Newlywed Wins Fight for Her Life with HCGH Award-Winning Critical Care

Putting Back Pain on the Chopping Block
Dear Friends,

For more than 35 years, Howard County General Hospital has served our community, striving to provide the highest quality of care to improve the health of our entire community through innovation, collaboration, service excellence, diversity, and a commitment to patient safety. By carrying forth this mission in all that we do, HCGH, its patients and our community are reaping the rewards.

Following on the heels of the Health Grades Distinguished Hospital Award for Clinical Excellence in January, which placed HCGH among the top five percent of hospitals nationwide for clinical care, HCGH recently received numerous top national and regional Health Grades recognitions. We are very gratified to be ranked the number one hospital in Maryland for overall critical care as well as gastrointestinal surgery. In addition, HCGH received excellence awards and five-star ratings for pulmonary, gastrointestinal and critical care. These recognitions are based on Health Grades’ 12th annual Hospital Quality in America study, which analyzes patient outcomes at virtually all of the nation’s hospitals.

These numerous awards not only speak to the expertise, dedication and hard work demonstrated by our physicians and staff on a daily basis, but also explain the patient success stories that are the ultimate standard by which we measure our achievements.

On page 3, please read one such compelling story of a young newlywed, whose flu-like symptoms took a turn for the worse and landed her in the HCGH Intensive Care Unit. Led by a skilled treatment team, this young woman has fully recovered and is once again living life to the fullest.

To help more patients achieve this kind of positive outcome, HCGH is proud to offer a multifunctional linear accelerator through a joint venture with Johns Hopkins University School of Medicine and the University of Maryland. This cutting-edge cancer treatment provides two different types of radiation therapy in one machine, meaning more patients can be treated using this machine. Additionally, this device provides higher, more targeted doses of radiation to more effectively and aggressively treat cancer, while sparing healthy tissue.

Armed with state-of-the-art technology, the strength of our physicians and staff and access to some of the world’s leading edge medical treatments as a proud member of Johns Hopkins Medicine, HCGH’s award-winning care provides patients throughout the region with outstanding quality care right in this community.

Sincerely,

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

A Newlywed’s Nightmare
HCGH’s Award-winning Care to the Rescue

Wellness Classes

Giving Matters
Local Family Makes Philanthropy a Priority

Hospital News

Mark Your Calendars

Pictured on front cover: Dave Estell, back surgery patient
By all accounts Kerin Thornton’s November 7 wedding to John Olson at the Naval Academy in Annapolis, Md., was a fairytale. But what quickly followed could easily be classified as a nightmare.

Two days following the ceremony, John started feeling sick, complaining of fever and a cough that were short lived. With Kerin’s husband on the mend, she soon started feeling ill, experiencing chills, headaches, body aches and nausea. “I thought it was just a cold and I would tough it out,” recalls Kerin, who decided to visit her primary care physician when she didn’t improve after a week. “I was very short of breath and felt awful,” says Kerin, whose doctor ordered a chest X-ray — the results of which sent Kerin to HCGH’s Emergency Department, where she was admitted directly to the Intensive Care Unit (ICU). “I had pneumonia, a fever and no energy. I couldn’t get around and was absolutely miserable.”

Kerin and John Olson on their wedding day
HCGH Care Gets Newlywed Back on Track

From Bad to Worse
Admitted to HCGH’s ICU on November 17, Kerin soon took a turn for the worse. “The first few days in the ICU were a blur,” explains Kerin. “Everyday my temperature was climbing, so I was covered in icepacks. Because I couldn’t breathe well, I had to wear a pressure-assisted mask that forced 100 percent oxygen into my lungs.” With Kerin’s flu tests coming back negative, Dr. Mark Landrum, an infectious disease specialist at HCGH, diagnosed Kerin with adult respiratory distress and bilateral pneumonia. Despite efforts to stabilize her, Kerin’s condition continued to deteriorate. That Friday morning, Kerin’s mother Colleen received a phone call from the ICU that Kerin was tiring and that doctors felt that her only option was to go on a ventilator.

