Advance Directives:
A Physician’s Perspective
Your Questions Answered
Dear Friends,

As we look to the change in seasons this fall, our campus is preparing to undergo change as well. Beginning in November, we will start construction of the 48,000-square-foot addition that will bring much-needed treatment space to the hospital. This phase of construction, which will begin in the parking lot adjacent to our Emergency Room, will result in the temporary relocation of our ER entrance to the hospital’s main entrance. I invite you to read more about our plans and view our updated campus map highlighting parking and entry for our ER on page 9 of this issue of Wellness Matters.

This September marked a milestone for me personally as I celebrated my 60th birthday. This past year has been one of change as my aging parents transitioned to an assisted living facility. Having major life events or shifts in a family member’s health is a good time to have conversations about health care wishes and to ensure that advance directives are in place. In this issue of Wellness Matters, we discuss what you need to know about advance directives and provide you with some resources to develop your directives, if you do not already have them in place. We are pleased to be partnering with the Horizon Foundation on their Speak(easy) Howard campaign to encourage the community to begin advance care planning.

As the holidays approach, I want to remind you that the spectacular lights to celebrate the season. All proceeds benefit Howard County General Hospital Foundation’s Speak(easy) Howard campaign. I hope you join us for one of our walk-through events or drive through the lights to celebrate the season. All proceeds benefit Howard County General Hospital.

Have a safe and healthy holiday!

Sincerely,

Steve Snelgrove
President

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Advance Directives
HCCH Social Workers Leslie Lampieri and Laura Torres explain what you need to know.

Q: What are advance directives?
Advance directives are legally binding written instructions dictating your preferences for medical treatments and health care decisions. They are the only way to ensure your wishes are respected if you are unable to communicate them with your health care provider during a time of crisis. There are two components of advance directives: naming a health care agent and creating a living will.

Q: What is a living will?
A living will allows you to dictate your wishes regarding your end-of-life care in writing. This document will let you address questions that will come up if you are terminally ill or permanently unconscious and therefore unable to communicate your preferences when they matter the most. A living will provides those around you with important information about what kinds of treatment you want or do not want to receive during this time.

Q: What is the difference between a living will and a last will and testament?
A last will and testament will allow your loved ones to divide assets in accordance to your preferences and does not address end-of-life medical care and treatment wishes.

Q: What is a health care agent?
A health care agent (HCA) is a person over the age of 18 who you select to make your health care decisions on your behalf. They do not have to be a relative. Pick someone close to you whom you trust and whose judgement you value, and make sure that you have thoroughly discussed your end-of-life care with them so that they clearly understand your wishes. It is important to recognize that you will always be asked first to make decisions about your treatment. Your health care agent’s authority will only be put into effect if you are unable to communicate for yourself. Armed with a clear understanding about your end-of-life preferences, your health care agent will advocate for the treatment preferences you have indicated in your advance directives when you are unable to do so yourself. They do not have to be a relative. Pick someone close to you whom you trust and whose judgement you value, and make sure that you have thoroughly discussed your end-of-life care with them so that they clearly understand your wishes. It is important to recognize that you will always be asked first to make decisions about your treatment.

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As the holidays approach, I want to remind you that the spectacular light displays of our Symphony of Lights festivities will soon be shining in Merriweather Park at Symphony Woods. I hope you will join us for one of our walk-through events or drive through the lights to celebrate the season. All proceeds benefit Howard County General Hospital.

Sincerely,

Have a safe and healthy holiday!

County General Hospital.

President’s Message

Advancement

Advance Directives

HCW Social Workers Leslie Lampieri and Laura Torres explain what you need to know.

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Please direct comments regarding Wellness Matters to 410-740-7890.

Hospital Information: 410-740-7810.

Wellness Matters is a newsletter for patients, their families, friends, and the community. It is designed to communicate information on the hospital’s services and upcoming events. It also provides updates on the hospital’s plans for the future.

Q&A

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Continued on next page >
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HCGH Social Workers Leslie Rogers and Laura Torres explain what you need to know.

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Q: When should I create my advance directive?
You can create your advance directive as soon as you are 18 years of age and should do so regardless of your current health needs or conditions. A health crisis can arise at any time. Advance directives are not just for the older, ill adult.

