown to the campaign.

“I have had an inside view of the caring dedication the hospital leadership, physicians, nurses and staff at every level deliver to patients. The hospital is experiencing challenges from increased demand in our adult and pediatric emergency and psychiatric departments,” notes Scott. “As board members, we rallied to take tours of the hospital, attended Daily Safety Briefing meetings and developed relationships with the leaders of many hospital departments. As a result, the board stepped up to fully support the capital campaign after understanding the need and how these improvements will significantly benefit our community for generations to come. I am honored to have served the hospital and feel incredibly thankful for the talent of the Foundation’s board and staff. Please contact us to schedule your own tour to experience how we are Building Today for a Healthier Tomorrow.”
Remembering a Howard County Patriarch

James “Jim” Moxley

James “Jim” Moxley, a man with deep roots in Howard County and a rich history of supporting Howard County General Hospital through service and philanthropy, recently passed away. A resident of Howard County his entire life, Jim was passionate about the county. His family’s landholdings were sold to James Rouse and formed much of the premise of Columbia.

Jim served a multitude of county nonprofits including roles as president of the Howard County Fair Association and the Maryland 4-H Foundation, and on the boards of the Horizon Foundation and the Columbia Foundation, to name a few. He was instrumental in the growth and development of Glenelg Country School and served as its vice chair. He was a founding member of the board of directors of The Columbia Bank and its chairman. In 1989, Jim served as chair of the HCGH board of trustees. At the age of 70, Jim retired from a very successful career in real estate development.

Jim began donating to HCGH in 1984 and supported every building campaign since. Following in his father’s footsteps, his son Rob Moxley recently pledged to support the current HCGH capital campaign. He serves on the board and is the major gifts committee chair for the Howard Hospital Foundation.

“My dad saw the hospital as one of the central institutions in Howard County and wanted to help the community by supporting the hospital,” says Rob Moxley. “He was involved in business in the county and saw the growth of Columbia and the benefit HCGH was to the community. Although he had no health care background, he knew the hospital would touch everyone in the community and didn’t hesitate to serve as chair of the hospital board when called upon.

“I know my dad will be happy that our family’s support of the hospital will continue. The hospital has grown with the county and provides excellent service. We are extremely fortunate to have such a high-caliber health care resource here with such dedicated physicians, nurses and staff. It is really an honor to help the hospital.”

“Jim Moxley was a significant leader and visionary for the community. He left an indelible mark on Howard County and the hospital especially,” says HCGH President Steve Snelgrove. “Giving back to the community he loved was something he was passionate about and a trait that he shared with his family. He will be missed.”
SPECIAL EVENTS

Mind-Body Wellness Screening
Knowing your numbers and taking action to improve them promotes your highest level of well-being. This free screening includes risk assessment for weight, prediabetes and stroke; blood pressure and BMI measurement; education on healthy lifestyle choices; and information about classes that address health risks. Our behavioral health expert will provide information on stress management, anxiety and depression. Take ownership of your health by working with our team to help you in achieving your goals. Registration is recommended but walk-ins are welcome. 6/13, appointments scheduled between 9 a.m.–2 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. 5/22, 7–8:30 p.m. Free.

Living Healthy with Hypertension
Those who have been diagnosed with hypertension (high blood pressure) and those who are in a pre-hypertensive range will learn to better manage their condition or reduce their risk in this two-and-a-half-hour class. Topics discussed include facts about high blood pressure, problems with salt/sodium intake, benefits of healthy eating, reading food labels, home monitoring tips, and monitoring your numbers. 7/11, 6–8:30 p.m., or 8/4, 10:30 a.m.–1 p.m. $5 (paid to the instructor in exact cash or check).

HEALTHY FAMILIES

Choose Your Pediatrician and Promote Your Newborn’s Health
Learn factors to consider and questions to ask when choosing your pediatrician and ways you can promote your newborn’s health. Presented by pediatrician Wendell McKay, M.D. 6/27, 7–8:30 p.m. Free.

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

Prenatal Class for Your Early Pregnancy
Parents-to-be and parents in the first three months of pregnancy will learn about the early stages of pregnancy including physical changes, baby’s growth and ways to promote a healthier pregnancy. 7/19, 7–9 p.m. Free.