Coming into her daughter’s hospital room to see Kerin on a ventilator drove home the seriousness of Kerin’s illness for Colleen, who is a nurse herself. “I never thought this would happen—she and John had just been married. And, with Kerin in a drug-induced coma, I found myself questioning if she would survive,” says Colleen. “During that time, the doctors and nurses told us step by step what was happening. The one thing that got me through this nightmare was knowing that the doctors, nurses, respiratory therapists and ancillary care givers were taking such good care of Kerin. Dr. Mark Landrum was a constant presence—when I came in early he was there, and when I left late he was there. The care they provided made it possible for me and my husband to leave Kerin—even for just a little while to get some sleep.”

The Security of Being in Good Hands
It was this care and, according to Kerin, the fact that everyone at HCGH was extremely patient and thorough that made the difference. “I knew things were serious, but they didn’t miss a thing. They were pulling for me,” explains Kerin. Armed with a fighting spirit, Kerin started mounting a comeback. The day before Thanksgiving—six days after first being put on a ventilator—doctors removed Kerin from the ventilator. While at first not able to walk or even hold a cup, Kerin continued to get stronger and stronger over the next few days. Kerin was in recovery mode.

Reaching the Finish Line
Now home in Crofton, Md., Kerin is steadily regaining the vitality of a young newlywed and looking forward to returning to work. With Kerin on track to make a full recovery, the future looks bright for Kerin’s mother and running partner. “We have been running together for 10 years—from the Baltimore Half Marathon to the Army 10 mile, we run together all the time. If she isn’t on my left side, I am no good; I want her back running with me again soon.” And, for Kerin and her family, the care she received at HCGH has paved the way for her to get back on track.

A TESTAMENT TO AWARD-WINNING CARE
“As a member of Johns Hopkins Medicine, Howard County General Hospital recognizes the dedicated physicians and staff who make stories like Kerin Olson’s and the many like it seen on a daily basis at HCGH possible. It is because of their expertise, dedication and commitment that the hospital has won numerous top national and regional HealthGrades awards. We are extremely proud to be the number one hospital in Maryland for overall critical care. In addition, HCGH recently received excellence awards and five-star ratings for pulmonary care, gastrointestinal care and critical care as well as a five-star rating in cardiac care.”

– Vic Broccolino, CEO and president of HCGH

To learn more about the awards HCGH has received, visit www.hcgh.org
Wellness Classes

Understanding Angina 2010
February 9/ 7–8:30 p.m. Free. Learn about the causes, treatment and diagnostic tests for chest pain. Presented by Jerome Huntman, M.D.

Heart Matters
February 25/ 8:30 a.m.–2 p.m. Activities include cholesterol test with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Registration is required. $25.

Topic of Cancer
April 13 and April 15/ 4–6 p.m. New location: HCGH Wellness Center. Prostate cancer screening including PSA blood test. $15 for screening.

CPR Across Howard County
April 24/ 9 a.m.–noon. Free. New location: HCGH Wellness Center. American Heart Association Family & Friends CPR for the adult or child victim. This course is for the community and is not a certification course.

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.

Stoke Screening
May 17/ 10 a.m.–2 p.m. Free. Includes carotid screening, blood pressure measurement, and a stroke risk questionnaire.

Special Events:

Transitions... Adapting to Menopause
Saturday, March 20, 8:30–11:30 a.m. Includes Continental Breakfast. $10. Topics include: Recognize Your Body Changes, presented by Phyllis Campbell, M.D. The Benefits of Vitamin D, presented by Jon Minford, M.D. Promoting Bladder Health, presented by Jennifer Bepple, M.D.

Skin Cancer Screening
May 18 and May 20/ 5–7 p.m. Free. New location: HCGH Wellness Center. Dermatologist will examine one or two areas of concern.

Healthy Lifestyles

Advance Directives Seminar
February 11, March 11, April 8 or May 13, 6–7 p.m. 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. Free.