Q: I have my completed forms. What do I do with them?
Provide copies to your HCA, family members, friends and your doctor. If you are a current or past patient, you can bring your directives to the HCGH registration desk to be scanned into your existing medical record. If you are entering the hospital for a procedure, be sure to bring a copy with you at the time of admission.

Q: How often do I need to update my directive?
Advance directives should be reviewed and/or updated during significant life events such as a divorce, death or change in health of your named health care agent, a new diagnosis or decline in your health and periodically as you age. They do not expire and are valid unless an updated advance directive is provided to replace them.

Q: Where can I find advance directive forms?
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Have more questions? Attend the HCGH Advance Directives class:
Thursday, March 8, 2018/6-7 p.m. Free. HCGH Wellness Center. Register online at hcgh.org/events.

Howard County’s Speak(easy) Collaborative
Over the past year, members of the HCGH staff have joined with 14 community groups and the Horizon Foundation to collaborate on encouraging the Howard County community to take two important steps in advance care planning: have a conversation about their health care wishes and designate a health care agent. Visit speakeasyhoward.org to learn more and get dates for upcoming advance directives workshops.

Q&A

A physician’s perspective

HCGH MEDICAL DIRECTOR, INTENSIVE CARE AND SPECIAL CARE UNITS
Jeanette Nazarian, M.D.

The very best gift you, as a patient, can give your family is an advance directive. Having a patient’s wishes written down and known can bring an enormous amount of peace and comfort during a stressful time for family and friends. I would much rather talk about cases where we save lives but equally important is talking and thinking about what should be done if your life can’t be saved.

“My heart breaks for families who don’t have advance directives because everyone suffers.”

– Jeanette Nazarian, M.D.
**A physician’s perspective**

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Requests honored...

We had a patient in our ICU who had advance directives and named his son as his agent. He had written his wishes down with specifics, “If I am terminally ill and in a vegetative state, I request to not be in pain and to die at home.” His son knew what his dad wanted and advocated to make sure his wishes were honored. His father went home and had hospice at their house.

Agreeing to disagree...

We took care of an elderly lady who had very explicitly outlined in her advance directives that we do absolutely everything that could be done to keep her alive. Although her niece, who was her health care agent, didn’t agree, and we knew she wouldn’t have a good medical outcome, we honored the patient’s wishes.

Who decides without an advance directive?

In Maryland, if you do not have an advance directive and are not able to communicate or do not have the capacity to express your treatment wishes, the decision-making tree goes in this order:

1. Guardian (court-ordered)
2. Spouse/domestic partner
3. Adult children
4. Parents
5. Adult siblings
6. Other relatives or friends

“I advance directives ensure that the patient’s specific choices are honored and met even if a family member’s opinion differs.”

— Jeanette Nazarian, M.D.

Share your wishes...

A terminally ill man’s son said, “Dad said he doesn’t want to be on machines.” The daughter countered, “Dad never said that!”

These situations always bring out family pathology, so making your wishes known — and to more than one person — can help avoid these difficult situations. Incorporate specifics into your directive. Have your health care agent legally identified. It takes the pressure off everyone ahead of time, and you have taken away the element of surprise.

When discussing end-of-life care, consider what will be most important to you as you reach the last phase of your life. What level of care or treatment do you want or not want to receive? How do you feel about being supported by machines? Who would you want to make decisions about your care for you if you were unable? Is there anything your loved ones need to know that will aid them if they are to make decisions on your behalf?

The better you both understand the other’s wishes, the easier it will be to respect those wishes in the future. You can keep your directives general or add more detail to your advance directives document.

Share your directives with your physician and hospital...

We had an elderly patient with end-stage disease who kept getting pneumonia. With no advance directives on file, and at his wife’s urging, he was placed on a ventilator with life support. A caregiver of the patient’s came to visit and told us that the patient would never have wanted this level of care. It was later discovered that the patient did have advance directives that his spouse had not shared with the hospital. She wasn’t ready to let her husband go. Unfortunately, he endured weeks of invasive procedures and support that he didn’t want. Once the directives were shared with us, we were able to follow his wishes and discharge him to hospice where he received comfort care at the end of his life.

Advise directives ensure that the patient’s specific choices are honored and met even if a family member’s opinion differs.”

