Wellness Matters

Food: The Most Important Medicine

Nutrition for Every Stage of Life
President’s Message

Dear Friends,

Howard County General Hospital is dedicated to working closely with our community partners to improve the health of our community. This entire issue of Wellness Matters is about nutrition and keeping Howard County residents—from our children to our seniors—healthy using the power of food.

Our goal at HCGH is to create a healthier community by promoting wellness and actively supporting a healthy workforce here. We feel by starting with our employees, we will set a good example for the citizens in our community. With that being said, we are proud to announce that changes are being made throughout our facilities at HCGH—and Johns Hopkins Medicine—to improve our own nutrition. One way we are doing so is by encouraging employees, visitors, and patients to rethink their drink choices by creating an awareness of the sugar content in beverages and increasing the availability of healthy beverage options by offering a variety of non-sugar added beverages.

While reading this issue of Wellness Matters, I challenge you to think about one change you can individually make in your own nutrition. I encourage you to take personal responsibility for your health by increasing your healthy behaviors, paying attention to your diet, exercising, and taking advantage of our Wellness Center’s screening, prevention, and educational opportunities.

Working together, I am confident we can build a healthier community in Howard County.

Happy holidays, and I hope to see you at our Symphony of Lights festivities.

Sincerely,

Steven C. 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
Pregnancy Nutrition
Eating for Two

In order to stay healthy during pregnancy, The Academy of Nutrition and Dietetics recommend “appropriate weight gain, eating a balanced diet, exercising regularly, and appropriate and timely vitamin and mineral supplementation.”

The Calorie Count
Mothers often think that because they are pregnant, they must eat for two, and consume too many calories. According to Teresa Love, MS, RD, CDE, a registered dietitian on staff at HCGH, “to maintain a healthy pregnancy, expecting mothers should only be adding 150 calories a day and 2-3 oz. of additional protein (meat, cheese, or eggs) in the first trimester. In the second and third trimesters, an additional 300-400 calories should be added to their daily intake.”

The appropriate amount of weight gained during pregnancy depends on each individual mother and her health. Typically, gaining 25-35 pounds is recommended for a normal weight woman according to the American College of Obstetricians and Gynecologists. Women are encouraged to try and enter pregnancy at a healthy weight. Also, if you are significantly overweight, you should gain less during your pregnancy.

Pregnancy Dos & Don’ts
DO:
- wash raw fruits and vegetables thoroughly
- fully cook meats and poultry
- cook eggs until egg yolks and whites are firm
- avoid unpasteurized foods

DON’T:
- eat seafood high in mercury (swordfish, tilefish, shark, king mackerel)
- eat raw, undercooked seafood
- consume alcohol, caffeine or smoke
- eat fried foods – especially early in your pregnancy. “A recent study showed an increased risk for developing gestational diabetes when expectant mothers consume a high fat diet,” says Teresa.

The Role of Folic Acid
Birth defects of the brain and spinal cord can be reduced by the intake of folic acid. The U.S. Public Health Service recommends all women of childbearing age take 400 micrograms of folic acid daily.

Because folic acid is most beneficial during the first month after conception and many women do not know they are pregnant during this time, women are encouraged to take folic acid before conception as well as during the pregnancy. Folic acid can be found in some vegetables, fruits, beans and nuts.

Nausea
Nausea is very common in pregnancy. This nausea, commonly known as morning sickness, can be caused by a variety of factors, including your diet. Teresa recommends eating small meals several times a day to help lessen the symptoms.
Understanding Adult Nutrition

Adults are faced with an abundance of food and nutrition information and choices. A healthy diet and lifestyle are the best weapons to fight diseases such as heart disease, stroke, diabetes and certain types of cancer.

The American Heart Association recommends a diet including lean meats and skinless poultry, having fish at least twice a week, selecting fat-free, one percent fat or low-fat dairy products and cutting back on added sugars.