Moving through Anger
Controlling your anger can be hard, but you don’t have to let anger control you. This three-week interactive class will teach you to channel your anger into a positive force, help to identify what triggers your anger, and provide you with techniques to manage those triggers. May 6, 13 and 20, 6–7:30 p.m. $40 per person.

Shiatsu Massage for Couples
Learn simple, yet effective Shiatsu techniques to reduce stress and promote well-being. Upper body: January 8, March 12 or May 7. Lower body: January 29, March 26 or May 14. $50 per couple for one class/$90 per couple for both classes.

3 Keys to Mastering Stress
Gain a greater understanding of your perception of stress. Learn to take control; build support systems; and incorporate physical activity, time management and relaxation techniques. April 20, 7–8:30 p.m. Free.

Women’s Self Defense
Women age 16 and up will learn and practice highly effective and easy-to-learn techniques designed for adult situations. April 17, 9 a.m.–noon. $50.

Adult/Child/Infant CPR
Earn a two-year Heartsaver certification card upon completion of this class. This is not a health care provider course. February 11, February 25, March 15, March 25, April 13 or April 26. $48.

First Aid: Adult Basic
Through lecture and hands-on training, learn to effectively assess and treat a wide range of ailments in emergencies. Treatments covered are for adult victims and children over 8 years old. Earn a three-year National Safety Council Certification. May 1, 9 a.m.–3:30 p.m. $60 (includes book).

Program Registration

Register online for HCGH’s Wellness Classes
Unless otherwise noted, classes will be held at HCGH Wellness Center now located in the Medical Pavilion, 10710 Charter Drive, Suite 100, Columbia, MD 21044. Advance registration is required for all classes and programs. Make checks payable to HCGH. A $25 processing fee will be charged for refunds and returned checks. Classes may be cancelled due to low enrollment.

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
**Advancements in Spine Surgery**

Advancements in spine surgery, including spinal fusion and the newer minimally invasive techniques, will be discussed. Learn about these techniques and your options for relieving back pain. Presented by Oren Blam, M.D. February 23, 7–9 p.m. Free.

**Breathe Easy: Asthma Update**

Learn asthma triggers, ways to manage your environment, the latest treatment options and more. Attend this program for yourself or for your family member. Presented by Surender Vaswani, M.D., and Jennifer Mayer. March 29, 7–8:30 p.m. Free.

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**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.

**Maybe Baby? Financial Planning Issues for 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. April 22, 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.

**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. January 20 or April 14, 7–9 p.m. Free.

**Choosing Your Pediatrician**

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 Kenneth Klebanow, M.D. March 16, 7–8:30 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.

**Enhance Your Brain Power**

New research confirms you can expand your brain reserve through easy, proactive practices and overcome challenges of medication and aging. In this interactive class, learn easy techniques and activities for thinking your way to improved brain health. March 2 and 9, 7–9 p.m. $30.

**Knee Arthritis and Current Treatments**

Learn about the development of arthritis and ways to slow its progression. The newest surgical and non-surgical treatment options will also be discussed. Presented by James Kunec, M.D. March 23, 7–9 p.m. Free.

**East Meets West**

Your well-being is related to the energy of your body. Eastern medicine teaches us about this energy and the way you can promote a healthier you. Learn simple practices that will start you on your way. April 14, 7–8:30 p.m. Free.

**Brain Power**

Enhance your way to improved brain health. Eastern medicine teaches us about this energy and the way you can promote a healthier you. Learn simple practices that will start you on your way. April 14, 7–8:30 p.m. Free.

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**MALL EVENTS:**

**Cardiovascular Clinic**

February 13/ 9 a.m.–1 p.m. Free. Lord & Taylor Court in The Mall in Columbia. Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including height and weight measurements, carotid, total cholesterol, glucose, blood pressure and body mass index.

**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.

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**Maternal Child Classes**

Maternal Child Class brochures with registration forms are available online at www.hcgh.org or by calling 410-740-7601.