— Jeanette Nazarian, M.D.
As physicians, we took an oath to act on behalf of and in the best interests of the patient. In addition, one of the most important lessons we learn as physicians is that just because we can intervene, doesn’t always mean we should. Often, as critical care doctors, we face very hard decisions. It is difficult when a family wants a very high level of care that causes pain. It is difficult when we are asked to maintain a state that is painful and futile. Sometimes when a family can’t agree on treatment or when to allow their loved one to die peacefully, the result is that the family interferes with peaceful dying. As ICU providers, we must make the patient our first priority.

For example, we have a duty to alleviate pain and suffering which is sometimes complicated when the family wants the patient to be more awake and not receive as much pain medication. Advance directives ensure that the patient’s specific choices are honored and met even if a family member’s opinion differs. We are bound by law to follow the wishes expressed in those written documents.

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**NEW 2017-2018 Directory of Physicians**

The new HCGH Directory of Physicians has been published and mailed to county residents. This year’s directory lists the more than 900 physicians that practice at HCGH in more than 90 specialties and subspecialties. To request a copy, please call 410-740-7810.

**New Outpatient Psychiatry Service**

Johns Hopkins Department of Psychiatry and Behavioral Sciences is opening a new outpatient psychiatry office in Howard County. A range of general adult psychiatric conditions will be treated in the new clinic, including women’s mood and eating disorders and depression.

**ER ENTRANCE RELOCATES**

In the next five years, Howard County’s population is projected to grow six percent, including a 40 percent increase in residents age 55 or older. To care for this growing community, we will be updating some of our older hospital facilities to meet modern needs. The construction will include:

- A new 48,000-square-foot addition which will add approximately 40 treatment spaces.
- A new emergency room entrance, waiting area and evaluation area to improve our patients’ experiences and expedite the flow through the emergency room and hospital.
- A new observation unit adjacent to the emergency room.
- A new inpatient psychiatric unit.
- Additional treatment spaces for pediatric behavioral health patients to address the unique and growing needs of adolescents with substance use and mental health issues.
- Enlargement of the adult behavioral health unit in adult ER.
- A new general medical-surgical unit with additional beds for the hospital.

Because construction will involve major renovations to the emergency room, the most immediate impact to be aware of is a temporary relocation of the current ER entrance to the hospital’s main entrance starting in November. Walk-in patients and visitors will access the ER through the main entrance of the hospital until the renovations have been completed. Ambulances and emergency vehicles will still use the existing ambulance entrance.
HOSPITAL NEWS

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Remembering Rosie

Megan and John Greco were only 12 weeks pregnant with their third daughter Rosie when they received the news no expectant parent wants to hear. Their daughter had a chromosomal condition, trisomy 18, and would likely not live long after birth.

“We knew that we had to let God work his plan,” recalls Megan. “We met with Mary Peroutka, RN, from HCGH’s Rising Hope Perinatal Hospice Program, and she encouraged us to start celebrating Rosie’s life while she was living in my belly.”

Rising Hope is a program Mary started for families who choose to continue their pregnancy and parent their infant for as long as they may live. “She also gave us the resources to deal with our upcoming loss. Throughout my pregnancy she helped me talk to my kids and was a constant support.”

At 40 weeks, Megan gave birth to Mary Rose Malloy Greco. “I did not expect to bring her home,” says Meagan. “But, for 135 beautiful days she was with us before she passed away. It is never enough time, but we were so fortunate to have had the time we did with Rosie.”

A year later Mary put Megan and John in touch with another expectant couple carrying a boy with trisomy 18. He only lived forever but maybe the extra time provided by the cuddle cot will be enough to last,” says Megan.

A cuddle cot is a cooling pad that is placed under babies at the time of their passing that delays changes that naturally occur postmortem, giving families more time with their baby.

Megan set to work raising the funds. “This community embraced Rosie’s story, and they haven’t forgotten her, so I posted to Facebook what I wanted to do to support the hospital and other families going through what we went through.”

Within eight hours, Megan had raised nearly double her goal. Megan recently donated the funds she raised to the Howard Hospital Foundation for the purchase of a cuddle cot.

“Losing a child is shocking. Parents will be looking at pictures forever but maybe the extra time provided by the cuddle cot will be enough to last,” says Megan.

