

WINTER 2010-2011

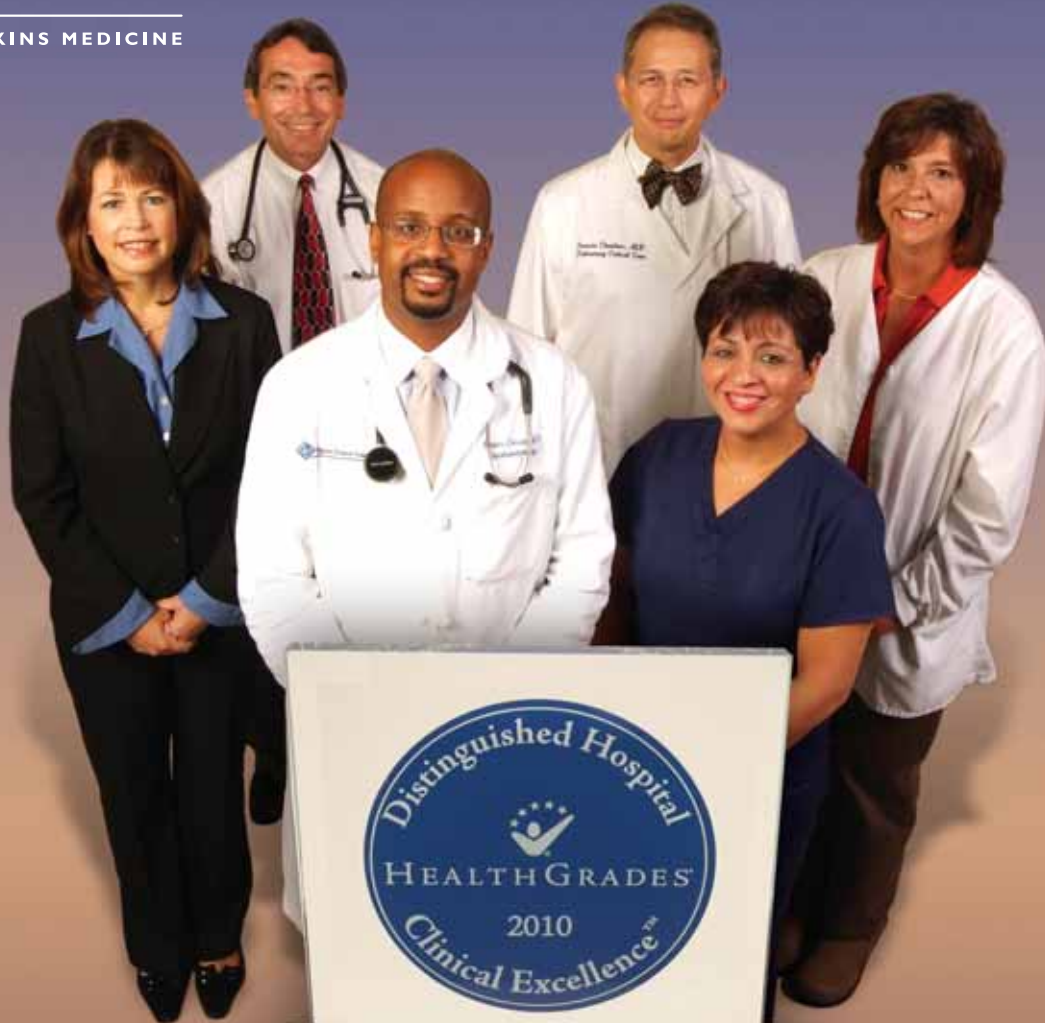
# Wellness Matters



HOWARD COUNTY  
GENERAL HOSPITAL  
JOHNS HOPKINS MEDICINE



Top 5%  
nationwide



**HCGH**  
Receives National  
Recognition for  
Clinical Excellence

**Eye-brow-raising Surgery**  
Patients reap the benefits  
with new procedure

YOU'RE IN THE RIGHT NEIGHBORHOOD FOR EXCELLENT HEALTHCARE

# President's Message

Dear Friends,

As we approach 2011, I am very pleased to report several events which reinforce my belief that you are in the right neighborhood for excellent health care.