Teresa Love, MS, RD, CDE, a registered dietitian on staff at HCGH, says, “choosing a healthy lifestyle that includes eating the right foods and getting plenty of exercise goes a long way in keeping the body healthy. Make sure half of your plate is vegetables or salad, and eat your fruit or vegetable first to help fill you up so you will eat less of other things.”

Here are some guidelines for evaluating your diet:

**What are you drinking?**

“Everything has gotten big,” notes Teresa. “Serving sizes that were once 8 oz. are now 20 oz. and sometimes even larger. When you couple the increasing size with the amount of sugar in many beverages, you have a recipe for weight gain. This is especially true when it comes to energy drinks.”

Many beverages that may appear to have health benefits have added sugar that is not healthy. Scientific evidence supports the association between consumption of sugar-sweetened beverages and an increased risk of obesity, which can contribute to the development of diabetes, heart disease and cancer. “Drinks that are labeled vitamin enhanced water can have the same amount of sugar as seven chocolate sandwich cookies,” warns Teresa. “To burn off the calories in a fancy 16 oz. coffee drink, you will need to
strength train for 30 minutes. Also, calories consumed in a liquid form
don’t tell our body to turn off hunger. So we need to be careful using
beverages to satisfy cravings.”

What colors are you eating?
According to Teresa, it is important to include colorful fruits and
vegetables into your meals. Brightly colored fruits and vegetables
indicate that they are high in antioxidants. The deeper and darker the
color of the vegetable or fruit, the better it is for you. When thinking
about your daily diet, choose at least four servings of colorful vegetables
and three servings of colorful fruits, she suggests.

Though there are supplemental pills available that some may think
would be easier, they do not supply the same benefits derived from
food, Teresa adds.

What does the label tell you?
“I understand that most of us are not going to soak our own beans and
make our own breads and instead buy pre-packaged food, so if you do,
you really need to read the labels,” says Teresa. “If one of the first three
ingredients is sugar, salt or partially hydrogenated oil – put it back on
the shelf. Processed food contains added salt, sugar and fat and you lose
fiber.”

On a food ingredients label, there are many words that can indicate
added sugar, that doesn’t occur naturally, including: high fructose corn
syrup; agave; fruit juice concentrate – often added in yogurt; dextrose;
honey, molasses, and brown rice syrup just to name a few.

According to Teresa, “excess sugar causes inflammation inside our
blood vessels even more so than saturated fats. Research is leading us
to really take a look at the role excess sugar has on our cardiovascular
system.”

**Recipes from our Nutritionist**

Sweet Potato Fries
- Wash potatoes, cut into thin slices or strips.
- Toss in a bowl with olive oil.
- Spread in a single layer on a cookie sheet.
- Bake at 425°F for approximately 10 minutes.
- Watch carefully as the potatoes can burn quickly. Sprinkle with cinnamon or cayenne pepper for some spice.

White Chicken Chili
- Cooking spray
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 medium onion, finely diced
- 2 medium carrots, finely diced
- 3 cloves of garlic, minced
- 2 - 15 oz. cans great northern beans, rinsed and drained
- 1 cup reduced sodium chicken broth
- 1 - 4 oz. can diced green chilies or fresh jalapeno pepper
- 1/2 tsp. pepper
Optional: fresh cilantro chopped or cayenne pepper

1. Coat a large soup pot with cooking spray. Add chicken and cook over medium-high heat until lightly brown. Remove chicken from pot and set aside.
2. Spray pan again with cooking spray. Sauté onion and carrots about 4 minutes until onion turns clear.
3. Add all remaining ingredients and the chicken, stir. Bring to a boil, reduce heat, and simmer 15 minutes.
Nutrition and Type 2 Diabetes

According to the National Diabetes Education Program, nearly 21 million Americans have diabetes, a serious disease in which blood sugar (glucose) levels are above normal. Most people with diabetes have type 2, once known as adult-onset diabetes.

