Wellness Matters

A Look Inside Our New Building

Emergency Care for Children
Dear Friends,

In January, we were excited to open our new 50,000-square-foot, two-story addition to the hospital. This new building features a new emergency room entrance for adult and pediatric patients, a new psychiatry unit and a new observation unit. The emergency entrance has returned to its original location facing Little Patuxent Parkway. I invite you to read more about our new space on page 6. This construction has allowed us to rebuild some of the oldest and most visited areas of the hospital and will greatly enhance the patient experience and will help improve hospital efficiency.

We celebrated the building’s opening and the promise of health in Howard County at a ribbon-cutting ceremony attended by many of our generous donors. Without their support of our “Building Today for a Healthier Tomorrow” campaign, this vital construction project would not have been possible. Thank you for helping ensure our community has access to quality health care for years to come. A list of donors can be found on page 10.

Sincerely,

Steve Snelgrove, President

Please direct comments regarding Wellness Matters to 410-740-7810.

Hospital Information: 410-740-7890
When your child needs surgery, it can be anxiety provoking, even more so when the procedure requires travel to an unfamiliar hospital. Thankfully, HCGH’s pediatric surgeons perform many emergency and elective procedures right here at HCGH.

Clint Cappiello, M.D., a Johns Hopkins pediatric general surgeon who practices at HCGH, specializes in neonatal, pediatric general, thoracic, trauma and burn surgery. He is skilled in minimally invasive surgical techniques for the management of pediatric hernias, reflux disease, congenital pulmonary airway malformations and inflammatory bowel disease.

Learn more about pediatric surgery and Dr. Cappiello’s comfort-focused approach to caring for the youngest patients.

Q: What do you tell parents to ease their concerns about their children having surgery?

Parents never get to meet me on their best day. There’s a lot of anxiety. I reassure them that our pediatric nurses, anesthesiologists and surgeons have dedicated their careers and training to taking care of children. Every precaution I would take for my own child is taken for their child.

Q: What are the special considerations you make when operating on a child?

Children are not little adults. I operate on infants in the HCGH NICU who weigh less than one pound and children who have gallbladder disease that weigh as much as an adult. Pain, operative time, instrument size, medication dosage, temperature regulation and perioperative management are all scaled to the patient’s age and weight.

Q: What are the common conditions that require children to need surgery?

Appendicitis is one of the most frequent calls we get as pediatric surgeons and our most common abdominal emergency in children. Surgery may also be needed to correct conditions such as inguinal and umbilical hernias, trauma, intestinal anomalies, gallbladder disease and removal of masses.
Day or Night, the Doctor
at the HCGH Pediatric Emergency Department

Whether it is 3 a.m. or 3 p.m., when your child has an urgent health need—no matter the time or day of the week—Johns Hopkins pediatricians and specially trained pediatric staff are close to home.

Howard County General Hospital provides emergency, inpatient and observation care for children 24-hours a day, seven days a week. The staff cares for children aged newborn through 17 years in a unit designed to provide a dedicated, safe and secure environment. According to David Monroe, M.D., medical director of the HCGH Pediatric Emergency Department, “Common health concerns that can be treated in the Emergency Department include:

- high fever
- any fever in infants younger than 2 or 3 months
- infection
- head or body injury
- breathing problems
- concussion
- seizure

Being a part of Johns Hopkins, we also have access to pediatric specialists and their intensive care unit, allowing us to take care of children with more serious conditions as well.”

ER or Urgent Care?
Dr. Monroe says an urgent care center is an option when your child is sick after hours with conditions such as an ear infection, sore throat, minimal headache, pinkeye, rashes, small cuts, cough or cold when your pediatrician isn’t available.

Providing Comfort
From the gentle touch of a nurse consoling a scared toddler to the brightly decorated rooms and playroom stocked with toys and games, the goal of our pediatric emergency staff is to provide comfort and compassion during what can be a scary time for a child.