First, for the third consecutive year, HealthGrades has recognized HCGH as the recipient of the 2011 HealthGrades Pulmonary Care Excellence Award™ and 2011 HealthGrades Critical Care Excellence Award™. This recognition ranks HCGH among the top five percent of hospitals nationwide for clinical outcomes in pulmonary and critical care. In addition, HealthGrades awarded HCGH several other five-star ratings. You can read more about the recognitions we have received to date for 2011 beginning on page 4.

These ratings validate the efforts of our dedicated physicians, nurses, clinical and non-clinical support staff, and volunteers who are committed to providing excellent care and service to our patients and their families. As the hospital continually strives to provide the cutting-edge health care services our county needs and deserves, it is always rewarding to receive this kind of recognition; however, what matters most is the impact we make on you — our patient.

With that in mind, I am pleased to announce that our Four South inpatient unit is officially open. As a result, all of our medical/surgical/orthopaedic/pediatric/obstetric/gynecology rooms are private. Having all-private rooms demonstrates our commitment to ensuring you have a pleasant stay at our hospital as well as the very best environment in which to heal. In addition to featuring many comforts of home, our private rooms help reduce the risk of infection, enhance patient safety and enable effective, open communication between patients, family members and caregivers.

Remember, you have a choice when selecting the hospital from which you and your family can receive your health care. In the following pages of *Wellness Matters*, I invite you to read about the ways in which Howard County General Hospital is making a difference in our community, and I thank you for your continued confidence and support.

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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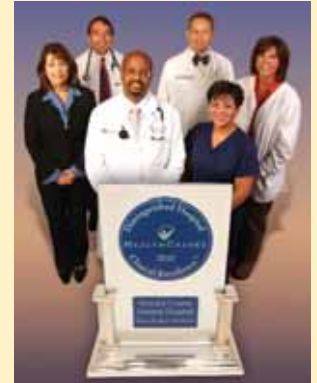
# Wellness Matters

Volume 14, No. 4 Winter 2010-11

HOWARD COUNTY  
GENERAL HOSPITAL  
JOHNS HOPKINS MEDICINE

## HCGH Recognized for Clinical Excellence

HCGH receives HealthGrades  
Recognition for second  
consecutive year **4**



### CONTENTS:

#### 3 Partners in Care

The vital role hospitalists play in caring for our patients

#### 9 Wellness Classes

#### 12 On the Board

Meet our board members—  
an important resource to us and our community

#### 13 Hospital News

#### 14 Giving Matters

Highlighting the ways in which Howard Hospital  
Foundation and the community are working  
together to support HCGH and its mission

#### 16 Mark Your Calendars

*Pictured on front cover (left to right):*  
(front row) Dr. Julie Miller, Dr. Kester Crosse, Ellen Merrill, RN,  
(back row) Dr. David Jackson, Dr. Francis Chuidian, and Nellie Bauss, RN.



# Hospitalists Make a Difference



## Partners in Care

(left to right): Howard County General Hospitalists: Drs. Mindy Kantsiper, Corinne Ahmar, Lily Hua, Mahin Choudhury, Eric Howell, Fatima Syed, Anirudh Sridharan, and Lucia Ponor.

There is no ideal time to be hospitalized. At anytime, you can find yourself in need of quality medical care and headed to the hospital. While this can be daunting, knowing there is a dedicated staff to give you the care and attention you need allays fears and instills confidence. That is where hospitalists come in.

### What is a Hospitalist?

Hospitalists are doctors who care solely for patients who are in the hospital. According to **Dr. Eric Howell**, medical director of Johns Hopkins Medicine hospitalist services, “a hospitalist is an expert in the care of hospitalized patients. Hospitalists work as a team to manage your care and ensure quality of care. They are skilled in treating a wide range of acute illnesses.”