Lifestyle Changes

The Diabetes Prevention Program, an evidence-based program led by the Center for Disease Control and Prevention, has shown that you can prevent or delay the onset of type 2 diabetes by losing weight through a reduced calorie diet and by increasing physical activity. “Individuals should aim for a seven percent weight loss over three months and 150 minutes of physical activity weekly,” said Teresa Love, MS, RD, CDE, a nutritionist at HCGH.

Diabetic Diet Do’s:

Our nutritionist recommends you:

- keep a log of all foods and beverages using a notebook or websites/apps to track calorie intake.
- incorporate lima, kidney and black beans into your diet. They are a good source of iron and fiber and a carbohydrate that doesn’t raise blood sugar significantly.
- try not to drink calories in the form of sugary beverages or alcohol.
- eat breakfast within an hour or two of getting up.
- eat consistently – a meal or a snack – every three to five hours.
- don’t consume all of your food at the end of the day.
- eat more vegetables.
- try to have a protein-based food with each meal: lean meat, eggs, cottage cheese, or yogurt. This will help with hunger and control your blood sugar.
- practice strategies that help control portions like using choosemyplate.gov.
- do NOT buy all sugar-free and no sugar added products. Instead, eat whole foods that are natural and less processed. The less the number of ingredients, the better the food is for you. For example, if you buy ice cream, the ingredients should be milk and a flavoring. But, if you buy no sugar added ice cream, there are often chemicals added in processing and you will see a longer list of ingredients.
- eat half of your meal when you eat out at a restaurant and take the rest home or share with someone. Restaurant portions are typically too large.

“You are somewhat in the driver’s seat. Typically diabetics require more medicine over the years to manage their disease. But, often if you can lose weight and make dietary changes, you may be able to reduce the medicine you need.”

- Teresa Love, MS, RD, CDE

Myth: Diabetics can’t eat: fruit, bread, potatoes, rice, carrots, or anything white.

Truth: They can in moderation.

Join us for:

Prediabetes

Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent or delay a diabetes diagnosis. 3/5, 7–9 p.m. HCGH Wellness Center. $15. Register: hcgh.org For a complete list of diabetes classes see page 14.
**Q:** What are the unique nutritional requirements of seniors?

The good news is that, in general, the components of a healthy diet don’t change terribly much over your lifespan. What is good for you to eat when you are young is generally good to eat when you are older. As people age though, they start to lose muscle mass and replace it with fat which is a natural part of physiological aging. That means older people should include a little more protein in their diet and should exercise.

**Q:** What is a balanced diet for seniors?

I consider a balanced diet to be a whole food, plant-based diet. This type of diet is not completely vegetarian but limits animal products to two to three meals a week. Dairy and eggs are considered animal products as well as meat. Research shows that food from an animal origin increases inflammation, which older folks tend to already have in their body.

Arthritis is one of the key things that benefits from a whole foods diet - because it is inflammation - and particular foods can make arthritis worse.

I also recommend eating foods in their most natural states. It is important to limit highly processed food, which is often found in cans or packages, as they tend to be less nutritious and contain a lot of sodium. Diets can vary for each individual but, in general, we are highly deficient in nutrients found in fruits and vegetables. Most people are overweight and undernourished, but often seniors age 80 and older tend to be underweight and undernourished.

I like to see people moving toward the ideal diet. Including more canned vegetables is okay, but ideally you should consume a variety of fresh or frozen vegetables.

**Q:** Should seniors take a daily multivitamin supplement?

Seniors should supplement for specific vitamin deficiencies rather than take a general overall supplement. Multivitamins are not ‘one size fits all.’ Also, if you take too much of some vitamins, they can be toxic. General multivitamins are synthetic and not as beneficial as eating the vitamin in its natural form… food! Food is the most important medicine you can put in your body. We make sure our prescriptions are taken correctly but we don’t think about food as carefully. There are not side effects to eating well but medications do have side effects. Often food can be the best medicine to help people become healthier, prevent disease and eliminate the need for some prescriptions.