**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. June 5, 10-11 a.m. $20.

**Positive Parenting**

In this two-week program, learn skills needed to raise a healthy, productive child including communication, disciplining your child, managing your child’s behavior, self-esteem and more. For parents of newborns through 4 years old. April 22 and 29, 6–7:30 p.m. $25 per person/ $40 per couple.

Information & Registration: 410-740-7601 • Online Registration: www.hcgh.org • TDD: 410-740-7990 • Long Distance: 800-850-3137 • Pre-registration required for all programs
Mammograms
Visit our personal touch Mammography department and have your “Soft Pad” mammogram. HCGH will provide $50 screening mammograms in May and October for women without symptoms of breast disease. Availability is limited; call 410-740-7900 to schedule an appointment. In addition, HCGH works in conjunction with the Howard County Health Department to provide free mammograms to qualifying women.

To determine eligibility and schedule an appointment, call 410-313-4255.

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 begin March 11, April 12 or May 11, 6:30-9 p.m. To register, call Maryland Access Point, 410-313-5980. $25.

Blood Pressure Screening & Monitoring
HCGH Wellness Center: Wednesdays, 3–6 p.m. Ellicott City Senior Center: Tuesdays, 9:30 a.m.–12:30 p.m. Kiwanis-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, 6–8 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.

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.

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. March 24 or May 25, 5–6:30 p.m. Free.

Individualized Weight-Loss and Dietary Counseling
Nutritional counseling with a registered dietitian 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.

Complementary Therapy and Fitness Programs
Exercise with knowledgeable exercise physiologists who can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists. Eliminate injuries with our “whOle-In-One” Golf Body Enhancement Program. Enjoy benefits of massage therapy and acupuncture. Contact Central Maryland Rehabilitation Center at 410-312-9000.

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

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

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.

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.

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 January 28, February 25, March 25, April 29, and May 20. 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. January 28 or April 6, 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 dietitian, 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 diettian. January 15 & 19, February 12 & 16, March 5 & 9, March 26 & 30, April 16 & 20, May 14 & 25, 8:30 a.m.–3 p.m. Ambulatory Care Center. For information, call 443-718-3000.

Living with Diabetes: Executive Summary
This evening class is the condensed version of our popular daytime class designed for the working professional. January 26 & 27 and February 23 & 24, 6–9 p.m.

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. $24.

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 410-313-7275 to register. $36.

AARP Driver Safety
Classroom refresher for drivers age 50 and older. $12 for AARP members, $14 for others.
HEALTH SCREENINGS

Diabetes
March 31, 9–11 a.m. Free.

Vitamin D and Osteoporosis
March 25 or March 31, 4–7 p.m. $35.

Prostate and Colorectal
April 13 and 15, 4–6 p.m.
$15 for prostate, $7 for colorectal.

Vision and Hearing
April 26, 3–5 p.m. Free.

Podiatry
April 29, 5:30–7:30 p.m.
Presented by Andrew Liss, DPM. Free.

Stroke
May 17, 10 a.m.–2 p.m. Free.

Skin Cancer
May 18 or May 20, 5–7 p.m. Free.

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

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. February 6 or May 15, 9 a.m.–noon. $30.

Home Sweet Home
Children ages 9 to 12 and their parents will learn safe and fun ways for children to stay at home alone. May 1, 9–11 a.m. $15 per family.

Self-Defense for Young Women

Essentials in Babysitting
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. January 16, February 27, March 27, April 17 or May 8, 9 a.m.–1 p.m. $46 (includes lunch and certificate of attendance).

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. March 27, 9–11 a.m. $27.

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. February 8, March 22 and May 17, 6–8 p.m. Ambulatory Care Center. Registration requested; call 410-884-4574.

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. First and third Thursdays of each month, 10:30 a.m.–noon. Free.

Photo Organizing Class
In this two-part series, learn how to use your pictures to create meaningful, archival-safe albums. Materials are available for purchase or bring your own. Call 410-740-5858 for details and dates.

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.

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.

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.