A hospitalist will see you every day to direct your treatment while in the hospital; they are available to answer questions and discuss your care with you and your family. These experienced physicians will work together with your primary care physician to provide you with a continuum of care while in the hospital.

### At Howard County General Hospital

HCGH recently welcomed Collaborative Inpatient Medicine Service (CIMS). This group, comprised of board-certified internists and a physician board certified in geriatrics, now provides hospitalist services at Howard County General Hospital and has been serving the needs of Johns Hopkins Health System patients for more than 10 years. “Our team provides care 24 hours a day, seven days

a week,” says **Dr. Mindy Kantsiper**, associate medical director of CIMS at HCGH. “We don’t have an outside practice. Our focus is in the hospital—working with your physician and subspecialists to coordinate your care.”

“One of the many benefits to patients is that hospitalists have been shown to improve outcomes...”

“One of the many benefits to patients is that hospitalists have been shown to improve outcomes, reducing readmission rates and length of stay,” notes Dr. Howell.

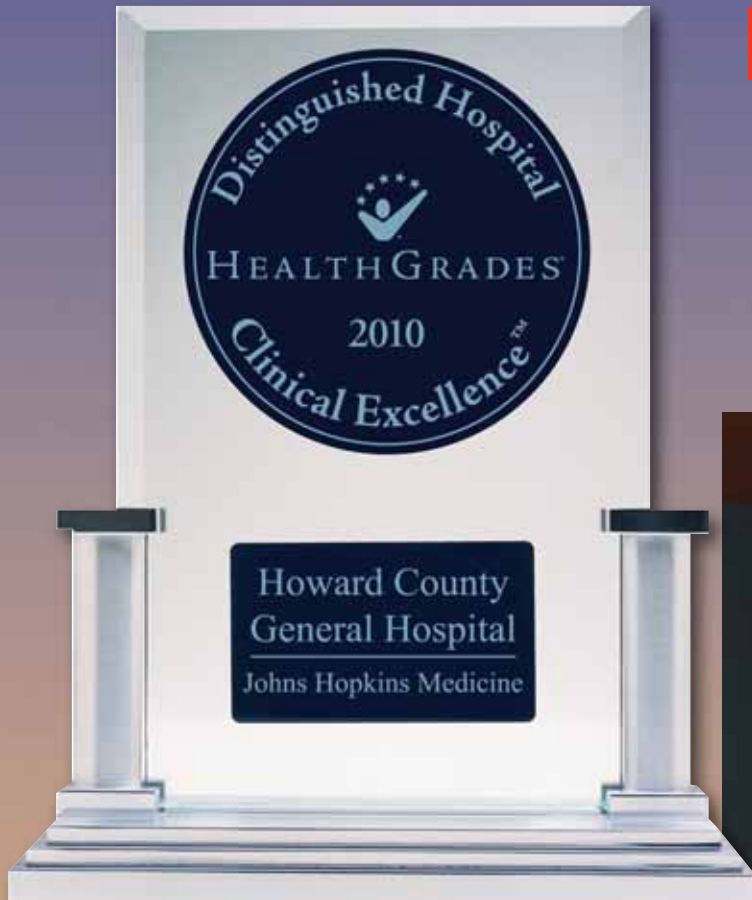
### How Does a Hospitalist Work with Your Doctor?

Hospitalists partner with primary care physicians to ensure seamless care. Your primary care physician provides details about your past medical history to the hospitalist, and the two jointly discuss any significant findings or events and appropriate treatment plan.

“We communicate with your physician, and they are still your doctor,” says Dr. Kantsiper. “After discharge, you will return to the care of your primary care physician who will be provided with a detailed discharge report on your hospital stay.”

According to **Dr. Eric Aldrich**, vice president for Medical Affairs at Howard County General Hospital, “having a team of high quality hospitalists is an essential part of providing the best possible care for patients admitted to the hospital. CIMS has an excellent reputation, and we’re excited to have them a part of our health care team.”