In Connor’s Memory

Mackenzie and Scott Moran’s son was due to arrive in March 2017. It was Dec. 26 when Mackenzie’s water broke and she found herself in HCGH’s Labor and Delivery. For several days, she was closely monitored, but despite efforts to prolong the baby’s delivery, he started to show signs of distress and was delivered by emergency cesarean section. Connor Richard Moran was born at 30 weeks weighing 5 pounds, 7 ounces.

Connor was taken to the Neonatal Intensive Care Unit (NICU) where he was diagnosed with a serious infection. Later that day, Mackenzie and Scott were rushed to Connor’s side. “I will never forget Dr. Blechman, director of the NICU, telling us to hold on to Connor’s hands and feet while they were trying to save him,” recalls Mackenzie. “Losing Connor that night was agonizing and our time with him was really short, but it was because of the efforts of the NICU team that we had that time with him.”

Scott adds, “As the months have gone by, we have thought back and appreciated the people who supported us during the toughest moment of our lives. Mary Peroutka, RN, was a constant through the whole night. When Dr. Blechman visited us just after Connor’s death, you could feel the gravity that Connor’s passing weighed on him when he hugged us. And, in January when we had a service at our church, HCGH nurses and doctors attended. It solidified in our minds what a wonderful place HCGH is, and we were so glad we had Connor there.”

“We felt called to do something for the NICU in Connor’s name to honor him,” recalls Mackenzie. “For many families, being in the NICU is a very scary and dark time. We wanted to give back to help families in the future. We reached out to nurse manager Karen Maggio to determine what need the NICU had that we could fill. She mentioned computerized tablets that run a program for parents providing educational resources and videos and put us in touch with the Howard Hospital Foundation so that we could learn how to make a contribution to support the purchase of them. While Connor’s time was short, our hope is that the impact of his life will be a positive one through this donation in his memory.”

A Legacy of Honoring Care

Since 1984, Bill and Emmy Lou Volenick have been stalwart supporters of HCGH. Bill, who passed away in 2012, felt strongly about donating to support what he fondly referred to as “his hospital.” The Volenicks were donors to the 2008 campus development plan, and they honored Bill’s cardiologist, Dr. Jerome Hartman, by funding the purchase of a cardiac exam bed in 2011. They also purchased engraved paving stones at the hospital’s entrance to recognize their other physicians.

This year, Emmy Lou pledged her support to the current campus construction campaign. They also were one of the first members of the HCGH Legacy Society—having included the hospital in their estate plans.

“Through their legacy gift, my parents wanted to ensure that the hospital had the resources to help maintain its excellence for future generations, including their daughters, their grandchildren and even their great-grandchildren,” says Linda Lee Hickerson.

“Being a member of the Legacy Society gave them the opportunity to express their support of the hospital.

“My dad was a frequent patient at the hospital and always received such incredible care. The nurses got to know him and they treated him like family. Including the hospital in their will was a natural way for my parents to honor the people and the place that has taken such good care of them over the years. I know it gives my mother great comfort that she and Dad’s legacy will continue on.”

Give to Yourself and HCGH

There are ways you can easily support HCGH and some gifts even pay you back. Whether you make a gift for today or our future, consider these options:

- **Appreciated Securities.**
  Receive an immediate income tax deduction on the fair market value of the stock and savings on capital gains taxes.

- **Charitable Gift Annuity.**
  Enjoy guaranteed income for life and an immediate income tax deduction for the value of your gift.

- **Charitable Remainder Trust.**
  Give today and receive a flexible source of income for life, or a term of years, and an immediate tax deduction for the value of your gift.

- **IRA Rollover Gifts.**
  For donations at least 70½ years old, transfer up to $100,000 directly from a traditional IRA to HCGH. The distribution counts toward some or all of the IRAs required minimum distribution, and the transfer is excluded from taxable income.

To learn more about becoming a member of the HCGH Legacy Society, call the Howard Hospital Foundation at 410-740-7840 or visit hchgohfoundation.org.