Continued next page >>>
Q: **Should I get my vitamin levels checked?**
There are certain absorptions of some vitamins that change over time. You should have your B12 levels checked as well as your Vitamin D. Older people might be indoors more and their skin isn’t as efficient in absorbing sun and converting into active Vitamin D resulting in a deficiency.

Q: **How can you add Vitamin D?**
Our bodies are devised to get Vitamin D from the sun. Just by getting sun exposure 20-30 minutes every day, you may be able to increase your levels. Supplementing Vitamin D with food is a balancing act. You can get Vitamin D through food such as egg yolks, salmon and milk. The problem in getting Vitamin D from these animal products is the effect these foods can have on other chronic conditions. For some seniors, Vitamin D is one supplement that some may need to take in the form of a pill.

Q: **Why is Vitamin D important to seniors?**
Low Vitamin D levels are linked to so many diseases including osteoarthritis, depression, pre-dementia and heart disease. We also have seen studies that show those with low Vitamin D have less balance and reduced muscle strength. This can make you more likely to fall, which often results in hip fractures. Studies are also underway to research Vitamin D deficiency and an increased cancer risk.

Q: **Should I take a Vitamin B12 Supplement?**
Check your B12 levels regularly. Vitamin B12 comes from animal products. If you have been diagnosed as deficient, you probably will need supplementation.

Q: **Could a Vitamin B12 deficiency hurt me?**
Your body needs Vitamin B12 to make new cells, such as red blood cells, for your nervous system to work normally. Vitamin B12 deficiency can lead to anemia (having too few red blood cells), which can make you feel tired or weak. A Vitamin B12 deficiency can also cause other symptoms including trouble walking, tingling or numbness in the hands or feet, and memory problems.
It is never too early to teach children healthy eating habits.

“How preschool-age children (ages four to five) are still developing their eating habits and need encouragement to eat healthy meals and snacks,” says HCGH dietitian Ashli Greenwald MS, RD, LDN. “These children are eager to learn and will often imitate eating behaviors of adults.”

Adults in children’s lives play a large role in a child’s nutrition and developing eating habits. “Kids are going to model what their parents do. If their parents are eating a lot of fast food and drinking a lot of soda, their kids are going to develop those habits,” says Michael Lasser, M.D., a pediatrician on staff at HCGH. “It is really important families sit down and eat together. Not only to see how the child’s day was, but if parents are eating healthy food, that is what the kids are going to eat.”

The Water Connection

Children need to drink more water. “Kids do not drink enough water throughout the day and will come home from school with headaches because they didn’t have breakfast or drink enough water and are dehydrated,” says Dr. Lasser.

Don’t Forget Vitamin D

“Another issue I see is low Vitamin D levels in kids,” Dr. Lasser explains. “Children should be drinking nonfat milk to get Vitamin D. Another way to get Vitamin D is being outside, and kids are not spending enough time outside.”

If kids do not drink milk, some parents think it is okay to replace milk with other dairy products. According to Dr. Lasser, “Dairy products other than milk are good sources of calcium but often are not fortified with Vitamin D so parents still need to make sure their children have adequate Vitamin D intake from being outside or from vitamins.”

Skipping Meals

“Parents have to realize it’s okay if kids, particularly younger kids, skip a meal now and then simply because they are not hungry,” says Dr. Lasser. “Some parents are worried and give non-nutritious foods to their children just so they will eat.”
Healthy Snacks

“Healthy foods and snacks packed with nutrition are essential for children ages six to 12,” says Ashli. “These children have a steady but slow rate of growth and typically eat four to five times a day (including snacks). During this time, your child will determine many of their food habits including their likes and dislikes. Fortunately, they’re often willing to eat a wider range of foods than their younger siblings.

Satisfy big appetites after school by making snack time healthy. Ashli suggests that the refrigerator be stocked with fat-free or low-fat milk, fresh fruit, and vegetables instead of soft drinks and pre-packaged snacks high in sugar and fat.