# You're in the Right for Excellent



## CARDIAC CARE AWARDS

- Five-Star Rated for Treatment of Heart Attack For 2 Years in a Row (2010-2011)
- Five-Star Rated for Treatment of Heart Failure For 4 Years in a Row (2008-2011)

*(Additional ratings listed on next page)*

Howard County General Hospital received the HealthGrades Distinguished Hospital Award – Clinical Excellence™ two years in a row (2009-2010). This achievement places Howard County General Hospital in the top five percent of hospitals nationwide. HealthGrades recently announced that four Howard County General Hospital service lines were recognized with five-star ratings for superior performance. In the following pages, you can read about the nationally recognized clinical excellence delivered at your community hospital.





# Best Neighborhood Healthcare

## GASTROINTESTINAL SURGERY AWARDS

- Ranked Among the Top 5 in Maryland for GI Surgery For 2 Years in a Row (2010-2011) (Ranked 3 in 2011)
- Five-Star Rated for GI Surgery For 2 Years in a Row (2010-2011)
- Five-Star Rated for GI Procedures and Surgeries For 3 Years in a Row (2009-2011)
- Five-Star Rated for Treatment of GI Bleed For 2 Years in a Row (2010-2011)



### Gary Sitek's Battle with Colon Cancer

When Gary Sitek talks about his colon cancer diagnosis, he has a big regret. Like many people, over the years, Gary put off getting his follow-up colonoscopy. "I went to see **Dr. James Zalucki**, in March 2010 for a routine visit. He kept reminding me that I was five years

overdue for my follow-up colonoscopy, and I really needed to schedule it," notes Gary. "I finally gave in and scheduled the colonoscopy for the following week. The colonoscopy showed cancer, and I have no one to blame but me. If only I had gone five years ago, maybe this would have been caught earlier." Having absolutely no symptoms, Gary was diagnosed with Stage IV colon cancer.

In April 2010, Gary underwent surgery with Dr. Zalucki, a colon and rectal surgeon at Howard County General Hospital, to remove 18 inches of intestine. "I have to admit, I was scared," says Gary. "But the people at the hospital were incredible. I was in the new wing with a private room which was absolutely great. All of the nurses took such good care of me."

Today, Gary is in his last rounds of chemotherapy. To have his treatment at Maryland Oncology Hematology in Columbia, he drives more than an hour each way from his home in Frederick. "I feel like I can't get this kind of care elsewhere. My doctor spends the time with me to explain my test results line by line. Midway through my treatments, tests showed nothing had spread, in some areas the cancer was gone and in others it was shrinking," says Gary. "I go back for my final PET scan in November and hopefully the cancer will be all gone.

"As my oncologist **Dr. Koutrelakos** told me, our goal is for me to grow old. Thanks to the care I received from him and Dr. Zalucki, I plan on doing just that," says Gary.

*(left to right): Dr. Richard Kinnard, orthopaedic surgery; Dr. Donna Neale, maternal fetal medicine; Dr. Merrill Ansher, neurology; Dr. Nicholas Koutrelakos, oncology; and Dr. Tuvia Blechman, neonatology.*



# HCGH Services Re

## Blizzard Bound Doc Hikes to Help

Record-breaking amounts of snow couldn't stop **Dr. Julie Miller**, a Johns Hopkins Hospital cardiologist on staff at Howard County General Hospital, from doing her job. During the blizzards of 2010, Dr. Miller got the call that a patient was experiencing a heart attack. Though snowbound in her Clarksville home, Miller hiked about a half mile up her unplowed street so that a Howard County Fire and Rescue sport-utility vehicle with four-wheel drive could pick her up.



