Wellness Matters

Focus on Health Issues As We Age

Featured Generation Older Adults

40 YEARS CARING FOR GENERATIONS
Dear Friends,

This is my last letter in *Wellness Matters* as president and CEO of Howard County General Hospital, the best job anyone could wish to have.

I want to thank each of you – our patients, my very dedicated, caring and compassionate coworkers, talented and committed physicians and volunteers, government officials, community members, colleagues in leadership at Johns Hopkins Medicine and my family – for such a rewarding and fulfilling chapter in both my personal and professional life. Your support has made a positive difference to me.

As my retirement date is January 15, 2014, my successor will be named very soon. He or she will have a challenging role, leading us into the next phase of health care reform in Maryland, but I can assure you the hospital is well positioned to continue to provide the best care possible to our community.

I leave behind a wonderful team of caregivers, support staff, volunteer auxiliaries and physicians, and I am very confident they will continue to care for generations of patients.

With sincerest gratitude,

Victor A. Broccolino
President and CEO
Howard County General Hospital

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Our last *Wellness Matters* cover featured some of our first responders from the 1970s. Although we had the photo from the archives, we had no caption and so we were thrilled to learn the identities of at least three of the four men. From left to right, they are: Mark Miller (Current Assistant Chief at the West Friendship Volunteer Fire Department), unknown, David Miller (who continues to work part time at West Friendship) and Barry Bennett, a retired Captain from the Howard County Department of Fire and Rescue Services. When Mark Miller was contacted about the photo he remarked... “Some things have changed considerably over the years...but one thing stays the same—our first responders continue to collaborate with HCGH to deliver top-rated care.”
In the final installment of our 40th anniversary series of Wellness Matters, we focus on the 60+ generation, a growing population that is working and living longer than any previous generation. The baby boomer generation is also healthier, more active and more independent than ever.

According to the latest CDC data, the average life expectancy is 78.7 years, a number that has steadily increased and has led to a later retirement age. Gallup reports that the average retirement age has increased to 62, and those who are still working don’t expect to retire until 66. Not only are seniors living longer and working later, they also make up a growing percentage of the overall population. The 2010 U.S. Census indicates that 10.1 percent of Howard County residents are over age 65, a 57 percent increase from the 2000 census, and part of a trend that projects more than 20 percent of Howard County citizens will be age 65 or older by 2030.

As the county has aged, Howard County General Hospital has kept pace by providing additional resources to help keep seniors healthy, active and independent. In just the last five years, we’ve added resources that include: a designated Stroke Center and Joint Replacement program in 2008, expanded rehabilitation programs in 2009, and the opening of our Acute Care for Elders Program (ACE) in 2011. You can read more about these programs – and other health issues of interest to all of us as we age – in this issue of Wellness Matters.

Throughout the last 40 years HCGH has been growing up alongside you. We’ve been caring for generations. Thank you for sharing your memories with us throughout our 40th anniversary year.
A family of surgeons caring for families of Howard County

Many factors led to Charles Mess Jr. and Sarah Mess following their father into the field of medicine. “Because I was a physician, there were always neighborhood kids in our kitchen with a variety of injuries and illnesses, and my kids saw that and watched me care for them, and I think it made an impression,” explains Charles Mess Sr. “I also used to take my children on hospital rounds on the weekends; and I specifically remember Sarah watching me suture one of our dogs who was injured.”

Seeing their father happy in his career as an orthopedic surgeon certainly helped guide the career choices of Howard County surgeons Charles Mess Jr. and Sarah Mess. When Sarah, the youngest of four, was 11 years old, the family moved to a working farm in Olney, Md., where she was very involved with the animals, including horses and dogs. “I cared for horses and other animals and helped with treating their wounds,” says Sarah. Initially interested in becoming a veterinarian, Sarah chose the human side of medicine, eventually specializing in plastic surgery. “I like that I can help people and that, in the end, I get to see the patient happier and healthier,” she says. Sarah performs a wide variety of plastic surgery procedures, including those for breast reconstruction after cancer, breast reduction and removal of skin cancer as well as cosmetic procedures. “A lot of senior patients are dating again, so we are doing ‘cool sculpting’ techniques and injectables and fillers.”

For Charles Jr., the road was more indirect. In fact, it wasn’t until after a brief stint in real estate finance that the younger Mess decided to pursue medicine, eventually settling on the specialty of orthopedic surgery. “I love my job,” he says. “It may sound trite, but I really like helping people and providing comfort for them.” In keeping with the family theme, Charles Jr.’s wife is also a physician, specializing in neonatology. As an orthopedic surgeon, Charles Jr., specializes in joint replacements and sports medicine.

After finishing his residency and fellowship in orthopedics in Texas, Charles Jr. moved back to Maryland and joined his father’s practice, Potomac Valley Orthopaedic Associates in Columbia.
Dad’s story

After a stint as a Navy doctor and a fellowship at the Mayo Clinic, Charles Sr. became a partner in a small orthopedic practice, with offices in Montgomery County and Washington D.C., in the early 1970s. As the practice grew, they started looking eastward toward HCGH as it became more established in the community. In the late 1980s, the practice joined with Dr. Daniel Tang’s practice and opened an office in Howard County. By the early 2000s, Potomac Valley Orthopaedic Associates had built a medical building right next to HCGH, and the physicians were performing many procedures here.

