New Partners in Cancer Treatment

Living with Parkinson’s

Laparoscopic Hernia Repair

CLINICAL EXCELLENCE IN OUR COMMUNITY
President’s Message

Dear Friends,

Recently, the news has been focused on coverage of the health care reform efforts in Washington. While legislators tackle more global health care issues, Howard County General Hospital, your community hospital, remains committed to improving the care we deliver to you and your family.

With that commitment as our guide, I am pleased to announce that CareFirst BlueCross BlueShield has designated HCGH as a Blue Distinction Center for Knee and Hip ReplacementSM. The Joint Academy at HCGH received this distinction due to our demonstrated commitment to quality care by meeting objective, evidence-based thresholds for clinical quality and safety developed with input from expert clinicians and leading professional organizations.

Providing you and your family with needed health care services right here in our community is at the heart of our mission. To that end, we are equally excited about the recent opening of our new Special Care Unit. This 19-bed unit, located on the third floor of the hospital, is part of an entire floor dedicated to caring for critically ill patients; these patients will be able to move among the units on the third floor as their care needs change during the recovery process. Read more about this new unit on page 3.

Facilities are not all that is new at HCGH; we recently welcomed Eric M. Aldrich, M.D., to our executive team. Dr. Aldrich was named vice president of Medical Affairs at HCGH, in addition to his roles as HCGH’s designated medical safety officer and co-director of the HCGH Stroke Center.

By offering high-quality health care services that are accessible to those who live and work in our community, recognizing and employing talented and dedicated people, engaging outstanding physicians, and upgrading our facilities and service lines, we are committed to becoming the premier health care provider in the area. Our efforts seem to be paying off, as Press Ganey patient satisfaction surveys have seen a significant increase from last year.

We are grateful for the dedicated employees, physicians and volunteers who work tirelessly to ensure that our patients receive the best possible care. Thank you for putting your trust in HCGH to provide care for you and your family. We will continue to work very hard to improve the care we provide you as the new health care reform laws are implemented in the coming years.

Sincerely,

Victor A. Broccolino, President and CEO
Howard County General Hospital

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.

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Please direct questions, suggestions and comments regarding Wellness Matters to the Public Relations Department at 5755 Cedar Lane, Columbia, MD 21044-2912
Top-Ranked Health Care at Your Fingertips

There is nothing more heart-wrenching for family members or loved ones than when someone you care about is sick. However, knowing that they are receiving top-quality health care goes a long way in relieving stress and allaying fears. Such is the case for Howard County General Hospital patients and their families.

HealthGrades, the leading independent health care ratings organization, recently conducted a nationwide survey that analyzed patient outcomes in each of the nation’s 5,000 nonfederal hospitals. HealthGrades in turn awarded HCGH with the HealthGrades Distinguished Hospitals for Clinical Excellence™ award, ranking the hospital among the top five percent of hospitals in the nation for the second consecutive year. HCGH is one of only 269 hospitals in the nation that received this distinction from HealthGrades for 2010.

“The number one priority of every employee, physician and volunteer at HCGH is to provide the highest quality care to our patients and their loved ones,” said Victor A. Broccolino, president and CEO. “It is gratifying that a leading independent organization such as HealthGrades has confirmed the success of our efforts.”

“It is important for residents in our area to know that they can find high-quality care right here in their own neighborhood at Howard County General,” said Harry “Chip” Lundy, chair, board of trustees. “As a member of Johns Hopkins Medicine, we are particularly proud to add to a long tradition of clinical excellence within the Hopkins family.”

Howard County General Hospital in Top Five Percent Nationwide

New Special Care Unit Opens

An example of Howard County General Hospital’s commitment to always improving patient care is the opening of the new Special Care Unit on the third floor. The entire floor will be dedicated to caring for critically ill patients who will be able to move among the units as their care needs change during the recovery process. The most critically ill patients will be cared for in the Intensive Care Unit (ICU) and more stable, but critical patients can be admitted to the Special Care Unit. Less critically ill patients will receive care on the Telemetry unit.

According to Dr. David Nyanjom, medical director of the Special Care Unit, “the new unit will enable us to care for the patients who need a little more specialized care and closer monitoring but not necessarily the level of care provided in the ICU.”

“With the addition of this unit, we are able to provide high acuity patients with a high level of clinical care while still maintaining a patient and family centered environment,” notes Sharon Hadsell, RN, MSN, CNE-BC, senior vice president of Patient Care Services at Howard County General Hospital. “Patients on this unit will be in a private room with facilities for family to stay.”

The same physicians that provide care in the ICU 24/7 are also responsible for treating patients in the new Special Care Unit. “Providing the same nursing and medical direction across the units, removes a lot of barriers, increases patient safety, facilities rapid response to changing patient needs and is conducive to good clinical quality of care,” says Ms. Hadsell.

Other quality designations received by HCGH include:

- Accreditation by The Joint Commission
- Accreditation as a “Community Hospital Comprehensive Cancer Program” by the Commission on Cancer of the American College of Surgeons
- Primary Stroke Center Designation by the Maryland Institute for Emergency Medical Services Systems
- Primary Percutaneous Coronary Intervention Program Certification from the Maryland Health Care Commission, which allows HCGH to provide emergency cardiac catheterization and balloon angioplasty treatment
- Perinatal Referral Center Designation by the Maryland Institute for Emergency Medical Services Systems, recognizing the quality of obstetric and neonatal services offered for seriously ill pregnant women and newborns
- Blue Distinction Center for Knee and Hip Replacement™ designation from CareFirst BlueCross BlueShield
New Partnership and Technology Bring Cancer Care to a New Level

Michelle Boucher, mother, wife and marketing director for a Columbia Webcasting firm, now has a new title...breast cancer survivor. Her story began in June 2009. With no family history of breast cancer, Michelle was completely blindsided by her cancer diagnosis.

“I was in total shock,” says Michelle. “I have had cysts in my breast before, but never felt pain like I was feeling. The lump I was feeling felt different too.” Tests revealed Michelle had stage-two breast cancer with two lymph nodes involved.

Living in Ellicott City, Michelle started building her treatment team at Howard County General Hospital. The recent opening of the Medical Pavilion at Howard County centralized the care Michelle would need in one location.

“It is so easy to have everyone in one place and to not be scrambling from one doctor to another,” says Michelle. “Although there is no good time to have cancer, the opening of the building with Central Maryland Radiation Oncology, just as I was diagnosed, was a blessing.”