Time was of the essence. The best way to treat a severe heart attack is to reopen clogged arteries by inflating a tiny balloon at the blockage site. The procedure, balloon angioplasty, can cut a patient's risk of dying by 40 percent, but only if done within 90 minutes of the patient's arrival at the hospital, the so-called door-to-balloon (D2B) time. "I went as quickly as I got called," recalls Dr. Miller.

Studies show that only about one-third of heart attack patients get angioplasty within the 90-minute window, even in ideal weather conditions. That Dr. Miller's patient had a D2B time within that window in the worst snowstorm in Maryland's history is a testament to the quick response from Howard County emergency officials and a cardiologist committed to doing whatever it took to arrive in time.

## CRITICAL CARE AWARDS

- **Recipient of the HealthGrades Critical Care Excellence Award™**  
For 4 Years in a Row (2008-2011)
- **Ranked Among the Top 5% in the Nation for Critical Care**  
For 3 Years in a Row (2009-2011)
- **Ranked Among the Top 10% in the Nation for Critical Care**  
For 4 Years in a Row (2008-2011)
- **Five-Star Rated for Overall Critical Care**  
For 4 Years in a Row (2008-2011)
- **Five-Star Rated for Treatment of Sepsis**  
For 7 Years in a Row (2005-2011)
- **Five-Star Rated for Treatment of Respiratory Failure**  
For 7 Years in a Row (2005-2011)

## OTHER HCGH

- **Commission on Cancer of the American College of Surgeons: Community Hospital Comprehensive Cancer Program Accreditation**
- **Maryland Institute of Emergency Medical Services Systems (MIEMSS): Primary Stroke Center Designation**
- **Maryland Health Care Commission: Primary Percutaneous Coronary Intervention Program Certification**

# Doctors in Five-Star

**HCGH enjoys five-star clinical HealthGrades ratings because of the care delivered by high-quality physicians.**

**Below is a list of the doctors caring for patients in our five-star service lines.**

### CARDIOVASCULAR DISEASE Cardiology

Monica Aggarwal, M.D.  
Martin Albornoz, M.D.  
Michael Carlos, M.D.  
Imtiaz Chowdhry, M.D.  
Alexander Chudnovsky, M.D.  
Andrew Farb, M.D.

Keith Friedman, M.D.  
Sean Gloth, M.D.  
George Groman, M.D.  
Jerome Hantman, M.D.  
Charles Henrikson, M.D.  
William Herzog, M.D.  
David Jackson, M.D.  
Peter Johnston, M.D.  
Michael Kelemen, M.D.  
Robert McCarthy, M.D.  
Salman Mehboob, M.D.  
Glenn Meininger, M.D.  
Julie Miller, M.D.  
Athol Morgan, M.D.  
Feroz Padder, M.D.  
William Parnes, M.D.

Adrian Preston, M.D.  
Jon Resar, M.D.  
Michael Silverman, M.D.  
Sunil Sinha, M.D.  
Ajay Soodan, M.D.  
David Thiemann, M.D.  
Jeffrey Trost, M.D.  
Stephen Valenti, M.D.  
David Wang, M.D.  
Khalid Zirvi, M.D.

### Vascular Surgery

Richard Feinberg, M.D.

### GASTROINTESTINAL SURGERY Colon and Rectal Surgery

Robert Akbari, M.D.

Susan Behen, M.D.  
Howard Berg, M.D.  
Vincent Cifello, M.D.  
Debra Vachon, M.D.  
James Zalucki, M.D.

### Gastroenterology

Richard Andorsky, M.D.  
Allen Banegura, M.D.  
Jeffrey Bernstein, M.D.  
Zahid Butt, M.D.  
Marcia Canto, M.D.  
Richard Chasen, M.D.  
Michael Cox, M.D.  
Kester Crosse, M.D.  
Adinarayana Divakaruni, M.D.  
Kerry Dunbar, M.D.