“The biggest change I have seen in my years at HCGH is the growth – both of the patient population and of the hospital’s infrastructure,” says Charles Sr. “In terms of the changes I have seen in medicine, I would say one of the most amazing is magnetic resonance imaging (MRI), which gives us a much better look at the body than we were able to have before. The advances in orthopedic surgery in general, and joint replacements specifically, have also been incredible. These advances make a huge difference in the quality of life for patients today.”

And what about the next generation of the Mess family? At least a couple of Charles Jr.’s children have shown an interest in medicine and Sarah’s son often asks to accompany his mother when she works on the hospital’s Pediatric Unit. “He likes to play video games on the unit,” she explains.

“I like that I can help people and that, in the end, I get to see the patient happier and healthier.”

- Sarah Mess, M.D.

How to avoid joint replacement surgery:

According to Charles Mess Jr., making the following lifestyle choices can help avoid the need for joint replacement surgery:

- Keep your weight down. People who are heavier have a lot more joint problems and, if they need joint replacement surgery, have a more difficult time recovering.

- Participate in low-impact exercise on a regular basis, such as aerobics, weight lifting, swimming or tennis.

- Quit smoking. Every field of medicine sees the unique effects of smoking. In orthopedics, smoking causes osteoporosis and contributes to many other orthopedic problems. For example, it prevents bones from healing correctly after a fracture or surgery.

To view an educational online seminar about hip pain and treatments with Dr. Charles Mess Jr., or find videos about a variety of other orthopedic conditions, visit hcgh.org/orthopedics.
Physical Therapy
The First Step for Orthopedic Problems

If you aren’t ready for surgery, your physician may recommend physical therapy to help reduce pain and increase mobility. HCGH has a team of specially trained physical therapists who are experienced in a variety of types of rehabilitation.

Call 443-718-3000 for an appointment.

Considering Joint Replacement Surgery?
Patients today have a lot of choices – which doctor, which procedure, which piece of equipment and when it’s the right time to have joint replacement surgery. Many surgeons who operate at HCGH also operate at other area hospitals. Most of our patients request HCGH so that caregivers and family members can be close by to help with their recovery. If you prefer to have your surgery performed at HCGH, ask your surgeon.


Comprehensive Joint Replacement Program at HCGH
The Joint Academy at HCGH began in 2008 as a coordinated, hospital-based program for patients having knee and hip replacement surgery. In order to ensure the best outcomes possible, our care team meets with patients well in advance of surgery to review how they can physically and emotionally prepare for the procedure. We also meet with the patients’ caregivers, who will be providing post-surgery support, and work with the physicians and therapists before, during and after a procedure to ensure all pre-operative testing is complete and surgery can be performed as safely as possible. We have a thorough orientation program for patients.

For a list of orthopedic specialists at HCGH, visit hcgh.org/orthopedics.
Specialized Program Changes the Way Elders are Cared for in the Hospital

Caring for the ever-growing elderly population is a challenge faced by health care systems across the country. Responding to the need for improved hospital-based geriatric care, Howard County General Hospital launched the Acute Care for Elders (ACE) Program in November 2011, providing the community’s aging population with the specialized care needed to help minimize complications from hospitalization.

A national effort, the ACE model is designed to help elderly patients avoid inactivity that can lead to physical and cognitive decline during a long-term hospital stay. Patients admitted to HCGH’s ACE Program, must be at least 70 years of age, admitted through the Emergency Department from home and be considered at risk for functional decline.

Anirudh Sridharan, M.D., a geriatrician who specializes in hospital-based care and medical director of the ACE Program, explains that the program has benefited elderly patients by giving them the attention necessary to make their hospitalizations safer. “Howard County, like the rest of the country, is facing a shift in demographics. The fastest growing part of our population is people over the age of 65,” says Dr. Sridharan. “Treating an elderly patient is different than treating a younger patient; they are more likely to get confused in the hospital and more likely to suffer side effects from medications. It is vital that these vulnerable patients be given specialized attention that addresses these challenges.”

Since the program was launched, Francie Black, CRNP, a nurse practitioner with HCGH’s ACE Program, says the nursing staff is more keenly aware of the need to prevent deconditioning of elders in the hospital with a focus on getting patients up and out of bed. “Elders are mobilized as soon as day one, but definitely by day two of their admission to the hospital,” explains Francie. “The nurses and care technicians automatically add getting out of bed as a daily goal. There is a greater incentive for patients to walk in the hallways, and the solariums on the unit give our patients a destination as well as more daylight. We want our patients to function here as they do at home.”

Coordination of care between the patient and their primary care physician, hospital doctors, nurses, nutritionists, case managers, pharmacists and the patient’s family is an integral component of the ACE Program. Through a multidisciplinary approach to care, HCGH’s ACE team ensures that admitted patients remain mobile, well-nourished and have ample opportunities to exercise their bodies and minds.

“The ACE Program has heightened awareness of the need to collaborate with caregivers in the hospital, with the family, and the community to safely discharge an elder from the hospital, keep them from coming back to the hospital, and to improve their quality of life,” adds Francie.
With Stroke, Quick Action can Improve Survival and Function

“The none of us are prepared for a family member or friend to have a stroke. We end up relying on the skills and experience of a whole team of people. It is phenomenal that HCGH has a designated stroke center just 10 minutes from our home. We got the best therapy from wonderful people who are a part of our community.” - Claire Cohen, Clarksville, Md.