State-of-the-art Radiation Oncology

Central Maryland Radiation Oncology, a collaboration between University of Maryland Medical Center and Johns Hopkins Medicine, provides advanced and comprehensive radiation therapy. This unique relationship offers patients access to the most leading-edge radiation therapy treatment options and clinical trials available at these academic medical centers, yet in the comfort of the convenient community setting in the Medical Pavilion on the campus of HCGH.

According to University of Maryland Medical Center radiation oncologist, Dr. Sally Cheston of Central Maryland Radiation Oncology, the partnership means that “as physicians, we have the opportunity to feed off two large academic centers—working together on patient care without our patients having to leave the county. We can get opinions and perspectives from our colleagues, sound off on ideas and share approaches on cases. The more you interact with physicians, the better the patient care—collaboration is key. Hopkins and the University of Maryland also have done a superb job in providing us with the technology we need. With two state-of-the-art linear accelerators, this is not your standard community practice by any means.”

The linear accelerator is a machine that generates high-energy X-rays as opposed to having a radioactive source in the building that emits radiation. “You can manipulate the intensity of radiation delivered to customize it to the patient and provide very complex treatment plans,” describes Dr. Debbie Frassica, a Johns Hopkins radiation oncologist with Central Maryland Radiation Oncology. “The accelerator also has image-guidance capabilities with an integrated CT scan so that we can more accurately localize the treatment fields resulting in less tissue damage.”

With her family by her side, Michelle’s treatment began almost nine months ago with chemotherapy. After much consideration, she elected to have a double mastectomy followed by 28 rounds of radiation in the linear accelerator under Dr. Cheston’s care.

As Michelle was completing her last radiation treatments, she asked Dr. Cheston, “When does someone tell me I am cured?”

Dr. Cheston answered, “The ‘c’ changes to ‘cured’ at the end of your radiation.”

“Her words have sustained me,” says Michelle. “Dr. Cheston’s patience, kindness and level of expert care kept me calm and hopeful from the first time we met, eight months before radiation started. Based on all the radiation, surgery and care that I have received, I believe this cancer didn’t have a fighting chance. I am fortunate that I have outstanding care right in my backyard. I don’t think I could have gotten better care anywhere else. I count my blessings, and I consider everyone in that building a blessing.”

Over the next year, Michelle will continue to be monitored and undergo reconstructive surgery. Today, she celebrates being cured.
“Dr. Cheston’s patience, kindness and level of expert care kept me calm and hopeful from the first time we met, eight months before radiation started. Based on all the radiation, surgery and care that I have received, I believe this cancer didn’t have a fighting chance. I am fortunate that I have outstanding care right in my backyard. I don’t think I could have gotten better care anywhere else. I count my blessings, and I consider everyone in that building a blessing.”
An Inside Look at Hernia Repair

Minimally Invasive Laparoscopic Surgery A Boon for Patients

Have you noticed a bulge under your skin? Do you experience pain when lifting heavy objects, coughing, sitting or standing for long periods of time, or straining when using the bathroom? If so, you may have a hernia.

What is a Hernia?
A hernia, which impacts both men and women, occurs when the abdominal muscles weaken and form a small balloon-like sac or tear. As a result, a loop of intestine or abdominal organs can be pushed into the sac, creating a hernia. They occur most often in the groin, belly button or the site of a previous surgery (incisional). Sometimes they may be caused by a birth defect.

According to Dr. Gerald Hayward, a general surgeon on staff at HCGH, people with hernias can experience sharp and immediate pain or a dull ache that worsens over the course of the day. Hernias also can cause other health problems that could require emergency surgery; they do not get better over time and will not go away without medical attention.

What Causes a Hernia?
“Your abdominal wall has areas prone to weakness,” explains Dr. Hayward. “Heavy strain, injury, previous surgery, a birth defect, or aging can aggravate this situation, resulting in a hernia. However, you can develop a hernia at any age.”

How Can Laparoscopic Surgery Help?
“Many abdominal surgeries are performed using the ‘open’ method, in which an incision is made extending through the skin and layers of fat and through the muscle below to access the affected area,” says Dr. Hayward. “One risk with this is developing an incisional hernia which occurs when the muscles do not properly heal back together. An old fashioned hernia repair of this type often involves reopening the entire wound and the failure rate of the repair has been reported to be as high as 54 percent.”

With laparoscopic surgery, several quarter or half inch incisions are made to allow placement of hollow tubes into the abdomen. A surgeon can insert a camera, instruments, and mesh through these incisions and repair the hernia. “This approach, performed on an outpatient basis, has several benefits,” says Dr. Hayward. “Unlike the open method, I can access the area using smaller incisions, and, if there is more than one hernia, often repair them without making multiple incisions. Laparoscopic surgery is a less-invasive method to repair the condition with better long-term results.”

According to Dr. Hayward, laparoscopic surgery reduces recovery time; patients typically are back to their regular pace of life in one week or less. It also impacts post-surgical pain management. “When doing a groin hernia repair, I can insert a pain pump that provides pain medication, resulting in minimal to no pain for days following surgery,” explains Dr. Hayward. “The catheter enabling the administration of pain medication is removed after the first few days, which for some patients means no post-surgical pain at all. For most patients, this is a superior option for hernia repair.”

“For most patients, this [laparoscopic surgery] is a superior option for hernia repair.”

Dr. Gerald Hayward is a general surgeon in Ellicott City, specializing in general surgery.
Special Events:

**Bring a Sack, Get Answers Back**  
*May 11/ 2– 4 p.m. Free.*  
Bring your medications and learn more about the prescription drugs you are taking.

**Feeling the Burn: Managing Chronic or Severe Heartburn**  
*May 27/ 7– 8:30 p.m. Free.*  
Heartburn affects millions of Americans each year and can lead to more serious conditions if it’s severe or chronic and left untreated. Johns Hopkins gastroenterologist Dr. Kerry Dunbar will explain the most common causes, symptoms and tips for managing heartburn, including when not to worry and when to seek help. Call 1-877-546-1009 to register.

**Mental Health First Aid**  
*June 7, 14, 21 and 28/ 6–9 p.m. $50.*  
How can you help loved ones who may be having mental health issues? This 12-hour, nationally recognized course will familiarize you with the signs and symptoms of the most common mental health problems. Learn steps to follow that can promote and enhance their recovery while at the same time allowing you to maintain control of various situations.