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. February 8, March 22 and May 17, 6–8 p.m. Ambulatory Care Center. Registration requested; 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.

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.

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.

Information & Registration: 410-740-7601 • Online Registration: www.hcgh.org • TDD: 410-740-7990 • Long Distance: 800-850-3137 • Pre-registration required for all programs
ONGOING SUPPORT GROUPS

Cosponsored by HCGH

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.
1-888-4AL-ANON.

Alzheimer’s Caregivers Support Groups
Caregivers: first Friday 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.
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.
443-718-3000.

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

Caregiver’s Support Group
Provides a chance for caregivers to connect with each other, share coping strategies, and build a network of people going through a similar experience. Second Wednesday of each month, 7–8:30 p.m.
To register or for more information, call 410-740-5858.

Chronic Pain Support Group
Third Monday of each month,
1–2:30 p.m.
301-873-3959.

Crohn’s and Colitis Foundation of America Support Group
Fourth Tuesday of each month,
7–8:30 p.m.
1-800-618-5583.

Depression and Bipolar Support Alliance of Howard County
Second and fourth Fridays of each month,
7–9 p.m.
443-995-8391.

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 all 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.

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. Third Monday of each month.
1-888-535-4555.

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,
7–9:30 p.m.
410-379-2896.

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, 3:30–6:30 p.m.
410-964-2180.

Overeaters Anonymous
First Tuesday of each month,
6:30–8 p.m.
Ambulatory Care Center.
Call 410-740-7845.

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.

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

Support group information is subject to change. Before attending a meeting, verify information and location by calling the contact number listed.

Information & Registration: 410-740-7601 • Online Registration: www.hcgh.org • TDD: 410-740-7990 • Long Distance: 800-850-3137 • Pre-registration required for all programs
When 46-year-old David Estell of Pasadena, Md., arrived at work each morning following his 67-mile commute to Virginia, he felt as if he would almost have to crawl out of his truck to get into the building. For nearly 10 years, David had suffered from chronic back pain. Over the years, he had seen a chiropractor and taken anti-inflammatory medication with no relief. By the spring of 2009, his pain had increased to becoming almost constant. “When I cut my grass, I couldn’t move for three days,” said David. “It had gotten to the point that I had no life, and I knew I had to do something.”
On May 11, 2009, David underwent minimally invasive extreme lateral fusion (XLIF) back surgery at HCGH. “Although surgery is the last option, we identified a non-invasive technique that would stabilize David’s spine and take pressure off the nerves,” notes Dr. Blam.

Dr. Blam used the XLIF surgical approach to reach the disc from the side rather than the front or back. This technique allows surgeons to avoid cutting the large back muscles that can lead to pain and postoperative scar tissue. Guided by X-ray and electrical neuromonitoring, the surgeon removes most of the compromised disc and spreads the compressed vertebrae apart to provide room for nerves. “In the remaining space, I placed a cage packed with bone graft that would encourage the body to grow bone, fusing the vertebrae together,” notes Dr. Blam. “A side plate and screws provided immediate stability until the bone generates, which typically takes six–12 months.”

Postoperative pain is greatly reduced and recovery also is much quicker; this results in a shorter hospital stay... Patients also experience a more rapid return to normal activity. Usually patients are walking the same day after surgery, and full recovery is typically around six weeks.

Putting Limitations on the Chopping Block

After five weeks, David returned to work pain-free. Today, he works out at the gym six days a week and enjoys chopping wood—things he could not have dreamed of doing before the surgery. “I feel as good as I did when I was 30,” says David. “Dr. Blam gave me my life back.”

For referral to an orthopaedic surgeon on staff at HCGH, call 410-740-7750.
Dear Friends,

First of all, I’d like to thank each and every one of you for generously responding to my appeal in the last newsletter. Hundreds of our fellow Howard County neighbors went online and donated. It is inspiring to see how this community comes together to solve shared problems. For anyone who has not done so already, please go to www.hcgh.org and click on the “Donate Now” button. The amount is not important. Your show of support is inspiring.