Healthy snacks may also help children who have frequent constipation. “We see a lot of kids with constipation issues,” Dr. Lasser commented. “Often this is due to their diet not containing enough fruits and vegetables or whole grains, all sources of natural fiber that the body needs.”

Combatting Obesity

“Obesity is a chronic disease affecting increasing numbers of children and teens,” says Ashli. “The percentage of children ages six -11 years old in the United States who were obese increased from seven percent in 1980 to nearly 18 percent in 2010. Similarly, the percentage of adolescents ages 12-19 years who were obese increased from five percent to 18 percent over the same period.”

Some of the biggest problems Dr. Lasser sees are related to poor dietary choices. “A lot of kids just don’t eat well and lack exercise,” says Dr. Lasser. “Kids are drinking too many sweet things such as sodas and juices with empty calories and eating too much fast food.”

Dr. Lasser uses an easy-to-remember plan, a program endorsed by the American Academy of Pediatrics, to help his patients eat healthy every day.

The plan is called 5210:

- 5 fruits and vegetables every day
- 2 hours of screen time a day
- 1 hour of physical activity a day
- 0 sugar/sweet drinks and instead, drink more water and low-fat milk.

“If kids follow the 5210 plan, it’s an easier way to stay healthy. If they are eating fruits and vegetables five times a day, they aren’t eating as much fast food,” Dr. Lasser notes.

Weighing in on Your Child’s Weight

With: Edisa Padder, M.D. Pediatrician
Robin Toler, M.D. Psychiatrist
Ashli Greenwald Dietitian
Suzie Jeffreys Exercise Specialist

VIEW OUR Online Seminars
hcgh.org/seminars

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Experience the 21st Annual Symphony of Lights

Symphony of Lights, sponsored by Macy’s, is located in Symphony Woods off Broken Land Parkway in Columbia. In addition to drive-throughs six days a week (Wednesdays-Mondays 6-10 p.m., closed on Tuesdays and December 31), Symphony of Lights offers:

**DAZZLE DASH**, presented by The Bob Lucido Team of Keller Williams Select Realtors, kicks off Symphony of Lights with a run/walk through the lights including complimentary commemorative shirts, activities for children of all ages, healthy foods provided by local vendors, music, entertainment and giveaways. Dazzle Dash takes place Saturday, November 15, from 5-7:30 p.m. for runners only and Sunday, November 16, from 4-7:30 p.m. for walkers only.

**GROUP WALK THROUGH**S are perfect for work groups, scout groups, school groups and more. Tuesdays, November 18 to December 30. Registration required. Pets are not permitted.

**MILITARY APPRECIATION NIGHTS** offer active duty, reserve, and retired military members and their dependents, $10 off the regular price admission to the drive through (with government issued ID). Join us on Mondays, December 1 and December 8.

**TAIL LIGHTS** is a walk through the lights for dogs and their owners on Thursday, December 4, from 4-5:45 p.m. Join us for our first annual “Best Dressed Pet” contest at this year’s event!

**TWINKLING TOTS** is a walk through the lights for families with young children on Tuesday, December 9, from 4:15-6:15 p.m. Strollers and wagons are welcome.

**MIDNIGHT AT 7** is a New Year’s Eve celebration for families on December 31 from 5-8 p.m. Dazzling fireworks display at 7 p.m. (weather permitting). Enjoy music, entertainment, a bonfire, giveaways, and food for purchase by local vendors.

Register online at hchg.org/symphonyoflights. Call the Symphony of Lights information line: 410-740-7666. LIKE us on Facebook for Hidden Word contest hints, to win tickets to Symphony of Lights events and more at: facebook.com/symphonyoflightsfestivities.
Don Miller had two particular passions growing up in Howard County, baseball, and later Chevrolets, the only cars he would ever own. As an adult, he would quietly reach out to help those in need. Don was the son of Charles E. Miller, lifetime Howard County resident who donated land for the first public library as well as many other landmarks in Howard County. When it came time, Don made sure that giving was a part of his legacy too.