**Managing Your Joint Pain**  
*June 15/ 7– 9 p.m. Free.*  
Moving from place to place may seem easy, but, when you have pain in your joints, you notice every motion. Learn about the newest treatment options aimed at increasing your comfort and mobility. Presented by Ira Gelb, M.D.

**Focus on Men’s Health**  
*June 17/ 8:30 a.m.– 2 p.m. $50.*  
Blood chemistry test including blood cell count, cholesterol (HDL, LDL, and triglyceride), thyroid test, and a measure of 15 blood chemicals will be provided. This test is also appropriate for women.

**Focus on Women’s Health**  
*September 23/ 8:30 a.m.– 3 p.m.*  
Includes Standard Health Check or new this year Health Check Plus—both are appropriate for men and women. Event also includes Free Activities.

**Preventing and Resolving Incontinence**  
*June 3/ 7– 8:30 p.m. Free.*  
A healthy bladder is an important component of your overall health. Learn easy steps to prevent bladder problems and the newest treatments in the management of urinary incontinence. Presented by Lisa Hawes, M.D., and Jennifer Otiz, P.T.

**Vascular Leg Pain**  
*June 30/ 5– 6:30 p.m. Free.*  
Learn the causes, early symptoms and treatment options for Peripheral Artery Disease. Join us for a discussion on ways to prevent the progression of PAD, when your pain is an emergency, and possible surgical solutions. Presented by Richard Feinberg, M.D.

MALL EVENTS:

**Fitness and Sports Medicine Clinic**  
*May 15/ 10 a.m.– 2 p.m. Free.*  
Lord & Taylor Court in The Mall in Columbia. Talk with our physician experts; participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis; visit our booths; and learn fitness tips and ways to incorporate more movement into your life.

**Healthy Kids in Healthy Families Clinic**  
*August 21/ noon – 4 p.m. Free.*  
Lord & Taylor Court in The Mall in Columbia. Bring your family and participate in our screenings including pediatric vision, asthma, height, weight and blood pressure. Stop by our booths and ask the pediatrician questions. Learn physical activities for the whole family, healthy nutrition and other health and safety tips for children and the whole family.
Living Well...Take Charge of Your Health
This chronic disease management program teaches coping techniques, exercises for strength and flexibility, and communication skills. For people living with chronic conditions as well as caregivers. Six-class sessions start May 11, 9:30 a.m.–noon, and July 12, 6:30–9 p.m. To register, call Maryland Access Point, 410-313-5980. $28.

Blood Pressure Screening & Monitoring
HCGH Wellness Center: Wednesdays, 3–6 p.m. Eliott City Senior Center: Tuesdays, 9:30 a.m.–12:30 p.m. Rwans-Wallas Recreation Center: first Wednesday and third Friday of each month, 9:15–10:45 a.m. The Mall in Columbia: second Tuesday of each month, 8–10 a.m. Western Howard County Senior Center: second and fourth Tuesday of each month, 9–11 a.m. Glenwood Library: first and third Monday of the month, 3:30–5:30 p.m. The Bain Center: first and third Thursday of each month, 10 a.m.–noon. Savage Library: second Monday of each month, noon–3 p.m. Free.

Weight Loss through Bariatric Surgery
Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. May 25 or July 27, 5–6:30 p.m. Free.

Individualized Weight-Loss and Dietary Counseling
Nutritional counseling with a registered dietician to discuss your dietary concerns and goals including weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Day and evening appointments available. $35 for a half-hour visit. Call for an appointment.

Pulmonary Rehabilitation
A program lasting up to 10 weeks that is designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education, and emotional support. HCGH Rehabilitation Services Dept. Call 443-718-3000 for information and an appointment.

HCGH Pulmonary Rehabilitation Maintenance Program
An exercise maintenance program for pulmonary rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday afternoons/ $60 per month. For information, call 443-718-3000.

Smoke-Free Lungs
Learn tips for quitting your tobacco habit and mastering long-term success. This program provides support and education for those wanting to quit as well as those who have quit. Meets May 20, June 17, July 15, August 26 and September 23, 7–9 p.m. Free.

The Mall Milers

Pre-Diabetes: What Is It and What Can You Do About It?
Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. June 2 or September 22, 7–9 p.m. $15.

Individualized Diabetes Management
Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 443-718-3000.

Dietary Counseling for People with Diabetes
Presented by a registered dietician, this individualized counseling program focuses on the dietary requirements of diabetes. Call 443-718-3000 for information.

Living with Diabetes
Johns Hopkins education at HCGH and recognized by the American Diabetes Association. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. June 18 & 22, July 23 & 27, and August 20 & 24, 8:30 a.m.–3 p.m. Bolduc Family Outpatient Center. For information, call 443-718-3000.

Living with Diabetes: Executive Summary
This evening class is the condensed version of our popular day-time class designed for the working professional. May 25 & 26, June 29 & 30, and July 27 & 28, 6–9 p.m.

Nutrition and Cancer
Individualized, three-session counseling with a registered dietitian. For those who wish to lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. $90.

External Enhanced Counterpulsation Therapy
A non-invasive alternative treatment for patients with stage III or IV angina. For information, call 443-718-3000.

Phase II Cardiac Rehabilitation Program
A four- to 12-week program to assist cardiac patients in the early recovery phase following a heart attack, angioplasty, or cardiac surgery. Provides exercise, education, and emotional support. Call 443-718-3000 for information and an appointment.

HCGH Cardiac Rehabilitation Maintenance Program
An exercise maintenance program for cardiac rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday mornings, 8 a.m. and 9:30 a.m. $60 per month. For information, call 443-718-3000.
**HEALTHY FAMILIES**

**Maybe Baby? Health Issues to Consider Before Pregnancy**
Learn about important choices to consider when starting your family. Topics include lifestyle, parent wellness, and health care matters. Presented by nurse practitioner Alysa Larimore. May 12, 7–8:30 p.m. Free.

**Financial Planning Issues for Expectant and Prospective Parents**
Whether you are thinking about starting a family or already pregnant, learn about the financial aspect of being a parent: what to expect and what you need to do. The cost of raising a child, employer benefits, taxes, saving for college, and how to make confident decisions will be discussed. October 12, 7–9 p.m. Free.

**Childbirth Essentials**
This one-day course is a condensed version of our Prepared Childbirth Program. Go to www.hcgh.org for more information.