“We also offer nitrous oxide (laughing gas), just like what they use in the dentist’s office, in some situations,” notes Dr. Monroe. “Generally, we administer it to children over age two, and we’ve had remarkably good success using it to help with apprehension, anxiety and pain—especially in treating broken bones and when giving stitches.”

APPENDICITIS is a very common condition bringing children to the ER. Hear more from Clint Cappiello, M.D., a Johns Hopkins pediatric surgeon on staff at HCGH: bit.ly/HCGH_Appendicitis
Jeanine Reyes-Bautista, M.D. was only five when her mother passed away. Today, she has returned to the very same hospital where her mother, neonatologist Pauline Sison-Reyes, M.D., worked 25 years ago, as a pediatrician herself in the HCGH pediatric ER.

“I went into medicine thinking I wanted to be a pediatrician just like my mom,” recalls Dr. Reyes-Bautista. “My dad and grandmother are pediatricians too, and I just wanted to follow in their footsteps.”

Tuvia Blechman, M.D., and Pauline Sison-Reyes, M.D., opened the NICU together in 1990 and, in 1994, she passed away. “I don’t remember her very well, but I do recall her giving the best hugs I ever got,” says Dr. Reyes-Bautista. “Growing up, I also remember the opening of the NICU Family Room and Breastfeeding Room after her death. My brother, dad and I cut the red ribbon when those rooms were dedicated to her and her legacy.

“Now, being able to work where my mom worked—with people that she worked with—makes me feel closer to her. It just feels right to be at HCGH.”

“I have many fond memories of growing up in Howard County. It makes me happy to feel like I’m giving back to the community that gave so much to me.”

– Jeanine Reyes-Bautista, M.D.

If the child needs to be admitted to the hospital, the inpatient rooms are designed with families in mind. Each private room includes a television, pullout sleeper sofa and private bath so parents can stay by their child’s side throughout the hospitalization.

During and after your child’s stay, your Howard County pediatrician will have complete access to your child’s medical record, which includes all testing.

**New Emergency Entrance Open**

To access the pediatric emergency room, enter the HCGH emergency entrance facing Little Patuxent Parkway.
Last month, Howard County General Hospital completed a new 50,000-square-foot two-story addition facing Little Patuxent Parkway. The New Emergency Room Entrance for adult and pediatric patients is located in the new addition and faces Little Patuxent Parkway. Just inside the entrance is a more spacious and welcoming waiting room with device charging stations, space for wheelchairs and privacy partitions. Additional triage evaluation areas are also included and designed to improve patient comfort and care.
**New Addition**

“Our new addition allowed us to transition observation and psychiatric care from one of the oldest and most used buildings on campus into a brand new building that provides a healing environment and is equipped with the latest technology and furnishings. It will help us meet the needs of our rapidly growing and aging community.”

— Steve Snelgrove
President, Howard County General Hospital

**The New Addition and Renovations** cost approximately $48 million funded by a combination of public and private sources. For a list of donors who supported our “Building Today for a Healthier Tomorrow” capital campaign, see page 10. To take a look inside our new building, visit [hcghoftomorrow.org](http://hcghoftomorrow.org).

**The New Inpatient Psychiatric Unit** has the capacity to treat 20 patients and is twice the size of the previous unit. The unit was meticulously designed with patient safety as the number one priority, as well as amenities that create a greatly improved healing environment. Large windows and activity and group gathering spaces are included, as well as a dining room and quiet room for patients.

**The New 23-bed Observation Unit** (adjacent to the emergency room) provides patients and families with greatly expanded space and accommodations. The hospital’s previous observation unit, for patients who need monitoring and treatment but not full admittance to the hospital, achieved nearly full occupancy daily. The improved unit includes two larger staff stations and offices to allow for greater efficiency and quicker patient transition.
For more than 20 years, the Claudia Mayer/Tina Broccolino Cancer Resource Center has offered hope and support to cancer patients, families and caregivers. Last fall, the center moved on the Howard County General Hospital campus to the Little Patuxent Specialty Care Center at 11065 Little Patuxent Parkway, Suite 150.