Why does the hospital need your help? When you need medical care, you want it to be the best. Our hospital grows through contributions from the community. It does not receive ongoing funding from government nor is it part of the county budget. Your donations allow us to add facilities, equipment and programs to provide excellent care when it is needed. In fact, we were recently recognized as being in the top five percent of all hospitals, nationwide, for clinical excellence. We’ve also received awards for our comprehensive cancer program and treatment of stroke patients. Our physicians are outstanding, and these awards recognize the excellence we have in our own backyard.

On the following page, you’ll see a story about the Dancel family. It would be impossible for me to put into words how amazing this family is and how much they mean to my wife Eileen and me. Aside from being incredibly generous, they epitomize hard work, dedication and belief. Everything they do is from the heart. They believe in the community, the potential of individuals, and have always been willing to do more than their fair share. They give because they are givers. Thank you, Connie, Bernie and the entire Dancel family for setting such a fine example for the rest of us.

One last thing — we’re working to become the most connected hospital community in the nation. We need you to join us by becoming a fan on our Facebook page. To join, simply go to www.hcgh.org/facebook. Thanks for being part of our hospital community!

Happy New Year,

David Powell, Chair
Howard Hospital Foundation

W. R. Grace Foundation Donates Additional $100,000 to Hospital

HCGH CEO and President Vic Broccolino will be the first to tell you that without community partners, such as W. R. Grace, the hospital would not have been able to implement its Campus Development Plan.

The Howard Hospital Foundation recently received $100,000 from the W. R. Grace Foundation as the final installment of a $500,000 pledge paid over a five-year commitment. W. R. Grace has contributed more than $1 million to the hospital since 2000.

“Grace’s commitment to the hospital, under the direction of Brian McGowan, allows us to provide unparalleled service to the community we share,” says Broccolino.

W. R. Grace has renewed its pledge to the Howard Hospital Foundation for $250,000 over the next five years. The gifts have been recognized by HCGH with a W. R. Grace plaque in the new hallway that connects the patient pavilion to the main hospital.
Out of the Mouths of Babes...Philanthropy

Like many children, the Dancels loved their grandmother. After her recent passing, it was five grandchildren, ages 15 to 26, who came up with the idea to donate to HCGH in her honor.

Bernie and Connie Dancel, Ellicott City residents and parents of those five children, and as founders of the Dancel Family Foundation, recently donated $250,000 to the Howard Hospital Foundation dedicated to Connie Dancel’s late mother, Annette Zois Blair. One of the foundation’s trustees, Doug Hostetler, received the children’s request during their annual family meeting. Their parents embraced the decision and the trustees voted unanimously in favor.

“She was the type of person who was always finding ways to give. She cared about the people around her and went out of her way to make sure others had what they needed,” says Connie. “One example the grandchildren recall is that each Christmas they would help her assemble gift baskets for a local shelter. She wanted to make sure everyone got something.” Now, they’re honoring her and that spirit with this gift to the hospital.

As such, the hospital provided the Dancels with naming right options. The children toured the hospital and chose to adorn the new Cardiopulmonary Gym at the hospital’s Bolduc Family Outpatient Center as “Annette Zois Blair”.

“Bernie and Connie work hard to crystallize their family values and pass them on to the next generation,” says Hostetler. “They focus on stewardship and the children put it in motion when they expressed their desire to honor their grandmother at the hospital.”

Howard Hospital Foundation Board Grows

The Howard Hospital Foundation welcomes four new members to its board of trustees: Rick Geritz, resident of Columbia, president of Business Social; Sean Peay, resident of Ellicott City, president of Dynanet Corporation; Jeremiah P. O’Donovan, resident of Marriottsville, vice president of O’Donovan and Associates; and Chuck Rishell, resident of Columbia, retired executive of the former Mercantile Bank.

“These gentlemen represent knowledge and giving in our community,” says David Powell, chair of the Howard Hospital Foundation. “We have great confidence that their hard work will help the Foundation reach its goals and more.”