**Childbirth Weekend**
Expectant couples will learn about childbirth preparation in this weekend class. Go to www.hcgh.org for more information.

**Choosing Your Pediatrician for Your Newborn**
Preparing for your new baby should include finding a pediatrician before you deliver. Learn factors to consider and ways to promote health for your newborn. Presented by Zaneb Beams, M.D. June 9, 7–8:30 p.m. Free.

**Prepared Childbirth Program**
Five-part program to prepare for the birth of your baby. Go to www.hcgh.org for more information.

**Prenatal Class for Early Pregnancy**
For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby’s growth, and easy ways to support your pregnancy. July 21, 7–9 p.m. Free.

**Sibling Preparation Tour**
Help siblings-to-be, ages 4 to 12, prepare for baby’s arrival by touring the hospital. Call eight weeks prior to due date to schedule tour. Free.

**Breastfeeding**
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. A nurse lactation consultant will teach practical tips for successfully combining career and breastfeeding. Go to www.hcgh.org for more information.

**Baby Signing**
Parents, grandparents, and caregivers of babies up to 12 months will learn 100 basic signs to help your baby communicate. September 11, 9 a.m.–noon. $40 per person or $75 per couple (includes review DVD).

**Happiest Baby on the Block**
Endorsed by the American Academy of Pediatrics, this class will teach parents-to-be and parents of babies up to 3 months old successful techniques that can quickly soothe your crying newborn baby. July 7, 7–9 p.m. $50 per couple (includes parent kits).

**Birthing Center Tour**
A preview of maternal-child services available for expectant couples. Call at least eight weeks prior to due date to schedule a tour. Free.

**Infant Care**
Lecture, group discussion, and hands-on practice are used to enhance learning about the care of an infant. Go to www.hcgh.org for more information.

**Infant Massage**
Taught by certified infant massage instructor for parents and caregivers. For infants age 1 to 12 months. June 5, 10–11 a.m. $20.
**HEALTHY LIFESTYLES**

**Advance Directives Seminar**
Learn about Advance Directives and how to appoint or be appointed a health care agent. At the completion of the seminar, you will leave with an advance directives document. Beneficial to all ages. Presented by Leslie Rogers, MSW, LCSW-C, OSW-C. May 13 or September 9, 6–7 p.m. Free.

**Adult/Child/Infant CPR**
Earn a two-year American Heart Association completion card. This is not a health care provider course. May 26, June 10, June 29, July 14, July 27, August 12, August 30, 5:30–9 p.m. $48.

**Mastering Time**
Learn easy ways to proactively prioritize and make the choices that will create abundant time to do the things you value most in your life. June 15, 7–8:30 p.m. Free.

**Shiatsu Massage for Couples**
Learn simple, yet effective Shiatsu techniques to reduce stress and promote well-being. Upper body: September 10, 7–9 p.m. Lower body: May 14 or September 17, 7–9 p.m. $50 per couple for one class/$90 per couple for both classes.

**FREE HEALTH SCREENINGS**

**Oral, Head, and Neck Cancer**
Johns Hopkins Community Physicians at Howard County are providing free, 10-minute head and neck cancer screenings. 6350 Stevens Forest Road, Suite 102 and 105 in Columbia. Register by calling 1-877-546-1009. May 18, 6–8 p.m.

**Skin Cancer**
Dermatologist will examine one or two areas of concern. May 18 or May 20, 5–7 p.m.

All health screenings are now held in the HCGH Wellness Center unless otherwise noted. Registration is required.

**Diabetes**
August 26, 9–11 a.m.

**FREE HEALTH SCREENINGS**

**FOR CHILDREN AND TEENS**

**CPR for Teens**
This American Heart Association course prepares teens, ages 11 to 17, to perform CPR on an adult, child, and infant. Other topics include choking, how to call 911 and answer dispatcher questions, and brief overview of an AED. May 15 or July 31, 9 a.m.–noon. $30.

**Kids Self-Defense**
Children ages 8 to 12 will learn basic principles of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing, and practice. July 10, 9–11 a.m. $27.

**Self-Defense for Young Women**
Age-appropriate self-defense for young women ages 12–15. Learn physical and psychological strategies. Also discusses concepts of self-image, self-esteem, and assertive behavior. June 5, 9–11 a.m. $35.

Information & Registration: 410-740-7601 • Online Registration: www.hcgh.org • Pre-registration required for all programs

| 410-740-7601 – Information & registration |
| 410-740-7990 – (TDD) |
| 800-850-3137 – long distance only, please |
| www.hcgh.org – online registration & to find a physician |
| 410-740-7750 – physician referral |

**IMPROVING WITH AGE**

**Be Seated**
Seated fitness program geared to adults age 50 and older. Increase range of motion and build muscle strength. Cosponsored with Howard County Dept. of Parks and Rec. $30.

**Fitness Fun for Seniors**
Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Dept. of Parks and Rec. Call 410-740-7601 to register. $36.

**AgeWell**
Ongoing exercise program for people 60 and older. Cosponsored with the Howard County Office on Aging. Call 410-313-7213.

**AARP Driver Safety**
Classroom refresher for drivers age 50 and older. Discount on auto insurance may be available. $12 for AARP members, $14 for others.
Cancer Support Programs

Knitting and Crocheting Group
Instruction, fellowship, and good times assured for the beginner or the advanced needler. Knit or crochet your own projects or create chemo caps, lap blankets, or preemie hats to donate. Every Wednesday, 10:30 a.m.–noon. Free.

Photo Organizing Class
Ongoing program will give you the tricks of sorting and organizing your photos. Materials are available for purchase or bring your own. Second Tuesday of each month, 10 a.m.–noon. Call 410-740-5858 for details.

Yoga
Yoga for patients, caregivers, and survivors. Learn basic yoga movements under the leadership of an experienced and clinically trained instructor. For more information or registration, call 410-964-9100. Fridays, 9–10 a.m., and Tuesdays, 6:15–7:15 p.m.

Transition to Wellness
Women at or near the conclusion of breast cancer treatment receive coping tools and information as you enter the wellness phase of your journey as a breast cancer survivor. May 17, July 19, September 20 and November 8, 6–8 p.m. Ambulatory Care Center. Registration requested; call 410-884-4574.

Survivors Offering Support (SOS)
Volunteer mentors, trained by the hospital, offer encouragement to newly diagnosed breast cancer patients. For details or to be a mentor, call 410-884-4574.