The center is designed to assist individuals and families through counseling, stress and symptom management, care planning, system navigation, education, aesthetic services and resource identification. It honors the memory of long-time Howard County resident Claudia Mayer, who died of cancer at age 47. The center also recognizes founder Tina Broccolino, whose support was instrumental in the center’s growth.

A wide range of support services are offered through the center. Those who are struggling to cope with their diagnosis or feel overwhelmed and unable to adapt to life during treatment can receive free counseling and support from social workers. The center also houses a full-service wig salon, which offers professional hairstyling services and a wide selection of wigs, head scarves, wraps and hats.

Educational services are available through the center to help patients better understand their diagnosis and treatment. Experienced staff connect patients and their families with essential community, state and national resources. The center provides help with navigating online resources and hosts a selection of current materials from Johns Hopkins Medicine, NIH, National Cancer Institute, American Cancer Society and other organizations devoted to informing cancer patients and their families in their lending library.

INTEGRATIVE MEDICINE SERVICES OFFERED

Now that the move of the Claudia Mayer/Tina Broccolino Cancer Resource Center is complete, integrative medicine services are being offered at the center again. We are pleased to announce that we are collaborating with the Natural Care Center at Maryland University of Integrated Health to offer acupuncture, massage, nutritional counseling services and therapeutic yoga.

These services are available to all community members with or without a cancer diagnosis. If you have a chronic health condition or chronic pain, you may also take advantage of these services.

HOURS/SERVICES: Appointments: 410-740-5858
• **Acupuncture:** Mondays 9 a.m.-1 p.m.  • **Massage:** Thursdays 9 a.m.-1 p.m.  • **Nutritional Counseling:** Thursdays 9 a.m.-1 p.m.

To learn more about the Claudia Mayer/Tina Broccolino Cancer Resource Center, visit [hcgh.org/cmtbcrc](http://hcgh.org/cmtbcrc)
Best of Howard 2019 Winners

Congratulations to the Howard County General Hospital physicians who were voted Best of Howard 2019 and recognized in *Howard Magazine*.

**BEST OB/GYN**
- Capital Women’s Care Howard County
- Signature OB/GYN (honorable mention)
- Jeri Shuster, M.D. (honorable mention)

**BEST PLASTIC SURGEON**
- Kanter Plastic Surgery Professionals
- Eric Chang, M.D./Columbia Aesthetic Plastic Surgery (honorable mention)
- Sarah Mess, M.D. (honorable mention)

**BEST PEDIATRIC PRACTICE**
- Kenneth M. Klebanow, M.D. & Associates
- Ellicott City Pediatric Associates (honorable mention)
- Howard County Pediatrics (honorable mention)
- The Pediatric Center (honorable mention)

**BEST EYE CARE**
- Wilmer Eye Institute Columbia
- Physicians Eye Care Center (honorable mention)

Johns Hopkins Clinical Awards Announced: The Johns Hopkins Medicine Clinical Awards program, established by the Office of Johns Hopkins Physicians, honors physicians and care teams for their commitment to the mission of Johns Hopkins Medicine and their consistent dedication to providing excellent patient care.

**Physician of the Year Award:** Ayesha Khalil, M.D.

**Excellence in Service and Professionalism Award:**
James Withey, M.D.

**Innovations in Clinical Care Award:**
Neesha Patel and the Respiratory Therapy Team

**Clinical Collaboration and Teamwork Award:**
Andrew Demidowich, M.D.

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Dear Friends,

Building Today for a Healthier Tomorrow. For the past few years these six words have defined and inspired our work to expand and improve Howard County General Hospital: A Member of Johns Hopkins Medicine.

As a campaign name, the words served us well — but more broadly they describe our commitment as a community to steward a culture of health and well-being. And, they capture a philosophy of investing in health initiatives that has helped Howard County earn a place among the top-ten healthiest communities in the nation.