Sobering National Stroke Statistics from the American Heart Association:

• Someone has a stroke every 45 seconds in the United States.
• Only 20 to 25 percent of patients admitted to the hospital with a stroke arrive within three hours of the onset of symptoms, the “critical window” for treatment of certain strokes.
• Less than five percent of patients in the United States receive thrombolytics, a critical treatment for some strokes.

The HCGH Stroke Program has demonstrated higher standards for care, thus increasing recovery for many stroke patients. The Maryland Institute for Emergency Medical Services Systems (MIEMSS) has designated HCGH as a primary stroke center for the State of Maryland, which means that our treatment of stroke patients is monitored and measured.

HCGH is ready to treat stroke, any time of night or day. A special protocol is initiated the moment Howard County Emergency Medical Services (EMS) calls the hospital with a potential stroke victim. While EMS transports the patient, the hospital team prepares. Within minutes of arrival at the hospital, a physician assesses the patient, blood is drawn for lab work and a CT scan of the brain is conducted.

Eric Aldrich, M.D., Ph.D., vice president of Medical Affairs and a neurologist who was instrumental in refining HCGH’s stroke program, believes that we must treat stroke according to the latest guidelines. A patient’s family can help ensure their loved one gets the best care. Dr. Aldrich explains, “I can’t emphasize enough the importance of calling 9-1-1 to get a head start on treatment. First responders begin treatment in the field and gather critical information about when the symptoms began. Our physicians can then diagnose and determine whether to administer thrombolytics, also known as tPA or clot-busting drugs. (These drugs are used in ischemic strokes, those caused by a blood clot, but not in hemorrhagic strokes, those caused by a bleed.) According to the National Stroke Association, carefully selected patients who receive these drugs within three hours from the onset of symptoms are 33 percent more likely to recover from their stroke with little or no disability after three months.” Dr. Aldrich adds, “Our focus is getting lifesaving, brain-saving care to patients within the critical three-hour window.”
Treatment at HCGH continues beyond diagnosis and acute care. According to Susan Groman, R.N. Stroke Program coordinator, HCGH encourages stroke patients to receive individualized rehabilitation services, including physical, occupational and speech therapy, for at least 24 months following a stroke. Stroke survivor, Jerry Cohen, began the program in 2010 and continues to benefit from what was learned from his therapists. “The team is excellent, they really know their business,” Jerry’s wife, Claire Cohen, says. “Best of all, physical, occupational and speech therapies are in one location, which makes scheduling back-to-back appointments easy. Transportation can be a huge issue, so convenience is key.” Today, Jerry is much improved. “The old myth was that after 18 months, there is little progress, but for everyone in this stroke group the progress continues,” says Claire. “We were told my husband would never be able to walk. He is walking. He came out of the hospital on a ventilator and a feeding tube. Now he can walk into a restaurant and enjoy normal food with family and friends.”

A monthly stroke support group is described by many patients and caregivers as an essential part of recovery. “The group is extremely helpful and is part of our routine,” Claire says. Group members are all ages and Claire notes that, like her, a number of caregivers are still working. Susan says; “Everyone is welcome, patients and caregivers alike.” Claire believes a diverse group is important. She says, “All strokes are different, they affect patients and families uniquely, but when you gather together in a supportive setting, there is much similarity. We discuss clinical trials, legal issues, home modification, transportation resources and how to find respite care. We share concerns and work together to find solutions.”

Education is also a part of the Stroke Program. Susan says, “We know that by teaching people the symptoms of stroke and the importance of calling 9-1-1 we can make a difference. Most of my patients wish they had called 9-1-1 sooner.”

Susan and her husband, cardiologist George Groman, M.D., have a commitment to stroke and emergency care in Howard County. Susan explains, “I’ve been an emergency nurse and a caregiver to aging parents and in-laws – so I know firsthand how valuable timely emergency treatment and rehabilitation are to a patient’s recovery and quality of life. Knowing this care exists can also give peace of mind to caregivers.”

The HCGH Stroke Program recently received the American Heart Association (AHA) “Get With the Guidelines Stroke” Gold Quality Achievement Award.

To learn more about our stroke support groups, call 410-740-7601.

**Signs of Stroke**

Every minute counts, so act **FAST** when you see these signs:

- **FACE** - Droopy face on one side? Ask the person to smile.
- **ARMS** - Weak or numb arm? Ask them to raise their arms. Does one drift down?
- **SPEECH** - Slurred speech? Ask them to repeat a simple sentence to see if they can.
- **TIME** - If the person shows any of these symptoms, call 9-1-1 immediately.
The Practice of Geriatrics

Three hundred doctors are fellowship trained in geriatrics each year in the United States, a small number in light of the rapidly aging population. Board-certified geriatricians are internists or family practitioners who complete at least one year of geriatric fellowship training and pass the American Board of Medicine Geriatrics exam.

Internist and geriatrician, Kevin Carlson, M.D., doesn’t define her practice solely by age. “I view a geriatric patient as a person with complex medical issues. As we age there is tremendous diversity in the medical problems we face. I care for many younger adult patients who are more complicated than many of my healthy, older patients.” Chronic disease is a common defining issue of geriatric practice. Many patients live longer with multiple medical problems, including hypertension, diabetes, chronic kidney disease and arthritis.