Hand-stitching and Quilting Group
Learn new methods of hand-piecing, including Dresden plate and yo-yo in upcoming months. Second and fourth Tuesdays of each month, 1–3 p.m. Free.

Beads and Jewelry
Third Tuesday of each month, 1–3 p.m.

Partner Support Workshop
Spouses or partners of breast cancer patients gain insight into care giving and types of support patients and families require after a breast cancer diagnosis. Meeting available on request. Please call 410-884-4574.

Ask the Pharmacist
Get answers from Anne Delisa, R.Ph./BCOP, clinical oncology pharmacist. First Friday of each month, noon–3 p.m. For more information, call 410-740-5858.

Cancer Support Programs are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit www.hcgh.org for details. Registration required.

Ongoing Support Groups

Adult Type 1 Diabetes Support Group
Third Monday of the month, 7 p.m. 301-490-0029 or 410-788-8720.

Alcoholics Anonymous
Sundays, 7 p.m. 410-663-1922.

Al-Anon
For families and friends of alcoholics. Sundays, 7 p.m. 410-832-7094.

Alzheimer's Caregivers Support Groups
Caregivers: second Wednesday of each month, 11 a.m. Spouse caregivers: second Tuesday of each month, 10:30 a.m. 410-313-9744.

Anxiety Support Group
First Monday of the month, 7 p.m. 410-442-4045.

Bereavement Support Group
For families and friends who have lost loved ones at HCGH. Meets twice a month, Thursdays, 7–8:30 p.m. To register, call Pastoral Care office at 410-740-7898.

Better Breathing Club
In conjunction with the American Lung Association. Meets monthly. Contact Carol Zemanick at 443-718-3000.

Breast Cancer Support Group
Third Wednesday of each month, 7–9 p.m. Maryland Oncology Hematology waiting room at 10710 Charter Drive in the new Medical Pavilion, Suite G020. 410-884-4650.

Caregiver’s Support Group
Drop-in support program designed for caregivers and facilitated by Mary M. Dowling, LCSW-C. Free. Registration encouraged. Call 410-964-9100 x5.

Chronic Pain Support Group
Third Monday of each month, 1–2 p.m. 301-873-3959.

Cohon’s and Collins Foundation of America Support Group
Fourth Tuesday of each month, 7–8:30 p.m. 1-888-618-5583.

Depression and Bipolar Support Alliance of Howard County
Second and fourth Fridays of the month, 7–9 p.m. 443-995-8351.

Fibromyalgia Support Group
First Friday of the month, 7–8 p.m. 714-323-3975.

Hospice Services of Howard County
Support for the terminally ill, their families, and the bereaved. 410-730-5072.

Howard County Diabetes Education and Support Group
Ongoing support and education for adults with diabetes and their families. Meets the first Tuesday of every month except August at 7 p.m. in the Bolduc Family Outpatient Center classroom on the first floor of the hospital. No registration is required. Free. 443-718-3007.

I Can Cope
An educational series for people facing cancer sponsored by the Claudia Mayer Cancer Resource Center and the ACS. Registration required. 410-740-5858.

Look Good Feel Better
This ACS program provides a free workshop by licensed cosmetologists. Women undergoing cancer treatment can learn to manage the appearance-related side effects of cancer treatment and receive a complimentary bag of cosmetics. 1-888-535-4555 or 410-740-5858.

Lupus Mid-Atlantic
First Wednesday of the month, 7 p.m. 800-777-0934.

Man-to-Man Prostate Cancer Support Group
Third Thursday of each month, 7–9 p.m. 410-313-4255.

Maryland Sickle Cell Disease Association
Fourth Wednesday of the month, 7 p.m. 410-465-4822.

Narcotics Anonymous
Sundays, 5:30 p.m. 1-800-317-3222.

Nicotine Anonymous
Sundays, 5:30–6:30 p.m. 410-964-2180.

Overeaters Anonymous
Fridays, 10:30–11:30 a.m. 410-963-2102.

Parkinson’s Support Group
Second Tuesday of the month, noon–1 p.m. 443-718-3135.

Rising Hope Support Group
For parents who have lost a baby to miscarriage, stillbirth, or newborn death. First Monday of each month, 7:30 p.m. 410-740-7845.

Stroke Support Group
Select Wednesdays of the month, 6:30–8 p.m. Ambulatory Care Center. Call 410-740-7601.

Teens Together Support Group
Drop-in program for teens who have a friend or family member with a cancer diagnosis. Third Sundays from 2–4 p.m. Join other high schoolers for pizza, fun, and fellowship. Free. Registration encouraged. Call 410-740-5858 to register.

WomenHeart, the National Coalition of Women with Heart Disease
443-854-8333.

Information & Registration: 410-740-7601 • Online Registration: www.hcgh.org • Pre-registration required for all programs

Spring 2010 Wellness Matters | 11
Ten years ago, Columbia native Bill Innanen was enjoying long-distance running of up to 40 miles, when it hit him. “My leg would lock about halfway into my run, causing me to fall,” recalls Bill. “I also started noticing slight tremors in my left hand.” His concerns led him to see his primary care physician, who referred him to a neurologist specializing in Parkinson’s disease.
A Look at Parkinson’s Disease

What is Parkinson’s Disease?
Parkinson’s disease (PD) is a degenerative disorder of the central nervous system. According to the National Institute of Neurological Disorders and Stroke (NINDS), researchers estimate that at least 500,000 people in the United States currently have PD, and, as the risk of this disorder increases with age—especially affecting those over the age of 50, they predict an increase as the population ages.

What are Symptoms of the Disease?
While PD does not affect everyone in the same way, there are four primary symptoms:

- tremor or trembling in hands, arms, legs, and face
- rigidity or stiffness of the limbs and trunk
- slowness of movement
- postural instability or impaired balance (a late symptom of the disease)

Other symptoms include depression and emotional changes; difficulty in swallowing, chewing and speaking; urinary problems or constipation; skin problems; and sleep disruptions.

“...Early intervention and diagnosis affords many patients good quality of life.” — Richard Babkes, M.D.

Early symptoms such as Bill experienced are subtle and occur gradually, typically impacting just one side of the body. According to Dr. Richard Babkes, a neurologist on staff at Howard County General Hospital, tremors are the easiest symptom to identify and a reason to see your physician—along with slowness of movement and rigidity. “You may lose track of words or thoughts, notice your handwriting is slow, or experience unusual changes in your gait or posture,” explains Dr. Babkes. Over time, symptoms worsen, impacting both sides of the body, and patients may have difficulty walking, talking or completing simple daily tasks. According to Dr. Babkes, “early intervention and diagnosis affords many patients good quality of life.”