As we reach an important milestone with the opening of the new addition, it’s fitting to celebrate our progress and the convergence of commitment, talent and faith that drives our efforts to support HCGH.

Nearly $10 million has been raised in support of the project. With a cost of $48 million, philanthropic support is vital to bring this larger, more efficient and modern facility to our community. It is good to know that there are people who are willing to be partners in the hospital’s efforts to support us as we seek to live our healthiest life. We are grateful.

On the next pages, some of Howard County General Hospital’s generous donors will tell you what inspires them to give to the hospital. Why do I give? As a citizen of this community, it is my obligation to support HCGH. As more of our friends and neighbors give, we can make Howard County an even better and healthier place to live. Join us in thanking those who have already contributed. If you have not yet given, please consider joining these donors. We are stronger with each new partner.

Sincerely,
Jennifer Smith

“Howard County has one hospital, and it is a cornerstone institution in the community that supports our quality of life. As ‘the’ provider of health care, at some point everyone in our community is going to be touched by the hospital.”

— Rob and Ann Moxley
You to Our Donors

$25,000 – $49,999
The Adams Foundation
Syeda and M. Shafeeq Ahmed
Ginger and Doug Beigel
Columbia Medical Practice
Dawn Cooke and Family
Kelly and Gary Garofalo
Holly and Rand Griffin
Bach and Bob Jeffrey Family Fund
Madison Mechanical Contracting
Margaret and Victor Kim
Brian and Dotty McGowan
Karen Plaisance and David Young
Missy and Tom Radcliffe
Riedy Family Fund
Rotary Club of Columbia Patuxent
Joyce and Steve Snelgrove,
In memory of Helen Cox
The Wagoner Family
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$10,000 – $24,999
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Columbia Investment Properties
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$5,000 – $9,999
Andiemac Waterproofing
& Restoration
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Suzanne and John Brinkley
Ryan Brown
Thomas and Phyllis Campbell
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of the Combined Jewish
Philanthropies, in honor of
Ten Acres Business Trust
David Condron
Cathy and Joseph Dynek
Fred Frederick Family Foundation/
Betty Anne and Fred Frederick
Nia and Derrick Leak
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Mary and Tom Scrivener
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$1,000 – $4,999
Jody Aud
Nancy Bienia
Erin and Christopher Connors
Janice and Doug Cornell
Renee Demski
Jeff and Sheryl Goering
Vicki and Dave Gramil
Irene and Jerome Huntman
Sheila Higdon
Daniel and Patti Medinger
Muralidhar and Gayatri
Nimmagadda
Karen and David Nitkin
Jon Oravec
Lee Ann Sapp and Tom Sabia
Andrew J. Smith
Emmy Lou Volenick
Pamela and Stephen Villani

$999 and under
Anonymous (2)
Andrew Angelino
Frances V. Black
Tara and John G. Boyle
Allison Calvert
Coke and Duane Carey
Jon Cohen
Warren D. Cummings
Peter T. Dinsmore
DMCG, Inc.
John J. Gonnella
Eileen and Harve Horowitz
The Kelly Family
Benjamin and Nadia Mobley
Sharon M. Esposito-Mayer and David Mayer
Catherine A. Miller
Diane and Tom Rawlings
Sue Recko
Joan Reisfeld
Diane and Andrew Stack
Heidi and Charley Sung
David C. Tomayko
Elizabeth Kingsley and Stephen Valenti
Debbie and Keith Wagner

“For some, giving is about investing in their community, and a gift to HCGH impacts thousands. It is about giving back—building to serve younger generations. And, for some, it is a part of the healing process. Just think... if every Howard County resident gave $10, that would be more than $3 million to help our community hospital grow and thrive. I am proud to support HCGH and hope others are inspired to give as well.”

— Michael Silverman, M.D.