**Act Now!**

To earn a tax deduction for your 2017 gift and, in some cases, avoid capital gains tax, contact the Howard Hospital Foundation before December 31. To initiate an IRA rollover gift, contact your IRA custodian and instruct your custodian to make a distribution directly to HCGH. Be sure to provide your IRA custodian with our tax ID number, 52-2093120, and contact information:

- **Howard Hospital Foundation**
  5755 Cedar Lane
  Columbia, MD 21044
  Phone: 410-740-7840
  Email: HCGHFoundation@hjmi.edu
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Since 1984, Bill and Emmy Lou Volenick have been stalwart supporters of HCGH. Bill, who passed away in 2012, felt strongly about donating to support what he fondly referred to as “his hospital.” The Volenicks were donors to the 2008 campus development plan, and they supported Bill’s cardiologist, Dr. Jerome Hartman, by funding the purchase of a cardiac exam bed in 2011. They also purchased engraved paving stones at the hospital’s entrance to recognize their other physicians. This year, Emmy Lou pledged her support to the current campus construction campaign. They were also one of the first members of the HCGH Legacy Society—having included the hospital in their estate plans.

“Through their legacy gift, my parents wanted to ensure that the hospital had the resources to help maintain its excellence for future generations, including their daughters, their grandsons and even their great-grandchildren,” says Linda Lee Hickerson. “Being a member of the Legacy Society gave them the opportunity to express their support of the hospital.

“My dad was a frequent patient at the hospital and always received such incredible care. The nurses got to know him and they treated him like family. Including the hospital in their will was a natural way for my parents to honor the people and the place that has taken such good care of them over the years. I know it gives my mother great comfort that she and Dad’s legacy will continue on.”

Give to Yourself and HCGH

There are ways you can easily support HCGH and some gifts even pay you back. Whether you make a gift for today or our future, consider these options:

- **Appreciated Securities.**
  Receive an immediate income tax deduction on the fair market value of the stock and savings on capital gains taxes.

- **Charitable Gift Annuity.**
  Enjoy guaranteed income for life and an immediate income tax deduction for the value of your gift.

- **Charitable Remainder Trust.**
  Give today and receive a flexible source of income for life, or a term of years, and an immediate tax deduction for the value of your gift.

- **IRA Rollover Gifts.**
  For donors at least 70½ years old, transfer up to $100,000 directly from a traditional IRA to HCGH. Be sure to provide your IRA custodian to make a distribution directly to HCGH. Be sure to provide your IRA custodian with your tax ID number, 52-2093120, and contact information:

  | Howard Hospital Foundation | 5755 Cedar Lane | Columbia, MD 21044 | Phone: 410-740-7840 | Email: HCGHFoundation@jhmi.edu |

- **PEGs.**
  For donors at least 70½ years old, transfer up to $100,000 directly from a traditional IRA to HCGH. Be sure to provide your IRA custodian with your tax ID number, 52-2093120, and contact information:

  | Howard Hospital Foundation | 5755 Cedar Lane | Columbia, MD 21044 | Phone: 410-740-7840 | Email: HCGHFoundation@jhmi.edu |

**Act Now!**

to earn a tax deduction for your 2017 gift and, in some cases, avoid capital gains tax, contact the Howard Hospital Foundation before December 31.

To initiate an IRA rollover gift, contact your IRA custodian and instruct your custodian to make a distribution directly to HCGH. Be sure to provide your IRA custodian with your tax ID number, 52-2093120, and contact information:

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For donors at least 70½ years old, transfer up to $100,000 directly from a traditional IRA to HCGH. The distribution counts toward some or all of the IRAs required minimum distribution, and the transfer is excluded from taxable income.
Celebrating the Leadership Council with Santana

A wonderful evening was had by all who attended the HCGH Leadership Council event at Merriweather Post Pavilion on August 15, featuring the music of Carlos Santana and an exclusive VIP reception. This annual event honored philanthropic benefactors who have generously contributed $100,000 or more in lifetime giving to the hospital.

This year’s new council inductees included: Ed and Fern Hamel, The Kahlert Foundation, Leach Wallace Associates, Tom and Missy Radcliffe, the Herman & Walter Samuelson Foundation and Alton and Hillery Scavo.

New Pavers Dedicated

HCGH President Steve Snelgrove recently hosted a paver dedication ceremony in the hospital’s entry garden. Family and friends of those honored or memorialized celebrated the unveiling of the pavers. The Howard Hospital Foundation began the paver initiative to provide patients, donors and friends the opportunity to recognize someone special at the hospital and, at the same time, philanthropically support the hospital’s ongoing capital needs and programmatic efforts. For more information or to purchase a paver, visit hcgh.org/pavers.