What Causes the Disease?
PD occurs when dopamine-producing neurons in the brain die or become impaired. Dopamine, an important brain chemical, transmits signals between two specific areas of the brain to produce smooth, purposeful movement. As patients lose dopamine, abnormal nerve-firing patterns in the brain cause impaired movement.

How is PD Diagnosed?
Diagnosis can be difficult as early symptoms may appear to be normal signs of aging or a result of another similar condition. Currently, no blood or lab tests are proven to help diagnose PD. Doctors observe patients over time, review their medical history, analyze their neurological exam results, and possibly order a brain scan.

How is the Disease Treated?
At present, there is no cure, but medications can provide relief from symptoms. According to Dr. Stephen Grill, a neurologist on staff at HCGH, there is a myth that once you begin taking medicines, they only work for a few years. “This is a false belief,” says Dr. Grill. “There are numerous medications available, and your physician can prescribe different medications based on your symptoms and how far the disease has progressed. After assessing a patient, I also strongly encourage them to exercise at least three to four times a week. Exercise is more important than any medication I could prescribe.”

Facts ABOUT PARKINSON’S DISEASE

- PD impacts men 50 percent more than women.
- The average onset of PD is 60 years.
- Having one or more close relatives who have PD slightly increases your risk for developing the disease.
Night and Day Treatment for Parkinson’s

For several years, Dr. Grill treated Bill with medications until his tremors became too strong for medication to provide enough relief. As a result, Bill underwent deep brain stimulation surgery at Johns Hopkins Hospital to treat his left side.

Deep brain stimulation involves implanting an electrode into part of the brain — either on one or both sides. The electrodes are connected to a small electrical device implanted in the chest; these work together to help painlessly stimulate the brain to stop many PD symptoms. Bill was awake during part of the five-hour surgery in order to give feedback on the effect the wire placement was having on his symptoms. Bill awoke to a dramatic difference.

“My results were fantastic.”

— Bill Innanen

“It was night and day,” exclaims Bill. “My results were fantastic. Before the surgery, I couldn’t hold a book and read. I would almost need a matching tremor in my eyeball, and eating spaghetti with a fork was impossible without sending the spaghetti up my nose.”

Today, Bill sees Dr. Grill on an ongoing basis so that Dr. Grill can make adjustments to the stimulator as the disease advances as well as monitor the battery controlling the implanted electrodes. While now taking medications to control the tremors on his right side, Bill is able to continue working in the Space Division at Johns Hopkins Applied Physics Lab, where he has been employed for more than 35 years.

Parkinson’s Support Group

HCGH offers an ongoing support group the second Tuesday of the month, noon–1 p.m. For more information, call 443-718-3135.
Dear Friends,
I am always humbled when I hear stories of selflessness and giving. During our snowstorms this winter, we were reminded again and again of the dedication of the HCGH staff and the difficulties they endured.

We heard from staff as well. Linda Caplan, who works in Labor and Delivery, was waiting on Little Patuxent Parkway after the storm, when she said aloud, “Wish I could get a ride to the hospital.” A passing car stopped and backed up. It was emergency physician Howard Morris and nurse Jessica Burkins heading home after night shift. When Jessica saw the word “hospital” come out of Linda’s mouth, they turned around and drove her to work.

These acts of kindness are examples of the caring community at HCGH. They are the reason Howard Hospital Foundation exists, to support the hospital in its strive for excellence. Winning a second consecutive national HealthGrades award, which recognizes HCGH as being in the top five percent of hospitals in the nation, is further proof of our quality.

Once again, we thank you for being part of our community. We have been overwhelmed by your generosity and know that your continued support will help us accomplish our goals, specifically the completion of the Campus Development Plan. We applaud your efforts and recognize you in the following pages.

If your name is missing from our list of honorees, please donate your time, talents and treasures so that we can add you next spring. It’s the giving that matters, not the amount. Simply go to www.hcgh.org and click on the “Donate Now” button.

If you are a regional business owner, we ask you to join our Business to Business Campaign that we introduced last fall. We are challenging the corporate community to raise $1 million by the end of the campaign, with multiyear pledges. We thank those who have already joined us and look forward to welcoming many more corporate leaders this year.

We welcome you to our growing community, and thank you for all you have done and will continue to do. Visit www.hcgh.org/HowardHospitalFoundation.htm to find out how you can get involved. Hope to see you at our events, your name etched in our entryway pavers, or your profile on our Facebook fan page at www.hcgh.org/facebook.

With thanks,

David Powell, Chair
Howard Hospital Foundation

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Howard Hospital Foundation recognizes the generous support of individuals, organizations, and corporations who have given to the hospital between January 1, 2009, and December 31, 2009. Howard County General Hospital is grateful for each and every contribution; however, due to space restrictions, only the names of those who have given $250 or more are published here. Donor lists are checked carefully each year; in the unfortunate event of an error, please notify us at 410-740-7840.
$5,000 – $9,999
Vivian C. “Millie” Bailey
Biegel & Waller, LLC
John Chester
Mariebel Davis and
Marvin Davis, M.D.
Davis, Agnor, Rapaport & Skalny, LLC
Janette and Michael Fine
Sharon Hadsell
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of Susan G. Komen for the Cure
Microsoft Matching Gifts Program
Marie Rezin Revocable Trust
at Woodtrust Bank, N.A.
Sepracor
Richard and Lois Talkin Fund
at the Columbia Foundation
Emmy Lou and William Velenick
Mary Ann and W. Gill Wylie

$2,500 – $4,999
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Anonymous Member of the HCGH
Medical Executive Committee
Ballet Royàle Institute of Maryland
Audrey Benford
Jane and Larry Droppa
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General Growth Properties
Howard County Child Safety Fund
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Edward Szymanski
Carla Trevizo
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Encore Path, Inc.
ExxonMobile Foundation
Paula and David Forman
Ilene and Kevin Fox
Theresa and Michael Gandolph
Barbara Grisso
Kiwanis Club
of Elliott City Foundation