“This is the only hospital we have in our community. We recognized the need for support and made the decision to invest in the health and well-being of this community. It is critical to us as residents and business owners to have a premier hospital right here in our backyard.”

— Margaret and Victor Kim, M.D.

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Why We Give...

“Our family gives to the hospital because they have been with our family through the good and bad. Every person we have interacted with has truly cared about us and has cared for our children like they were their own. We are so thankful to the doctors and nurses who step into the light and the dark with families, celebrating with them in joy and comforting them in sorrow.”

— Mackenzie Moran

“Blossoms of Hope’s board is committed to supporting the hospital’s mission to care for our community. We know our donations to the Claudia Mayer/Tina Broccolino Cancer Resource Center, that total more than $500k over the past 15 years, have impacted not only those diagnosed with cancer, but their families too. We are proud to be an active organization that supports and brings visibility to the center.”

— Joe Barbera, Chair, Blossoms of Hope

“My family and I have had the benefit of having the hospital so close to us. The emergency room has been very responsive and helpful in our time of need, and we thank all the staff and medical team for all you do every day. We know we can count on you to be there whenever we need you.”

— Sherri Collins-Witzke

“Howard County General Hospital is a vital life net for the residents of our community, comparable to the value of our first responders.”

— Glenwood Lions Club

“If everybody gave a little, it would add up to a lot.”

— Vivian Bailey

“When I went into labor with my twin daughters two months early, we were taken care of with unmatched kindness and compassion. Our daughters spent their first month at the hospital, and throughout the years, we’ve felt a deep connection to the practitioners and staff who surrounded us. We are so pleased to be a part of the community of donors that support its work.”

— Abby Glassberg and Frank Staines
“Our family is blessed and has been for many years,” says Doug Beigel. “Our past generations lived through the Great Depression and World War II. Even during those times, they found ways to give to the community. It is an important piece of who we are to give back in positive and impactful ways to our community. With our gift to support the hospital’s population health initiatives, my family hopes to have a long-term positive impact on the health of Howard County citizens. The hospital helps over 100,000 people every year by delivering on its promise of health to everyone who lives, works and plays in the country.

“Our family has called Howard County home since 1970, and I believe we have an obligation to make sure that everyone in our family, including our granddaughters, understand that it’s important to give back. We are humbled by others in our community who care and give to the hospital in ways that impact care every day.

“We started by giving dimes to the March of Dimes over 60 years ago. Through time we gave dollars, and we always knew we were making an impact. Giving what you can makes the community better for generations to come.”

— Doug Beigel

If we can do something that somehow sparks others to give and creates conversations, then that furthers the impact on our community even more. I hope people can see ways where they can give. Giving makes us better as a community.

— Doug Beigel

A Legacy of Giving… Inspiring the Next Generation to Improve the Health of Howard County

Doug and Mary “Ginger” Beigel will tell you that they have strong roots in Howard County and a deep commitment to health and wellness. Working with the Howard Hospital Foundation, the Beigel family recently established The Beigel Family Endowed Fund for Howard County Health Outcomes with the purpose of improving the health of residents in Howard County. This fund will support the hospital’s population health efforts in perpetuity. In addition to the family’s gift to establish the fund, Doug and Ginger have provided additional funds as part of their estate plans. The Beigel family’s desire is to inspire philanthropic planning among families to last for generations, with the end goal of improving the lives of those in our community. To learn more, visit hcg.org/give.
SPECIAL EVENTS

Volunteer Community Companion
Information Sessions
Make a difference in someone’s life and become a Volunteer Community Companion for the hospital’s Member Care Support Network. Community Companions provide compassionate non-medical support services to members who are recovering from a health crisis. Volunteers may call to check on members, visit members in their homes and/or provide transportation to doctors’ appointments. Volunteers must be 18 years old or older. Held at Trellis Center, 10760 Hickory Ridge Road, Suite 206, Columbia. 3/21, 4/18 or 5/16, 9 a.m.-12 p.m. Free. For more information, contact 410-720-8781 or tmundy1@jhmi.edu.