SUPPORT THE HOWARD HOSPITAL FOUNDATION IN 2010

Online: www.hcgh.org, click on the “Donate Now” button

By Mail: 10700 Charter Drive, Suite 250, Columbia, MD 21044
New Operating Rooms to Open

Howard County General Hospital has begun to open its newly renovated and expanded operating rooms. The rooms, which have been renovated in phases, were designed with state-of-the-art technology and are larger to accommodate equipment needed for more complicated surgeries as well as orthopedic procedures. All equipment is suspended from the ceiling on equipment booms to keep floors clear and supplies easily accessible. Modern LED lights provide crisp and high quality color while flat panel screens allow imaging and test results to be projected. From the nurse’s station in the room, the nurse can manipulate images onto the screen. The rooms have cameras built in with the capability to transmit images in real time. Renovations also include a new comfortable inpatient and outpatient waiting room and new sterile supply center.

Collaboration on Cancer

Johns Hopkins Medicine and the University of Maryland Medical System are now collaborating in the joint venture of Central Maryland Radiation Oncology, which has been providing comprehensive outpatient radiation therapy services for patients with all types and stages of cancer in Howard County for 14 years. The new collaboration, beginning March 2010, brings together the strengths of the state’s two world-renowned academic medical centers to provide the latest treatment options and access to clinical trials. Services will be provided by Sally B. Cheston, M.D., and Courtney L. Bui, M.D., M.S.P.H., of University of Maryland, and Deborah A. Frassica, M.D., of Johns Hopkins. Dr. Cheston will serve as the center’s medical director. In February, the practice will be moving from its current location in the Shoemaker Building to its brand new facility in the Medical Pavilion at Howard County which recently opened on the Howard County General Hospital campus.
Donors Recognized in New Ways

The renovation phase of the Campus Development Plan has stirred up a little dust in and around the hospital. To protect the older donor plaques and displays, the staff of the Howard Hospital Foundation has temporarily removed them during construction. These include the 20th Anniversary Endowment Fund and Master Facility Campaign plaques. The Howard Hospital Foundation will provide past campaign donors with permanent recognition signage in the hospital once the renovations are complete. If you are affected by these changes, you will be notified when and where your displays will be placed.

If you are interested in continued support of the hospital, are you aware of the Foundation’s new Entry Plaza Campaign? Whether you want to show your support for the hospital, honor a relative or friend, or memorialize someone special, an engraved paving stone is a wonderful way to preserve a lasting legacy. Pavers are $1,000 each and only 300 will be sold. The first section was installed last July while the second installation will take place in the spring. To order, visit: http://www.hcgh.org/content/entryplazacampaign.htm.

The Foundation thanks the community for its generosity over the years. If you have any questions, please call 410-740-7840.

“ED The Robot”

“ED the Robot” is an exciting new addition to HCGH’s Emergency Department. During a six-month pilot program, the robot will be used to provide: stroke/neurological consultation with Eric Aldrich, M.D., and his team at Johns Hopkins; otolaryngology consulting services by Hopkins physicians and interpretive language services through Johns Hopkins International. Using laptop computers to control the robot, these individuals can respond to the Emergency Department from an outside location—driving the robot through the department, seeing and talking with staff, visually examining patients, and viewing test results.

Center for Wound Care and Anticoagulation Clinic Relocate to New Space

On January 11, the Center for Wound Care Healing at HCGH and the Anticoagulation Clinic will relocate to new spaces in the main hospital building. With seven large treatment rooms, the Center for Wound Care will offer a multi-disciplinary approach that uses the most advanced tools for the diagnosis and treatment of non-healing wounds. The Wound Center’s new telephone number is 443-718-3160.

The Anticoagulation Clinic at Howard County General Hospital is the only clinic of its kind in Howard County. It provides a vital service to patients who take blood-thinning medication to prevent strokes and heart attacks. Patients will be seen by appointment only at the Anticoagulation Clinic upon referral from their physician. To reach the Anticoagulation Clinic, call 443-718-3155.