Cynthia Miller
Maria and Dennis Miller
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Delphine and Charles Peck
Mary and J. Bart Peitz
Shane and J.W. Pendergrass
Reservoir High School
Linda and J. Thomas Scribner
Selnick & Associates, Inc.
Sarah Sherman
Richard Van Lunen
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$250 – $499
Branch Banking & Trust Co.
Chef’s Expressions
Lenore and Richard Gelfman
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Howard Chapter #20
of the Eastern Star
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Janet Holtzner and James Jewell
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Kathleen and Steven Joss
Carol and Charles Long
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Georgia Lovette
Beverly and James Mann
Monica May and Michael May, M.D.
Friends of Tim McCrone
Sandra and John McDaniel
Ellen and Wayne McDaniel
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Lisa Krichten and Donald Miller
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Mary and J. Bart Peitz
Shane and J.W. Pendergrass
Reservoir High School
Linda and J. Thomas Scribner
Selnick & Associates, Inc.
Sarah Sherman
Richard Van Lunen
Charitable Foundation
Susan and Melvyn Wahlberg

* deceased

(l. to r.) Alicia and Tom Slahetka, Tina Broccolino, David and Eileen Powell, and Dorothy E. McGowan enjoy the reception held during the grand opening of the new Patient Pavilion.
### Transforming How We Care for You

**Gifts/Pledges to the Campus Development Plan Capital Campaign (2004 - 2009)**

In 2007, Howard County General Hospital broke ground on the $105 million Campus Development Plan—the largest construction and expansion project in the hospital’s 36 year history. The project is being funded in part through public and private gifts. We thank the following donors and contributors who contributed over $22 million dollars toward the $30 million capital campaign goal.

#### $7,000,000
- Howard County Government

#### $4,200,000
- Horizon Foundation of Howard County, Inc.

#### $2,000,000
- The Rouse Company Foundation

#### $1,000,000
- Evelyn and J.P. Bolduc
- The Lundy Family

#### $500,000 – $999,999
- Chanceland Farm
- W.R. Grace Foundation, Inc.

#### $250,000 – $499,999
- Dancel Family Foundation
- Mary Gould and Kingdon Gould, Jr.
- Howard County General Hospital *PitcH In To Win*
- Employee Campaign
- Howard County General Hospital Volunteer Auxiliary
- Johns Hopkins Emergency Medical Services
- “Painted Veil” Movie Premiere
- U.S. Foodservice

#### $100,000 – $249,999
- HCGH Benefit Golf Classic 2007
- HCGH Benefit Golf Classic 2008
- Norma and Tom Hoff
- Howard County Anesthesia Associates, P.A.
- Howard County General Hospital Professional Staff
- Cynthia and E. Wayne Jackson JJAM Enterprises, Inc.
- Mary Agnes Lewis and Fred T. Lewis, D.V.M.
- Dorothy E. and W. Brian McGowan
- Charles H. Miller
- M&T Bank Charitable Foundation
- Judy and Bill Munn and the Munn Family Foundation
- Grace Payne and John C. Payne, M.D.
- Eileen and David Powell
- Whiting-Turner Contracting Co.

To view the full list, please visit the Howard County General Hospital website. *deceased

#### $50,000 – $99,999
- Anonymous
- Patty and Tom Buescher
- Cardiovascular Specialists of Central Maryland, P.A. (formerly HPV Heart, P.A.)
- Digestive Disease Associates, P.A.
- Harkins Builders, Inc.
- Judy and Jon Koller
- Martek Biosciences Corporation
- Maryland Surgeons, P.A.
- The Nyanjom Family
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- Thomas H. Price III, P.A.
- Leslie and Alan Ritkin/
- Ritkin, Livingston, Levitan & Silver, LLC
- Shade Construction Company, Inc.
- Dawn and Bradley Smith

To view the full list, please visit the Howard County General Hospital website.

#### $10,000 – $24,999
- Anonymous (2)
- Mary and L. Earl Armiger
- Anne and George Barker
- Dorothy and John Braillantes
- Judy and Terry Brown
- Capital Women’s Care/
- Drs. Marvin P. Davis, Christina R.
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- Drs. Flowers, Levine, Prada, Diener, Jackson, Conger, Poblete, Price
- Maryland Spine & Sports Medicine/Clark Brill, M.D., John Collins, D.O., Aaron Twigg, M.D.
- Ann Baldwin Mech, J.D., R.N.
- Margaret and Paul Norris
- Orthopaedic Associates of Central Maryland, P.A.
- Elizabeth and Ronald Peterson
- Beverly White-Seals, Esq. and Jerry Seals, M.D.
- Dr. and Mrs. Michael E. Silverman
- Emmy Lou and William Volenick
- Dianna and Wayne Wilhelmin/William Commercial Builders, Inc.
- Diana and Glenn Wilson
- Shirley Yang, M.D.
- Michelle Zalucki and James Zalucki, M.D.

To view the full list, please visit the Howard County General Hospital website.

#### $5,000 – $9,999
- American Radiology Services, Inc.
- Anonymous Member of the HCGH Medical Executive Committee
- Audrey Benford
- Biegel & Waller, LLC
- Dianne Braun
- Suzanne and John Brinkley
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- Mary Lynn and Fred Festa
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- Sue Song
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- Lois and Richard Talkin
- Diane Tortolani and Ed Tortolani, M.D.
- Mary Ann and W. Gill Wylie

To view the full list, please visit the Howard County General Hospital website.

#### $2,500 - $4,999
- Axios, Inc.
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- Lynda Ann Bell
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- Angela Jenkins
- Frederick and Frances Kunkle Charitable Fund

To view the full list, please visit the Howard County General Hospital website.
Members of the LEADERSHIP COUNCIL have contributed $100,000 and above to the Howard Hospital Foundation. We are proud to recognize:

Anonymous
Apple Ford
Bank of America
Bare Bones Grill and Brewery
Evelyn and J.P. Bolduc
Shirley Bossom ††
Cardiovascular Specialists of Central Maryland, P.A. (formerly HPV Heart, P.A.)
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Fretz Event to benefit the Claudia Mayer Cancer Resource Center
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HCGH Symphony of Lights
HCGH Volunteer Auxiliary
Margaret and Wilson Hoerichs
Norma and Tom Hoff
Horizon Foundation of Howard County, Inc.
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Howard County Anesthesia Associates, P.A.
Cynthia and E. Wayne Jackson
JJAM Enterprises, Inc.
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The Lundy Family
Dorothy E. and W. Brian McGowan
Charles H. Miller
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M&T Bank Charitable Foundation
Judy and Bill Munn and the Munn Family Foundation
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Weils Fargo Bank
Karen and John Whiteside ††
Whiting-Turner Contracting Co. †
W.R. Grace Foundation, Inc.