Latino Health Fair
Receive free cholesterol, glucose and blood pressure screenings. Meet community health professionals, medical providers and organizations focused on wellness. Includes refreshments and raffles. Walk-in, registration not required. Open to the community. Co-sponsored by HCGH and St. John the Evangelist Catholic Church. Held at Wilde Lake Interfaith Center, 10431 Twin Rivers Road, Columbia. 3/14, 12-4 p.m. Free.

HEALTHY FAMILIES

Understanding Birth:
An Online Class
This online course allows you and your partner to learn about childbirth preparation at your own pace in your home and does not include classroom instruction. This e-course includes information about pregnancy, labor/childbirth, comfort techniques, C-section, medical procedures, newborns and postpartum care. Learn from videos, interactive exercises, activities, helpful tools, checklists, resources, trackers and quizzes. Understanding Breastfeeding and Understanding Your Newborn (Infant Care) online only classes are also available. Visit hcgh.org/classes. $35 for nine-month access.

Maybe Baby: Health Issues to Consider Before Pregnancy
Learn about parent wellness, healthcare matters and other considerations when starting your family. Presented by OB/GYNs Urenna Acolonu, M.D., and Sarah Sheikh, M.D. 4/22, 6 p.m. Capital Women’s Care Howard County, 7625 Maple Lawn Boulevard, Suite 1, Fulton. Free.

New Moms Support Group
For first-time mothers and their babies, up to 5 months old. Share experiences with other new moms. Includes support, referrals, guest speakers and discussion of parenting topics. Held at Little Patuxent Specialty Center, 2nd Floor, 11065 Little Patuxent Parkway, Columbia. Tuesdays, 3/10-4/28, 11:30 a.m.-1 p.m. Free.
WELLNESS EVENTS

Family & Friends CPR
Learn the lifesaving skills of adult hands-only CPR; child CPR with breaths; adult and child AED use; infant CPR; and relief of choking in an adult, child or infant. This course provides students with the most hands-on CPR practice time possible and is appropriate for anyone interested in learning the skills to save a life. This course is not for health care providers or anyone needing a professional certification or completion card. Held at the HCGH 1C Conference Room. 3/19, 4/22 or 5/20, 6-9 p.m. $45.

Advanced Care Planning
Our staff will help you think through your care wishes, complete an advance directive and electronically store your documents for providers to access. An advance directive assigns a health care agent who will speak for you should you be unable to communicate. It can also include a living will, a document that communicates your health care wishes. Already have an advance directive? Having your advance directive on file to access. An advance directive assigns a health care agent who will speak for you should you be unable to communicate. Walk-in, first-come, first-serve. Registration not required. Held at Trellis Center, 10760 Hickory Ridge Road, Columbia on the third Thursday of each month. 3–6 p.m.

Mental Health First Aid
Familiarize yourself with the risk factors, signs, and symptoms of mental illness. Learn how you can provide effective and appropriate assistance to an adult developing or in crisis. This nationally recognized course can help save lives, promote recovery and reduce stigma. Businesses located in Howard County may reserve up to 10 seats in one class for their staff at $25 per employee. Held at the HCGH 1C Conference Room. 3/13 or 5/8, 8:30 a.m.-5 p.m. $10 for those who live or work in Howard County.

HEALTHY LIVING

Living Well with Diabetes
Learn self-management skills such as goal setting and stress management strategies; understand glucose monitoring, skin and foot care; learn techniques to cope with feelings of frustration, fatigue, pain and isolation; develop skills to communicate more effectively with family, friends and health professionals; and learn about appropriate exercise and nutrition for diabetics during this six-week workshop. Held at the Department of Community Resources and Services, Patuxent Woods Campus, Room 346, 9830 Patuxent Woods Drive, Columbia, Saturdays, 3/28-5/2, 10 a.m.-12:30 p.m. Held at the Elkridge 50+ Center, 6540 Washington Boulevard, Elkridge, Saturdays, 4/25-5/30, 9:30 a.m.-12 p.m. Held at the East Columbia Library, 6600 Cradlerock Way, Columbia, Tuesdays, 4/28-6/9 (No class 5/5), 6-8:30 p.m. Held at Christ Episcopal Church, 6800 Oakland Mills Road, Columbia, Saturdays, 5/2-6/6, 10 a.m.-12:30 p.m. Free.