HEALTHY HEART & LUNGS

Adult, Child and Infant CPR
Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn a two-year CPR completion card (not a health care provider course). 5/23, 6/12, 6/28, 7/13, 7/24, 8/9, or 8/24, 5:30–9 p.m. $55.

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

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

Pulmonary Rehabilitation Maintenance†
Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. $60/mo.

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

HEALTHY LIFESTYLES

Living Well
This six-week workshop is for those living with or at risk for a chronic condition such as heart disease, diabetes, cancer, depression, arthritis, lung disease and other long-lasting health concerns. Learn techniques to cope with feelings of frustration, fatigue, pain and isolation. Develop skills to communicate more effectively about your health. Learn exercises and healthy eating habits to maintain and improve well-being. Caregivers are also welcome to register. The class fee includes textbook, CD and the workshop. A $15 gift card will be given to those who successfully complete the program. 7/14 - 8/18, 10 a.m.–12:30 p.m. $28 (paid to the instructor in exact cash or check).

Driver Safety
Classroom refresher for ages 50+. 6/12 or 8/4, 10 a.m.–2:30 p.m. $15/AARP members, $20/others.

DIABETES PROGRAMS FOR PATIENTS & CAREGIVERS

HCGH’s comprehensive diabetes programs focus on each individual and not just the disease. Whether you’re newly diagnosed with diabetes or have been living with diabetes for some time, HCGH has the specialists and resources you need to help manage your diabetes. Personalized classes, individual counseling and support groups are offered. Held in the Wellness Center.

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

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

Prediabetes
Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent/delay actual diabetes. 6/29, 7–8:30 p.m. $15.
calendar 2017 of Events:

MAY

Opioid Overdose Response Program
Thursday, May 25 or June 15/6–7 p.m. Free.
Thursday, July 20 or August 17/3 –4 p.m. Free.
HCGH Wellness Center
Overdose deaths are on the rise in Howard County. Those taking illegal and prescription pain killers are at risk. Learn how you can administer naloxone, a safe and effective antidote for overdose, and perform rescue breathing until help arrives. For more information and to register, contact shunt@howardcountymd.gov or call 410-313-6274.

We Walk for Wellness
Saturdays, May 27 – September 30/9 –10 a.m. Free
North Laurel Community Center, Laurel, MD
New Registration: 8:45 a.m. (Pavilion on right as you enter parking lot)
Program: 9 –10 a.m.
Program open to the community, individuals and families.
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.

JUNE

Medicare 101
Thursday, June 8/10 –11:30 a.m. Free.
HCGH Wellness Center
Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

2017 Relay for Life
Saturday, June 10/6 p.m.–Sunday, June 11/6 a.m.
Howard County Fairgrounds
For more information, call 410-740-7601.

Medicare 102
Thursday, June 15/10 –11:30 a.m. Free.
HCGH Wellness Center
Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

Heroes in Health Care
Friday, June 16/6–10 p.m.
A fundraising event celebrating HCGH’s lifesaving staff and partners. Honorary co-chairs: Dr. Robert E. Fischell and Mrs. Susan R. Fischell. Tickets and sponsorships available. For more information, call 410-720-8706 or visit hcgh.org/heroes.

Using Medicare’s Plan Finder
Thursday, June 22/10 –11:30 a.m. Free.
HCGH Wellness Center
Learn how to use the ‘Plan Finder’ tool at medicare.gov to compare and review the Medicare Prescription Drug Plans available to you. Sponsored by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

Patient-Provider Collaboration Conference: Making Patient-Centered Care a Reality
Friday, June 23/8 a.m.–4:30 p.m.
Johns Hopkins University School of Medicine
Thomas B. Turner Auditorium
This conference highlights the patient perspective and how a patient’s needs, goals and values guide individual encounters and patient/family engagement with the health system. Free for patients, families and students. $135 for physicians and $95 for allied health professionals. This activity has been approved for AMA PRA Category 1 Credits™. Presented by the Johns Hopkins Office of Population Health, Johns Hopkins University School of Medicine and the Johns Hopkins Office of Patient Education. Register at bit.ly/2ldrFgd.

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