The practice of geriatrics is demanding, yet rewarding. Dr. Carlson says, “I truly enjoy the generation of people that were our parents, grandparents and great-grandparents. They have such amazing lives and their experiences and stories of resilience inspire me. They’ve lived during the great depression, immigrated from hardship, fought in our war efforts, and lived life before television!”

What suggestions does a geriatrician give for aging gracefully? “Take an active role in your own health. Inform yourself of healthy lifestyle choices and incorporate them into your routine,” Dr. Carlson advises.

**Dr. Carlson’s six tips to a healthy lifestyle:**

1. Eat the right food in moderation (fresh fruit, vegetables, whole grains, nuts, legumes, wild fish, grass-fed beef, poultry, pork, low-fat dairy and healthy fats, including olive and coconut oil)
2. Avoid or limit the wrong food (processed foods or drinks with corn syrup, fructose or sugar substitutes and partially hydrogenated vegetable oils)
3. Get a variety of exercise (include aerobic, resistance, stretching and balance for at least 40 minutes three times a week)
4. Sleep eight hours per night on a regular schedule
5. Stay involved with family, friends and your community
6. Always learn something new to keep the brain active

Research has proven that the above recommendations are sound medical advice for healthy aging and positive outcomes. Dr. Carlson adds, “If everyone knew these things 20 years ago and applied them to themselves, we would have a much healthier America today.”

**Getting the Best Health Care as You Age**
John R. Burton, M.D., 12/5, 10 a.m.
Free seminar. Register at hcgh.org

Dr. Carlson Shares Her Own Multigenerational HCGH Story

“It was the weekend of September 19, 2003, during Hurricane Isabel, a major storm that caused widespread flooding and some evacuations, that I delivered my third child, Sidney, in Labor and Delivery. On Saturday, my second child, Campbell, then two years old, required ER evaluation and was discharged home with clearance to meet her new baby sister. The previous Thursday, my grandmother, Helen Namkin, had been admitted for a pelvic fracture. On the same Friday I was delivering a baby, she underwent a scheduled elective carotid endarterectomy surgery by Dr. Edmund Tortolani. She spent the night in post-op in the ICU and was well enough to visit me and the baby before being discharged on Sunday.

Therefore on one night, three generations and four members of my family were beautifully cared for at HCGH and the huge extended family needed only to drive to one destination - via flooded roads - to support a grandmother, a mother, a child and a new baby!”

Dr. Carlson’s son Max with his great-grandmother.
Aging and Sleep:
Sleep Like a Baby Again

Johns Hopkins sleep specialist and director of the Johns Hopkins Center for Sleep at HCGH explains common sleep problems that come with age, and considerations for aging women.

Q&A with Dr. Charlene Gamaldo

Q: Why is everyone concerned about sleep? In addition to not feeling your best when you don’t get enough sleep, a lack of sleep has been shown to have a negative effect on your cardiovascular and mental health – and even weight management. People today are chronically sleep deprived. On average, Americans get an average of 30 minutes less sleep than we did ten years ago.

Q: How much sleep does an older person need? If you needed eight hours of sleep a night when you were 22 years old, that is also what you need as a 70-year-old; it doesn’t change. Our brain has an internal clock that sets our biorhythms, including natural sleep and wake times. For most adults, the times are about 11 p.m. to 7 a.m. A natural “morning lark” may have a schedule that is shifted earlier, and a “night owl” may have a schedule that is shifted later. Our natural sleep rhythm is like our personality; it is pretty fixed at birth although we can shift our clock times earlier as we age. Each of us is unique in our sleep duration needs. Most adults need about 7.5 to 8 hours, but some need more and some less.

Q: Are there differences for women? Aside from hormonal changes and “hot flashes” that can happen during menopause, women can have a slightly higher incidence of sleep disorders, like insomnia and restless legs syndrome. Another important point is that women can present differently with certain types of sleep disorders. Women with sleep apnea are more likely to complain of insomnia rather than more classic symptoms like snoring or daytime sleepiness seen in the male patient. Other factors can affect diagnosis of sleep disorders in women too – for example, a widow who sleeps alone may be less aware of signs of sleep apnea than if she had a partner who could report her sleep patterns.

Q: Is sleep apnea more common in older people? Sleep apnea prevalence increases with age. Other classic risk factors include higher BMI, small chin, large neck, big tongue. Elderly sleep apneic patients are more likely to have the condition even in the absence of these other more classic risk factors. Common symptoms are: breath pauses during sleep, snoring, daytime sleepiness, fatigue, feeling irritable or unrefreshed upon waking in the morning.

Q: How do we improve sleep as we age? I recommend simple strategies first like: forming a regular sleep routine, allowing your body to “wind down” in the hours before sleep as opposed to drinking caffeine, exercising or working on the computer. Losing weight or limiting alcohol can also improve your body’s natural ability to obtain good quality sleep.

Q: When is it time to see a doctor about sleep problems? If the simple strategies aren’t helping and if your inability to sleep affects work or daytime activities, relationships or mood, it is probably time to seek help. There are many reasons people have trouble sleeping and numerous sleep disorders. We have specialists in many areas of sleep medicine who can pinpoint your particular issue and provide interventions that can help you get back to sleeping well again.

To schedule an appointment call 1-800-WESLEEP.