Don worked and lived in Howard County his entire life. “Besides working on the family farm and helping to raise turkeys, one of his summer jobs was delivering mail and the route was most of western Howard County,” says long-time partner Linda Krichten. “Later, he joined the family business, Miller Chevrolet Sales. So, naturally Howard County would be a place that he supported through charitable giving.”

When he attended the first annual HCGH golf tournament with Linda, he became an ongoing donor every year. His first donation to the Howard Hospital Foundation (HHF) came in 1993, and he gave every year thereafter until his death in 2013.

“Mr. Miller supported hospital fundraising events, our Master Facility Plan, and services including oncology, cardiology and the Emergency Department year after year,” notes Jan Hines, HHF director of development.

As Don grew older, he had many visits to the Emergency Department. “I know that a lot of his donations went to the Emergency Department because he felt that was a service he was using so much; and he received good care from them,” says Linda.

Inspired by the nursing care he received, he also established a nursing scholarship with HHF for HCGH employees to pursue continuing education at Howard Community College. The first scholarship is expected to be awarded in 2015.

“Don gave to those institutions that made a difference in his life – his churches, schools, hospital and non-profits that touched him,” says Linda. “He would ask people ‘what charities do you give to?’ He was always looking for a charity to add to his list.”

Don’s final gift came in the form of a bequest in his will designating funds to be given to HCGH as well as many other charities. “At the time he wrote his bequest, he didn’t know what each organization’s needs would be, so he provided unrestricted donations that could be used in the area of most need. He wanted his resources to make a difference,” says Linda.

“Don’s loyal support of HCGH has helped to make a tremendous impact on not only the services we offer but our nurses.”

- Jan Hines, HHF director of development

Visit hhfplanningyourlegacy.org or call 410-740-7840 for more information on how you can leave a legacy in giving.
Long-time Howard County residents Dr. Sanford A. Berman and his wife Dr. Kay Y. Ota-Berman recently donated $5 million to the Howard Hospital Foundation – the largest private donation in the history of both Howard County General Hospital and Howard County at large.

With a twinkle in his eye, Dr. Berman says, “Kay and I had a long talk, we studied, investigated, researched, and concluded that common wisdom is right after all - you can’t take it with you. We are in our 80s and suspect that most of our life is behind us, and we have little, if any, need for material things. Why not give it to the hospital?”

This was not the first significant philanthropic support the Bermans have provided to HCGH. In 2012, the Bermans donated $1 million to HHF to support the Campus Development Plan. “After we donated the $1 million, it felt good. I felt such satisfaction,” notes Dr. Berman. “Kay and I wanted to leave a legacy in the community. We don’t have much family, and we have both been patients here and were treated so well. In fact, Kay told me the last time she was here that she felt like she was in a five-star hotel. While a patient at the hospital, she received, in our opinion, the best treatment anyone could receive. Making an additional $5 million donation felt right and I knew would make a difference for others in the community.”

In recognition of the Berman’s gift, The Health Care and Surgery Center building will now be named The Dr. Sanford A. Berman and Dr. Kay Ota-Berman Pavilion. Funds from the donation will be used in the areas of greatest need that improve patient care and will be given over the course of five years.

According to HCGH President Steven Snelgrove, “the Bermans exemplify the spirit of generosity that makes Howard County such an incredible community. This gift comes at a time when health care finances are changing, and we will use it wisely to support the strategic priorities of our hospital.”

Sandy Harriman, HHF vice president of development says, “Sandy and Kay have made a true commitment to advancing health in Howard County. Their continuing support is exemplary, and we are forever grateful for this most generous gift.”
**GET HEALTHY WITH DIET & EXERCISE**

**Weight Loss Through Bariatric Surgery**
Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. 410-550-KNOW (5669) or hopkinsmedicine.org/jhbmcbariatrics. 12/9, 5–6:30 p.m.; 1/20, 2/2, 5:30–7 p.m. Free.