Neighborly Gift a Benefit to the Community

Howard County General Hospital is donating a complete X-ray suite to Howard Community College’s (HCC) new Radiologic Technology Program. As neighbors serving the same community, the two entities are closely linked and have worked collaboratively on many projects. In addition to helping students in HCC’s program get practical experience as interns in HCGH’s Radiology Services, the hospital donated several pieces of smaller equipment when the program first started. After deciding to purchase new equipment for the hospital’s X-ray suite, HCGH chose to donate the existing equipment to the college, which, according to Dr. Kate Hetherington, president of HCC, will enable the college’s program to “offer more hands-on skills practice to an even greater number of students.”
February

Cardiovascular Clinic
Saturday, February 13 / 9 a.m. – 1 p.m. Free.
Lord & Taylor Court in The Mall in Columbia
Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including height and weight measurements, carotid, total cholesterol, glucose, blood pressure and body mass index.

March

Latino Fair
Saturday, March 6 / noon – 4 p.m. Free.
Wilde Lake Interfaith Center
HCGH, the Howard County Health Department, St. John the Evangelist Catholic Church, and Alianza de la Comunidad will hold the sixth annual Latino Health Fair for Latino community members. Attendees will receive health information and screenings including blood pressure, total cholesterol, glucose, clinical breast exams and more. For information, call 410-740-7696.

HC DrugFree Teen Job & Volunteer Fair
Saturday, March 6 / 10 a.m. – 2 p.m.
Long Reach High School
Sponsored by HCGH, this event provides teens the opportunity to look for jobs and volunteer internships with more than 100 businesses and organizations as well as attend workshops. This year’s fair will also include a Teen Health and Wellness focus. For more information, call 443-325-0040 or visit www.hcdrugfree.org.

April

April Cherrybration Days “PINK PLATE” Specials
Each April, local restaurateurs think pink by adding unique, appetizing “Pink Plate” specials to their menus to help raise breast cancer awareness and benefit the Claudia Mayer Cancer Resource Center. For a list of participating restaurants throughout Howard County, visit www.blossomssofhope.com.

Living Well Fair
Saturday, April 10 / 9 a.m. – 1 p.m. Free.
New Location: HCGH Wellness Center
The Howard County Muslim Foundation, in partnership with HCGH and the Howard County Health Department, is sponsoring its fifth community Health Fair. For more information, call 410-465-7400.

Lanterns of Hope
Celebrate spring with the 1,400 Blossoms of Hope cherry trees that are helping raise cancer awareness across Howard County. Make a beautiful luminary at one of the free workshops hosted by Howard County Library in April and join in the lantern parade at the end of the month to celebrate the trees. Please call 410-313-1900 or visit www.blossomssofhope.com for more details.

CPR Across Howard County
Saturday, April 24 / 9 a.m. – noon. Free.
New Location: HCGH Wellness Center
American Heart Association Family & Friends CPR for the adult or child victim. This course is for the community and is not a certification course.

TriColumbia LIFEFest
Sunday, April 25
The Columbia Triathlon Association, Inc. in partnership with Blossoms of Hope, The Ulman Cancer Fund and the Howard County Office of Tourism and Promotion, present the TriColumbia LIFEfest. This event will feature marathons and non-competitive bike rides. For more details and to register, visit www.tricolumbia.org.

20th Annual Benefit Golf Classic
Monday, April 26
Turf Valley Resort, Ellicott City
This year’s Benefit Golf Classic will honor the memory of our dear friend and associate, Eugene “Pebble” Willis, M.D. Registration and lunch at noon with a 1 p.m. tee time and dinner at 6 p.m. Proceeds benefit HCGH. Please register now to secure your tee time. Registration and additional information can be found at www.hcgh.org by clicking on the golf icon, or calling the Howard Hospital Foundation at 410-740-7480.

May

Fitness and Sports Medicine Clinic
Saturday, May 15 / 9 a.m. – 1 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.