To hear more from the specialists at the new sleep center at HCGH, watch these videos: hcgh.org/sleep. Topics include: women and sleep, depression and sleep, insomnia, restless legs syndrome, circadian rhythm disorder, sleep apnea, and new at-home technology for diagnosing sleep disorders.
### IMPROVING YOUR HEALTH

#### Cardiac Rehabilitation Program
Assists cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery. 443-718-3000.

#### Cardiac Rehabilitation Maintenance Program
Exercise for cardiac rehab program graduates. Tuesday and Friday afternoons. 443-718-3000. $60 per month.

#### Pulmonary Rehabilitation Program
Exercise and education to assist patients with lung disease. 443-718-3000.

#### Pulmonary Rehabilitation Maintenance Program
Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. 443-718-3000. $60 per month.

#### Weight Loss Through Bariatric Surgery
Learn about weight-loss surgery from the Johns Hopkins Center for Bariatric Surgery. 410-550-0409 or hopkinsbaysview.org/bariatrics. 1/21 or 2/11, 5–6:30 p.m. Free.

#### Dictary Counseling
Discuss dietary concerns/goals with a registered dietitian. $35/half-hour visit.

### HEALTHY LIFESTYLES

#### Adult/Child/Infant CPR and AED
Learn the skills needed to clear an airway obstruction, perform cardio pulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED). Earn a two-year American Heart Association completion card (not a health care provider course). 11/19, 12/5 or 16, 1/9, 5:30–9 p.m. $55.

#### Smoke-Free Lungs
Education and support for those wanting to quit or who have quit. Attend one or all sessions. 11/14, 1/16 or 2/20, 7–9 p.m. Free.

#### Great American Smoke Out
Stop by for resources to help you quit smoking. Registration not required. Held in the HCGH Lobby. 11/21, 11 a.m.–2 p.m. Free.

#### Healthy Weight, Healthy You
**Part 1 – Looking to Lose Weight This Year:** Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 1/13, 7–8:30 p.m. Free.

**Part 2 – Kitchen Wisdom:** Sample food and learn how to spice up healthy meals with herbs and spices for a variety of taste. 1/20, 7–8:30 p.m. Free. Register for one or both.

### Events:

**Varicose Vein Screening**
Johns Hopkins vascular surgeon Richard Feinberg, M.D., will conduct vein screenings at his Columbia office. 11/6 and 3/5, 5–7 p.m. Free. 410-550-8346.

**Mastering the Illusions of Stress**
Gain insight into how your perceptions influence your stress. Discover secrets that will allow for more peace and well-being in your life. 12/4, 7–8:45 p.m. Free.

**Getting the Best Health Care as You Age.**
John R. Burton, M.D., director of the Johns Hopkins Geriatric Education Center, will teach you how to navigate today’s complex health care system, give guidance on choosing and communicating with doctors, and translating insurance plans. 12/5, 10–11:30 a.m. Free.

### 2013-14 Diabetes Courses

**Learn how to change habits and get practical, attainable solutions for staying healthy.**

**Choose from group classes during the day or evening or a one-on-one counseling program. Most insurance plans cover all or part of this program.**

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

**Living with Diabetes**
Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 12/6 & 10 and 1/17 & 21, 8:30 a.m.–2:30 p.m. in The Bolduc Family Outpatient Center at HCGH. 443-718-3000.

**Living with Diabetes: Executive Summary**
A condensed version of Living with Diabetes offered in the evening. 12/4 & 5 and 1/29 & 30, 6–9 p.m. 443-718-3000.

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**Heart Attack Symptoms and Prevention**
Michael Silberman, M.D. 

**Coronary Stents for Artery Blockage**
William Herzog Jr., M.D. 
Driving Evaluations Available

Are you concerned about your driving ability or that of a loved one? As we age, medical conditions or injuries may cause changes that affect the safety of our driving. How do you know if you are still safe behind the wheel? HCGH offers comprehensive clinical driving evaluations. “We often get referrals from physicians and family members who are concerned about an individual’s driving,” explains Heather Keats-Colon, occupational therapist. Sometimes individuals express that concern themselves.

The evaluation begins with in-clinic testing, provided by HCGH. Based on the results, a recommendation may be made for an additional on-the-road evaluation by a certified driving rehabilitation specialist, for which HCGH can provide a referral.

The in-clinic assessment includes:
- Vision: acuity, visual motor skills, peripheral vision, sign recognition, color recognition/perception, visual processing speed, phoria and fusion
- Cognition: memory, attention and problem solving
- Sensory-motor function: strength, coordination, reaction time

Results of the in-clinic assessment can help identify areas of need that impact a person’s ability to drive safely. Often, these deficits can be addressed and corrected through occupational therapy services.

A doctor’s prescription is required for the driving assessment. For more information or to schedule a clinical driving evaluation, please call 443-718-3000.
Through the years, the community has generously supported the hospital with philanthropic donations and gifts of time through our volunteer program. In this, the hospital’s 40th anniversary, donors were asked why they chose to give to HCGH. Below are many of their responses.

For a complete list of donor reflections, visit hcgh.org/give.

“I have been donating to Howard County General Hospital since 1992. I believe it is important to support the community from which you receive revenue by giving back, and the hospital is an incredible institution that has taken care of me and my community.”  – George Doetsch

“LifeNet is a great illustration of how the Howard Hospital Foundation, HCGH, Howard County Department of Fire & Rescue Services and our neighbors in Howard County can work together to bring the latest innovations to our area. We already have excellent health care. This just takes it up one level.”  – David Powell

Vivian C. “Millie” Bailey, a well-known community leader, has been a longtime supporter of HCGH through financial contributions and her service on the hospital Board of Trustees. Because she believes so strongly in the hospital’s importance to our community’s well-being, she has included us in her estate planning and has become a charter member of The Legacy Society of HCGH.