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

**The Mall Milers**

**Looking to Lose Weight This Year (Part 1)**
Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 1/12, 7–8:30 p.m. Free.

**Kitchen Wisdom (Part 2)**
Sample food and learn how to spice up healthy meals with herbs and spices. 1/19, 7–8:30 p.m. Register for one or both parts. Free.

**Adult/Child/Infant CPR**
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). 11/24, 12/11, 12/18, 1/8, 1/20, 5:30–9 p.m. $55.

**Smoke-Free Lungs**
Education and support for those wanting to quit or who have quit. 1/5, 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 per month.

**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 per month.

**External Enhanced Counterpulsation Therapy†**
Non-invasive alternative treatment for patients with stage III or IV angina.

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

**HEALTHY HEART & LUNGS**

**AARP Driver Safety**
Classroom refresher for ages 50+. 3/23, 10 a.m.–2 p.m. $15/AARP members, $20/others.

**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. 12/10, 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. 12/17, 10–11:30 a.m. Free.

**Fitness Fun for Seniors**
Individuals age 60 and older exercise at their own pace. Includes stretching and low-impact exercise. Mondays and Wednesdays, 9:30–10:30 a.m. $32/8-week sessions.
HEALTHY FAMILIES

Happiest Baby on the Block
Parents and parents-to-be learn techniques to quickly soothe baby. **11/19**, 7–9 p.m. $50 per couple (includes parent kits).

FOR CHILDREN & TEENS

Essentials in Babysitting
Learn to manage children, create a safe environment and apply basic emergency techniques. **11/15, 2/28**, 9 a.m.–1 p.m. $50.

Home Sweet Home
Children (8-12) and their parents learn ways for children to stay at home alone. 3/7, 9–11 a.m. Free.

DIABETES

Prediabetes
Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent/delay actual diabetes. **3/5**, 7–9 p.m. $15.

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. 443-718-3000. **12/5 & 9, 1/16 & 20**, 8:30 a.m.–2:30 p.m. in the Bolduc Family Outpatient Center at HCGH.

Living with Diabetes: Executive Summary*
A condensed version of Living with Diabetes offered in the evening. 443-718-3000. **12/3 & 4, 1/21 & 22**, 6–9 p.m.

* Most insurance plans cover all or part of this program.

Ongoing Support Groups: Support group contact information: hcgh.org or call 410-740-7601.
Cancer Support Groups: For information, call 410-740-5858.

DIABETES

For a full list of HCGH physicians visit hcgh.org/findadoctor.
**Dazzle Dash**  
**NOVEMBER 15:** Runners only  
**NOVEMBER 16:** Walkers only  
A festive 1.4-mile run/walk through the lights. Enjoy activities for children of all ages, food, music and giveaways!

**Drive Through the Light Displays**  
**NOVEMBER 17, 2014-JANUARY 4, 2015**  
Open Weds.-Mon. (closed Tues.) from 6 p.m.–10 p.m.; closed December 31.

**Group Walk Throughs**  
**NOVEMBER 18-DECEMBER 30**  
Tuesdays ONLY. Perfect for youth groups, scout groups, school groups and more! Reservations required.

**Military Appreciation Nights**  
**DECEMBER 1 & DECEMBER 8**  
Bring your military ID and get $10 off the regular cost of drive through.

**Bike the Lights**  
**DECEMBER 2**  
First annual bicycle event! Bikers of all ages and abilities are welcome to enjoy this leisurely ride. Family and friends may walk with the bikers.

**Tail Lights**  
**DECEMBER 4**  
A dog-friendly walk through the dazzling light displays!

**Twinkling Tots**  
**DECEMBER 9**  
A family “stroll” through the lights… strollers and wagons welcome!

**Midnight at 7**  
**DECEMBER 31**  
A family-friendly New Year’s Eve celebration with fireworks at 7 p.m. (weather permitting)

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**$5 OFF**  
Drive-through admission with this ad  
(valid Mon., Weds. and Thurs.)

Proceeds from Symphony of Lights benefit