The 2017 Symphony of Lights celebration, presented by M&T Bank, with its 100 larger-than-life holiday light displays, laser light show and 3-D holiday video projected 50 feet high, is almost here. Whether you’re planning on visiting the drive-through course or attending one of the celebration’s signature events, a visit to the lights is the perfect way for you and your family to experience the magic of the holiday season.

Children four and under are free to attend all events. All proceeds benefit HCGH.

Dazzle Dash
Presented by Wells Fargo and BGE HOME
Nov. 19, 4-7 p.m.
$25 per person in advance
$30 on the day of the event
Kick off Symphony of Lights by taking a walk through the scenic course and enjoying food truck vendors, music, entertainment, activities for children and giveaways.

Drive throughs
Presented by Antwerpen Toyota
Nov. 21–Jan. 1, 2018
Tuesdays–Fridays, 6:30-10 p.m., and Saturdays–Sundays, 5:30-10 p.m.
Closed on Mondays, except Dec. 25 and Jan. 1, and closed on Dec. 31.
Pre-purchased tickets are $20 per car except on Saturdays when they cost $25 per car and can be purchased online to reserve a date and time. Admission is an additional $5 if paid at the entrance.

Twinkling Tots
Dec. 4, 5:30-8 p.m.
$10 per person in advance
$15 on the day of the event
Children in strollers, wagons and carriers are welcome as families go for a memorable stroll through the lights. Enjoy food truck vendors, Santa Claus and complimentary family photo.

Military Appreciation Nights
Presented by W.R. Grace & Co.
Dec. 7 and Dec. 14
6:30-10 p.m.
Members of the military receive $10 off the $20 cost of admission to drive through. Active-duty, reserve and retired military members with government ID receive this discount.

Midnight at 7
Dec. 31, 5-8 p.m.
$15 per person in advance
$20 on the day of the event
A family-friendly New Year’s Eve celebration with a walk through the lights and fireworks display at 7 p.m. Enjoy DJ music, party favors, face painting, and food truck vendors.

Visit hcgh.org/symphonyoflights to purchase tickets.

Facebook.com/symphonyoflightsfestivities
410-740-7666
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Visit hchg.org/symphonyoflights to purchase tickets.

Facebook.com/symphonyoflightsfestivities
410-740-7666
SPECIAL EVENTS

Wellness Screening for Your Health
Screening includes risk assessment for prediabetes and stroke; blood pressure and BMI measurement; stress management techniques provided by our behavioral health specialist; information about workshops that address health risks; education on healthy lifestyle choices; and informational sessions on healthy eating and more. Those registered will receive email updates about the informational sessions as well as the presenters and topics. Take ownership of your health by working with our team to support your Registration is recommended but walk-ins are welcome. 3/9, appointments scheduled between 9 a.m. - 2 p.m. Free.

Healthy Lifestyles

Looking to Lose Weight in 2018?
A certified nutritionist/registered dietitian will discuss health challenges that affect your weight. Learn to plan meals that taste great, provide balance in your diet and promote health. 1/15, 7-8:30 p.m. Free.

Mental Health First Aid
This nationally recognized course will familiarize you with the signs, symptoms and frequency of mental illness. Learn how you can provide effective and appropriate assistance, which can save lives, promote recovery and reduce stigma. 2/9, 8:30 a.m. - 5 p.m. Free for residents of Howard County.

Healthy Families

New Moms Support Group
Open to first-time mothers who delivered at Howard County General Hospital and their babies, up to 5 months old. Share experiences with other new moms. Includes support, referrals, guest speakers and discussion of parenting topics. Thursdays, 12/7, 7-8:30 p.m. No class 12/28. Free.

Happiest Baby on the Block
Parents and parents-to-be learn techniques to quickly soothe baby. 3/6, 7-9 p.m. $50 per couple (includes parent kits).

Prenatal Class for 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. 3/22, 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). 1/3, 1/12, 1/23, 2/5, or 2/21, 5:30-9 p.m. $55.