“My wife moved to Howard County in 1955, and she thought she was moving to the end of the world. As we’ve watched our county grow and change, it has given much to us and our extended family. Beth and I want to give back and, in my mind, the place that impacts everyone in the county is the hospital. The need for support will continue to grow as the county grows, so it is important that residents, to the extent that they can, support the hospital.”  – Peter Hibbard

“As a physician, I feel it is important to nurture good-quality nurses. Howard Community College offers an impressive nursing program. Funding a scholarship through HHF continues to foster the relationship that our practice has had with the Howard County nursing community. Many good nurses have come from the program, making it a wonderful investment in our community.”  – Nicholas Koutrelakos, M.D.

“In requesting that donations in my daughter’s memory be made to the Howard Hospital Foundation, we felt we were both honoring her aspirations for nursing and benefiting the people of Howard County.”  – Mark and Sharon Mayr

“Supporting a cause that directly impacts the local community is important to us and that is precisely what the Claudia Mayer Cancer Resource Center is all about. It is there to lend a guiding hand and a warm heart to our neighbors when they need it most. Helping the center expand and extend their service to the community has been extremely rewarding.”  – Howard County Tourism & Promotion “Blossoms of Hope”

“Team CONQUER Cancer provides the inspiration and support I need to better myself and help others. I welcome the opportunity to give back to the Claudia Mayer Cancer Resource Center, and the HCGH community that has been there for me from the birth of my three children, through my experience with breast cancer.”  – Diana Toronto

“From my perspective, the hospital is on a trajectory that started 15 plus years ago from a care delivery standpoint to be one of the top community hospitals in the country. With the philanthropic support of our community, it will be a model hospital for communities around the country.”  – Larry Butera

“We decided to make a donation to the hospital because the hospital serves everyone in the community. We have made donations to other organizations that help feed the homeless or help fight cancer but thought donating a large sum to the hospital would reach more people.”  – Sean and Jena Peay

“Living in Howard County for more than a decade, we have seen firsthand the quality of care this hospital provides and the strides it makes to continue to improve its facility. We are excited not only to honor our parents (with this donation) but also to contribute to the ongoing success the hospital has exemplified.”  – Mukesh Majmudar
“I am happy to support the hospital every year through my annual gift. Any organization that provides a vital community service, such as HCGH does, needs to be supported by community donations. Because the hospital serves us so well, we must return the favor.” – Charlie Miller

“I want everyone at HCGH to know that each moment we volunteer and every dollar we donate is a direct ‘thank you’ to those who work at this wonderful hospital. I am grateful for your talents, kindness, and help to us in our moments of need.” – Jackie Benner

“I have lived in Howard County for more than 35 years, and HCGH is my hospital and the community’s hospital. It is important to me that it provides the very best medical care to the people who live here, including my children and grandchildren. My company, Harkins Builders, is also based here in Howard County, and many of our employees are county residents. Supporting the hospital personally and through Harkins allows me to give back and to benefit so many others who are important to me.” – Dick Lombardo

“The hospital serves a broader range of citizens than any other organization in Howard County. Three generations of my family have been served by the hospital. At some point in time, the hospital will touch nearly every single person in Howard County. It is important to have a facility of the caliber of HCGH in our community.” – Harry “Chip” and Cathy Lundy

End-of-year Giving

Your gift, large or small, has a positive impact on the well-being of our community, strengthening the ability of the hospital to provide patients with high-quality health care today — and tomorrow. Whether you provide a cash donation, give through our Grateful Patient program, donate stocks, establish a deferred gift, or choose from other options available to you through the Howard Hospital Foundation, you will have the satisfaction of knowing that your philanthropy makes a measurable difference in the lives of those served by Howard County General Hospital each year.

To make your end-of-year gift, visit hcgh.org/give.

HCGH doctors serving you

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

GASTROENTEROLOGY
Priti Bijpuria, M.D.
Maryland Digestive Disease Center
4801 Dorsey Hall Drive #120
Ellicott City, MD 21042
410-730-9363

Jeff van den Broek, M.D.
Digestive Disease Associates
10710 Charter Drive, Suite 110
Columbia, MD 21044
410-992-9797

OPHTHALMOLOGY
Sherry Narang, M.D.
Patapasco Eye MDs, LLC
6350 Stevens Forest Road #101
Columbia, MD 21046
443-283-8800

PEDiatrics
Cassandra L. Baughman, M.D.
Columbia Medical Practice
5450 Knoll North Drive #300
Columbia, MD 21045
410-964-6300

ORTHOPEDIC SURGERY
Patrick J. Maloney, M.D.
Orthopaedic Associates of Central Maryland
10710 Charter Drive #300
Columbia, MD 21044
410-644-1880

RHEUMATology
Moe Zan, M.D.
Arthritis Care Specialists of Maryland
4801 Dorsey Hall Drive #226
Ellicott City, MD 21042
410-992-7440

PLASTIC AND RECONSTRUCTIVE SURGERY
Troy Pittman, M.D.
10710 Charter Drive #420
Columbia, MD 21044
443-997-9466

RADIATION ONCOLOGY
Mark V. Mishra, M.D.
Central Maryland Radiation Oncology Center
10710 Charter Drive #G030
Columbia, MD 21044
410-740-9300

Welcome to …

HCGH welcomes Arjun Chanmugam, M.D., the new interim director of the Emergency Department. Dr. Chanmugam is an Associate Professor at The Johns Hopkins University and the Department of Emergency Medicine at The Johns Hopkins Hospital. He received his Medical Degree at the University of Maryland School of Medicine and completed his internship and residency at The Johns Hopkins Hospital.
Thank You To Our Donors

The Howard Hospital Foundation recognizes the generous support of individuals, organizations, and corporations who have given to the hospital between January 1, 2012 and December 31, 2012. Howard County General Hospital 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.