LEGACY SOCIETY
Charter members who have named Howard County General Hospital in their will, trust, life insurance or retirement account and have notified the Howard Hospital Foundation of their intent include:

Vivian C. "Millie" Bailey
Shirley Bossum
Jean Hartman
Joan Reisfeld
Emmy Lou and William Volenick
Karen and John Whiteside
Eugene "Pebble" Willis, M.D. *
F. Jean Warthen *

FUNDRAISING EVENTS
offer additional opportunities for the community to support our hospital. We are proud to recognize the following events that raised more than $600,000 to benefit Howard County General Hospital and the Claudia Mayer Cancer Resource Center:

Cuts Against Cancer
HCGH Annual Benefit Golf Classic
Kicks Against Breast Cancer
Symphony of Lights

MEMORIAL GIFTS
were received by the Howard Hospital Foundation to remember the following people:

Asha Abogne
Anna Abromaitis
June Affeldt
Allan B. Anderson
Ricky Barnes
Jose V. Bonilla
Barbara Cairns Boycan

BIRTHDAY CLUB
A unique way to honor your child. Below are our newest members to the Birthday Club:

Anonymous
Riley S. Colling
Hannah Gandolph
Kaitlyn Gandolph
Brian Holtzner
Ellie Marie Matulevich
Nicole Regan

donna Broccolino
Wilmer J. Chester
Marvin Coffey
Frank P. Dawson
Richard F. Fleischmann
Andy Giancoli
Kathleen Gibbins
George Hicks
Margaret Hicks
Tim Kelly
Jessie Kimbrough
Mary J. Knott
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Claudia R. Mayer
Geraldine Moore
Jacquelyn P. Moseman
Paul C. Ostrower
Paul Rappaport
Ronald Roy Renoud
Helen J. "Samantha" Sachs
Mary Ellen Sadowski
Mable Sager
Arley Schuler
Donna Sunderdick
Pasquale Valenziano
Doris Weber
Eugene “Pebble” Willis, M.D.

† Denotes new member 2009
†† Includes bequest
* deceased

The Leco-Mattingly Family is pictured with Tuvia Blechman, M.D., and Victor Broccolino, HCGH president and CEO, as the NICU Isolation Room named in their daughter Emily’s honor is unveiled.
New Professional Staff Officers Named for 2010

The HCGH Professional Staff has elected Jonathan S. Fish, M.D., as president of the professional staff for 2010. A member of the professional staff since 1997, Dr. Fish is board certified in internal medicine. Dr. Fish, who is with Charter Internal Medicine in Columbia, received his medical degree from Jefferson Medical College in Philadelphia, PA. Serving with Dr. Fish will be pulmonologist Francis S. Chuidian, M.D., as vice-president and anesthesiologist Clarita G. Frazier, M.D., as secretary/treasurer.

Aldrich Named Vice President of Medical Affairs

Eric M. Aldrich, M.D., was recently named vice president of Medical Affairs at HCGH, providing administrative oversight and service support for professional staff activities and working closely with physician leaders at the hospital. Also HCGH’s designated medical safety officer, Aldrich, who has been with Johns Hopkins Medicine since 1992, played a key role in HCGH’s successful effort to become a designated Stroke Center by the Maryland Institute for Emergency Medical Services System and currently is co-director of the HCGH Stroke Center. Board certified in psychiatry and neurology, he received his medical and graduate degrees from George Washington University Medical Center.

NEW 2010 Physicians Directory COMING SOON

The new 2010 HCGH Physicians Directory is being prepared for distribution. This year’s directory lists the more than 700 skilled physicians who practice at HCGH in more than 70 specialties and subspecialties. Copies will be distributed to the community through Patuxent Publishing in the June 24 issue of the Columbia Flier, Howard County Times, Catonsville Times and Laurel Leader.

Latino Health Fair

The sixth annual Latino Health Fair, cosponsored by HCGH, Priority Partners, St. John the Evangelist Catholic Church, the Howard County Health Department and Alianza de la Comunidad, was held on Saturday, March 6 at the Wilde Lake Interfaith Center in Columbia. Nearly 500 people attended this year’s event and received numerous health screenings, clinical breast exams and HIV testing. Participants also could attend health presentations by Johns Hopkins physicians in Spanish and obtain educational information about cardiac risk, mental health, stroke awareness, diabetes, nutrition and physical activity.
May

**Fitness and Sports Medicine Clinic**
Saturday, May 15 / 10 a.m.– 2 p.m. Free.
Lord & Taylor Court in The Mall in Columbia
Talk with our physician experts; participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis; and learn fitness tips and ways to incorporate more movement into your life.

June

**Howard County Relay for Life**
Friday, June 4 / 6:30 p.m.– Saturday, June 5 / 8 a.m.
Hammond High School
For more information, call 410-781-4316 or visit www.howardrfl.com.

**Healthy Howard Day**
Sunday, June 6 / 10 a.m.– 4 p.m. Free.
Centennial Park
Bring the whole family for a day geared to help you fight obesity by supporting healthy living, proper nutrition and exercise throughout your day. The event includes free health screenings, worksite wellness area, an active kids’ zone, healthy food tasting and live entertainment.

**WomenFest**
Wednesday, June 16 / 10 a.m.– 2 p.m. Free.
Glenwood Community Center, Cooksville
Open to women of all ages. Join the Howard County Department of Citizen Services Office on Aging for a fun, interactive day that focuses on health, wellness, fashion and beauty. Designed to inspire women to live more balanced, healthier and fulfilled lives, the event offers seminars, demonstrations, exhibitors and screenings. HCGH physicians will present on topics including What Women Need to Know about Men’s Health, Common Symptoms Women Shouldn’t Ignore, and more. For more information, call 410-313-5980.

August

**Healthy Kids in Healthy Families Clinic**
Saturday, August 21 / noon – 4 p.m. Free.
Lord & Taylor Court in The Mall in Columbia
Bring your family and participate in our screenings including pediatric vision, asthma, height, weight and blood pressure. Stop by our booths and ask the pediatrician questions. Learn physical activities for the whole family, healthy nutrition, and other health and safety tips for children and the whole family.

For a complete listing of all the Howard County General Hospital events, please visit www.hcgh.org.