Pulmonary Rehabilitation Maintenance!
Exercise maintenance for pulmonary rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. $60/mo.

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.

Prediabetes
Our certified diabetes educator/registered dietitian will teach you how to make changes to prevent or delay an actual diabetes diagnosis. 1/23, 7-8:30 p.m. $15.

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).


Wellness Matters Winter 2017-18
Wellness Screening for Your Health
Screening includes risk assessment for prediabetes and stroke; blood pressure and BMI measurement; stress management techniques provided by our behavioral health specialist; information about workshops that address health risks; education on healthy lifestyle choices; and informational sessions on healthy eating and more. Those registered will receive email updates about the informational sessions as well as the presenters and topics. Take ownership of your health by working with our team to support your Recreation is recommended but walk-ins are welcome. 3/9, appointments scheduled between 9 a.m.–2 p.m. Free.

Mental Health First Aid
This nationally recognized course will familiarize you with the signs, symptoms and frequency of mental illness. Learn how you can provide effective and appropriate assistance, which can save lives, promote recovery and reduce stigma. 2/9, 8:30 a.m.–5 p.m. Free for residents of Howard County.

Healthy Families
New Moms Support Group
Open to first-time mothers who delivered at Howard County General Hospital and their babies, up to 5 months old. Share experiences with other new moms. Includes support, referrals, guest speakers and discussion of parenting topics. Thursdays, 12/13, 7–9; 1/10, 11 a.m.–12:30 p.m. No class 12/28. Free.

Happiest Baby on the Block
Parents and parents-to-be learn techniques to quickly soothe baby. 3/5, 7–9 p.m. $50 per couple (includes parent kits).

Prenatal Class for 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. 3/22, 7–9 p.m. Free.

Healthy Lifestyles
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 risks. Topics include high blood pressure, problems with salt/sodium intake, benefits of healthy eating, reading food labels, home monitoring tips and monitoring your numbers. 12/3, 10:30 a.m.–1 p.m. Free.

Advance Directives
How do you want to be cared for at the end of your life? Who will make decisions about your health care? Do you know your loved ones wishes? Join us for a conversation about advance directives and receive an advance directives document to begin the process. 3/9, 6–7 p.m. Free.

Comprehensive Diabetes Course
Designed for the newly diagnosed patient and for individuals who 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.

For course dates and times or to register, visit hcg.org/diabetes or call 410-740-7601.

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). 1/11, 12/12, 1/23, 2/5, or 2/21, 5:30–9 p.m. $55.

Pulmonary Rehabilitation Maintenance!
Exercise for pulmonary rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. $60/mo.

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

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

INSURANCE
Some insurance plans cover the cost of certain wellness and prevention classes. Be sure to check with your health care plan for more information.

Wellness Matters Winter 2017-18 | 15
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calendar 2017–2018 of Events:

Holiday Gift Wrapping
December 9–24
The Mall in Columbia, Upper Level Near JCPenney
Looking for some relief from your holiday stress? Visit the holiday gift wrap sponsored by the HCGH Volunteer Auxiliary. All proceeds benefit Howard County General Hospital. To learn more about this service or to volunteer, visit hcgh.org/volunteer.

Medicare 101
Tuesdays, December 12 or January 16/10–11:30 a.m. Free.
HCGH Wellness Center
For those new to Medicare, learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by SHIP, Howard County Office on Aging and Independence.

Medicare 102
Tuesday, December 19 or Monday, January 22/10–11:30 a.m. Free.
HCGH Wellness Center
For those new to Medicare, learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by SHIP, Howard County Office on Aging and Independence.

Medicare Refresher
Wednesday, December 13 or Thursday, January 25/10–11:30 a.m. Free.
HCGH Wellness Center
For those already on Medicare, deepen your understanding of coverage options, information sources and how to avoid some common problems. Presented by SHIP, Howard County Office on Aging and Independence.

Opioid Overdose Response Program
Thursdays, December 21, January 18 or February 15/6–7 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, call 410-313-6274.

Using Medicare Plan Finder
Monday, January 29/10–11:30 a.m. Free.
HCGH Wellness Center
Learn how to use the Plan Finder tool on medicare.gov to compare and review the Medicare prescription drug plans available to you. Presented by SHIP, Howard County Office on Aging and Independence.

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