$250,000 - $499,999
The Horizon Foundation of Howard County, Inc.*
Creig and Carla Northrop and the Creig Northrop Team*

$100,000 - $249,999
Apple Ford Lincoln*
Evelyn and J.P. Bolduc*
Moira Mattingly and Jeff Leco*
The Lundy Family*
The Rouse Company Foundation*

$50,000 - $99,999
Anonymous*
Mary Gould and Kingdon Gould Jr.*
Howard County General Hospital Volunteer Auxiliary*
Elizabeth and Peter Hibbard*
W.R. Grace Foundation, Inc.*

$25,000 - $49,999
Anonymous*
Biegel & Waller, LLC*
Blossoms of Hope/The Howard County Cherry Tree Project*
Jean and Lawrence Butera*
Dawn L. Cooke*

$10,000 - $14,999
AUTOBODY Images*
Vivian C. “Millie” Bailey*
Central Maryland Urology Associates, P.A.*
First Source Electronics, LLC/ Jennifer and Kevin Popielarczyk*
Kelly and Gary Garofalo*
Greenberg Gibbons Commercial Corporation*
Jean and Christopher Hubbard* LG-TEK*

$5,000 - $9,999
Dori and Paul Capodanno*
Cattail Creek Country Club*
The Columbia Bank*
Columbia Medical Practice*
Crossroads Medical Associates, LLC*
Warren M. Ross, M.D.*
Alan G. Stahl, M.D.*
Cheryl Leonardi, M.D.*
Steven H. Eversley, M.D.*
Parry A. Moore, M.D.*
Mim and Steve Dubin*
ENTAA Care*
Fred Frederick Family Foundation/ Betty Anne and Fred Frederick*
The Tom & Dotty Grimes Charitable Fund at the Vanguard Charitable Endowment Program*

Why I give...

“Our parents have set the example and have taught us that we have a responsibility to the community. We wholeheartedly believe in giving back,” says Mary Glagola.

Leslie and Alan Rifkin/Rifkin, Livingston, Levitan & Silver, LLC*
Microsoft Matching Gifts Program*
Migsie and Gar Richlin*
Anne and Peter Rogers*
Samantha and Steven Sachs*
Sandy Spring Bank*
Speizman Horowitz Family Fund at the Community Foundation of Howard County*
Richard and Lois Talkin Fund at the Community Foundation of Howard County*

Why I give...

“Giving to the hospital was an emotional decision for us,” says Dr. Sanford A. Berman and Dr. Kay A. Ota-Berman. “We gave because we have good relationships with our doctors and like the environment the hospital has created. There is no other place that we felt we would like to give.”

Maryland Endocrine, P.A.*, Sue Song, Ph.D., APRN-PMH*

$1,500 - $2,499
Citigroup*
Davis, Aghor, Rapaport & Skalny, LLC*
Susan and Robert E. Fischell, Sc.D.*
Lily and Nicholas Gold*

Why I give...

Waverly Woods Development Corporation**
Wilmot Sanz Architects *
Patricia Lancelotta and Charles J. Lancelotta, M.D.*
Priscilla Trubin and Richard Lewis

$2,500 - $4,999
Audrey Benford*
Berman, Goldman & Ribakow, LLP*
Capital Women’s Care of Howard County*/
Minerva P. Davis, M.D. , Christine P. Richards, M.D. ,
Mohammed R. Gheba, M.D.*
Suzanne and Paul Gleichauff*
Harper’s Choice Swim Team*
Lisa Higgins-Hussman*
KBE Building Corporation*
Kupcakes & Company LLC*

$1,500 - $2,499
Microsoft Matching Gifts Program*
Migsie and Gar Richlin*
Anne and Peter Rogers*
Samantha and Steven Sachs*
Sandy Spring Bank*
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Waverly Woods Development Corporation**
Wilmot Sanz Architects *
Patricia Lancelotta and Charles J. Lancelotta, M.D.*
Priscilla Trubin and Richard Lewis
A Vision of Giving Back

For Robert Fischell, Sc.D., the reasoning behind his recent one-million-dollar donation to Howard County General Hospital is simple. “I appreciated the care that my late wife and my current wife have received at the hospital throughout the years,” he says. “So why not give back?” This philosophy of giving and caring for others is deeply ingrained in Dr. Fischell.

A long-time resident of Howard County and a prolific inventor, Dr. Fischell raised his family in the county and spent nearly three decades as a physicist at the Johns Hopkins Applied Physics Lab. Now he spends his days inventing medical devices at the home he designed in Dayton, Md.

“My religion is ‘humanitarianism,’” he says. “I have devoted my life to doing everything that I can to help other people. To me that is meaningful religion.”