Living Well with Chronic Pain
Discover strategies and skills that will help you gain confidence in managing your pain. For individuals who live with chronic pain including arthritis, fibromyalgia, and many other conditions. Caregivers are encouraged to register. Six-week session. Held at Elkridge 50+ Center, 6540 Washington Boulevard, Elkridge, Wednesdays, 3/18-4/22, 1-3:30 p.m. Free.

Wellness Screening for Your Health
Screening includes risk assessment for prediabetes and stroke; blood pressure and BMI measurement; and healthy lifestyle information and education. Walk-ins welcome. Held at Christ Episcopal Church, 6800 Oakland Mills Road, Columbia. 3/22, 9:30 a.m.-12 p.m. Free.

Living Well with Chronic Disease
This six-week workshop is for those living with or at risk for a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and any other health concern. Learn techniques to cope with feelings of frustration, fatigue, pain and isolation. Develop skills to communicate more effectively with family, friends and health professionals. Learn exercises to maintain and improve strength, flexibility and endurance. Improve nutrition and develop healthy eating habits. Caregivers are also welcome to register. Held at St John Baptist Church, 9055 Tamar Drive, Columbia. Six-week session, Tuesdays, 3/3-4/7, 5:30-8 p.m. Free.

CLASS LOCATIONS MAY VARY
Please see class description for location.

REGISTRATION
hcgh.org/events – online registration
410-740-7601 – information
410-740-7750 – physician referral
410-740-7990 – TDD

Advance registration is recommended for all programs unless otherwise noted. For classes that have a fee, payment is due at the time of registration. Please visit hcgh.org for more information about classes, including cancellation policies. Online class fees are non-refundable.

INSURANCE
Some insurance plans may reimburse for the cost of certain wellness and prevention classes. Be sure to check with your health care plan for more information.
Calendar 2020

of Events:

Medicare 101
April 14/7-8:30 p.m. Free. Administrative Offices of Department of Community Resources and Services, Columbia
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 of Aging and Independence.
Registration required: 410-313-7389.

Medicare 102
March 11/1-2:30 p.m. Free. Elkridge 50+ Center, Elkridge
April 21/7-8:30 p.m. Free. Administrative Offices of Department of Community Resources and Services, Columbia
For those new to Medicare, learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by SHIP, Howard County Office of Aging and Independence.
Registration required: 410-313-7389.

Stepping On
Wednesdays, May 13-June 24/1:30-3:30 p.m. $28.
Lutheran Village at Millers Grant, Ellicott City
A seven-week fall prevention program. For information, call 410-313-6073.

Latino Health Fair
March 14/12-4 p.m. Free. Wilde Lake Interfaith Center, Columbia
Receive free cholesterol, glucose and blood pressure screenings. Meet community health professionals, medical providers and organizations focused on wellness. Includes refreshments and raffles. Walk-in, registration not required. Open to the community. Co-sponsored by HCGH and St. John the Evangelist Catholic Church.

Stride and Thrive Below the Belt 5K/1-mile Run/Walk
June 7/8 a.m. Homewood Field at Johns Hopkins University
Presented by the Kelly Gynecologic Oncology Service in the Department of Gynecology & Obstetrics at Johns Hopkins School of Medicine.
All proceeds support gynecologic cancer research and clinical trials, gynecologic oncology fellows training and cancer survivors through the Susan L. Burgert, M.D. Gynecologic Oncology Survivorship Program.
Registration: charmcityrun.com/hopkins.