“When I recognize a problem needing to be solved, I often see pictures in my mind of the invention that will solve it. All I do is draw what I see. Mozart did the same thing; he heard the music and then wrote it down. Not everybody hears the music. Not everybody who sees a problem envisions the answer. There is no explaining it, but I feel very fortunate that I sometimes can see an invention that others have not yet seen.”

Many of Dr. Fischell’s medical devices such as coronary stents and the implantable heart defibrillator have been used at hospitals around the world. Today, he and his wife Susan leave their mark at our community hospital, HCGH, through their philanthropy, which will be recognized with the naming of The Susan and Robert Fischell Cardiac Monitoring Unit.

“We are truly thankful to the Fischells for their generous gift. Their vision of seeing and addressing a need aligns so well with the hospital,” says Sandy Harriman, vice president of Development for the Howard Hospital Foundation. “We are so grateful that the Fischell’s donation enabled us to reach our $30 million goal and complete our Campus Development Plan Campaign.”

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2004-2013
Campus Development Plan Capital Campaign Gifts

Through the generosity of local individuals, organizations and corporations, Howard Hospital Foundation has raised $20 million that enabled the completion of a 233,656-square-foot expansion and renovation project known as the Campus Development Plan (CDP). The following is a list of those who supported the CDP, a landmark effort and the most ambitious capital project in the hospital’s history. HCGH is grateful for every contribution made to the CDP; however, due to space limitations, only the names of those who gave $2,500 or more have been published here. 

Why I give...

“I could be a patient at HCGH tomorrow; my friends and family could be patients. By giving to this campaign, I can help ensure that we all receive the best care possible,” says Dr. Michael Silverman.
A Lesson in Giving Back
Learned Through Adversity

As our parents enter their golden years, the role of caregiver often reverses. One gift adult children can give to aging parents is access to high-quality health care. That’s exactly what Bob and Tracy Lucido found when they turned to HCGH to care for Tracy’s mother.

“When my mother was ill, I relied on people I know and trust including Vic and Tina Broccolino and Dr. Nick Grosso,” recalls Tracy, business manager of The Bob Lucido Team. “HCGH provided resources to my family and me to make necessary decisions and help us through a difficult time. My mother was a very special person, full of grace and strength; the HCGH staff loved her, and she was very grateful for the care and friendships she made there.”

Through this trying time for the Lucido family came the inspiration to give back. The Lucido family donated $50,000 to support Howard Hospital Foundation’s annual Symphony of Lights festivities. “My family and our team decided to give back in a way that will hopefully bring joy to families during the holidays,” explains Tracy, who mentioned the Lucido Team Night will be held on December 10, during the 2013 Symphony of Lights festivities.

“Why I give…
“I have medically fragile children who were born at HCGH. It is only natural that I philanthropically support my community hospital,” says Mark Biegel.

Tracy’s husband Bob, president of The Bob Lucido Team, a residential real estate agency, echoes her sentiment saying, “I believe we shouldn’t just be takers, but also givers. Having lived in the county for more than 50 years, my family has received outstanding care at HCGH. I feel obligated to recognize the hospital with philanthropic support, not just a ‘thank you.’”

For the Lucidos, that outstanding care also spurred their company to establish the Silver Group. “Experiencing firsthand the challenging situation others go through caring for an elderly parent led us to form an initiative designed to assist people 55 years or older navigate the process of scaling down or making life’s transitions to smaller environments—whether it be assisted living or a 55+ community,” states Bob.

Whether supporting HCGH or the community at large, the Lucidos embrace the opportunity to help.
calendarevents: 2013

NOVEMBER

Beating the Odds: Autumn Extravaganza at Fretz
Annual Signature Event celebrating the 15th Anniversary of the Claudia Mayer Cancer Resource Center at HCGH
Friday, November 8/ 6–9 p.m.
Fretz Kitchen Showroom, Columbia
$75 per person
Join the committee and chairs: Tina Broccolino, Paulina Nemec, Carla Northrop and Mary Jayne Register for an evening of games of chance, food by Carrabba’s Italian Grill, fine wines by Gus Kalaris/Constantine Wines, silent and live auctions, raffles, entertainment by DJ Doug and more! This event benefits CMCRC at HCGH. To sponsor this event, purchase tickets or donate an auction item, visit hcgh.org/Fretz or contact abrocco1@jhmi.edu or 410-740-7570.

“Your Health and Our Changing Climate” Forum
Saturday, November 9/8:30 a.m.–noon
Howard Community College
(Health Science Center main auditorium, Room HSB 150)
Sponsored by Transition Howard County, HoCo ClimateChange and Howard Community College, this forum will discuss how climate change not only makes weather erratic and more calamitous, but also can be hazardous to the health of infants, children, the elderly and other vulnerable populations and the general public. Speakers include Drs. Cindy Parker and Steve Shapiro from Johns Hopkins University, authors of “Climate Chaos: Your Health at Risk—What You Can Do to Protect Yourself and Your Family” and representatives from government and local organizations. To register visit http://www.transitionhoco.org/committees/health.

A Woman’s Journey
Saturday, November 16
Hilton Baltimore Hotel
The Johns Hopkins Medicine annual one-day women’s health conference, which features keynote speaker Katie Couric this year, provides new and compelling information about important issues affecting women’s health. For information, call 410-955-8660, email awomansjourney@jhmi.edu or visit hopkinsmedicine.org/awomansjourney/Baltimore.

For a complete listing of hospital events, visit hcgh.org.