# Receive Five-Star Rating

## PULMONARY CARE AWARDS

- Recipient of the HealthGrades Pulmonary Care Excellence Award™ For 7 Years in a Row (2005-2011)
- Ranked Among the Top 5% in the Nation for Overall Pulmonary Services For 4 Years in a Row (2008-2011)
- Ranked Among the Top 10% in the Nation for Overall Pulmonary Services For 8 Years in a Row (2004-2011)
- Ranked Among the Top 10 in Maryland for Overall Pulmonary Services For 4 Years in a Row (2008-2011) (Ranked 6 in 2011)
- Five-Star Rated for Overall Pulmonary Services For 8 Years in a Row (2004-2011)
- Five-Star Rated for Treatment of Chronic Obstructive Pulmonary Disease For 4 Years in a Row (2008-2011)
- Five-Star Rated for Treatment of Pneumonia For 9 Years in a Row (2003-2011)

## AWARDS

- MIEMSS: Perinatal Referral Center Designation
- CareFirst BlueCross BlueShield: Blue Distinction Center for Knee and Hip Replacement
- Healthcare Information and Management Systems Society: Level 6 Implementation of Electronic Medical Records
- American Heart Association: Get with the Guidelines Bronze, Silver and Gold Performance Achievement Awards

# Services

Jeffrey Garbis, M.D.  
Khurram Hanif, M.D.  
Sean Karp, M.D.  
Lubna Khan, M.D.  
Mukul Khandelwal, M.D.  
Christopher Kim, M.D.  
Preston Kim, M.D.  
Theodore Kim, M.D.  
Marvin Lawrence, M.D.  
Zhiping Li, M.D.  
Vijay Narayan, M.D.  
Mark Noar, M.D.  
Rudrajit Rai, M.D.  
Russell Schub, D.O.  
Christopher Shih, M.D.  
Eun Shin, M.D.  
Mahmood Solaiman, M.D.

Lawrence Sorkin, M.D.  
Megan Willard, M.D.  
**General Surgery**  
Susan Behen, M.D.  
Mona Duncan, M.D.  
Keith Falcao, M.D.  
Rene Gelber, M.D.  
Mohammed Gheba, M.D.  
Alok Kumar Gupta, M.D.  
Gerald Hayward, M.D.  
Efem Imoke, M.D.  
Michael Macon, M.D.  
Deepak Merchant, M.D.  
G. Michael Meyer, M.D.  
M. Cornelious Musara, M.D.  
Ashwin Nanavati, M.D.



## Robert Sorin's Critical Need for Oxygen

As Robert Sorin describes it, he was “in trouble.” He doesn’t remember much about his six-week stay in Howard County General Hospital’s Critical Care Unit over the summer of 2010, but he does remember how he felt just before he slipped into a coma.

“In the days leading up to being admitted to the hospital, I felt cloudy and confused like a drunk person and was having trouble sleeping,” says Robert. He went to see Dr. Carmen Salvaterra, a pulmonologist and critical care specialist on staff at Howard County General Hospital. With Robert’s blood oxygen level measuring at 56 percent, his brain was lacking oxygen. Dr. Salvaterra quickly admitted Robert to the Critical Care Unit.

“Apparently, I had sleep apnea and didn’t even know it. I had become deprived of oxygen as I slept and was in a very fragile state when I saw Dr. Salvaterra,” says Robert. “At age 61, most people thought I was going to die. It was very touch and go for awhile, but against all odds, I finally came around. The hospital saved my life.”

Robert awoke not remembering his name, but it slowly came back. Today, he has no residual brain damage and is still gaining strength. He works with a nutritionist and wears a continuous positive airway pressure (CPAP) mask at night as treatment for his sleep apnea.

According to Dr. Salvaterra, “Mr. Sorin’s case shows early recognition, diagnosis and treatment of sleep apnea is critical in preventing organ damage.”

Kiran Parikh, M.D.  
Udayan Shah, M.D.  
Udayabhaskara Sunkara, M.D.

## PULMONARY AND CRITICAL CARE

Luciano Amado, M.D.  
Kaiser Ahmad, M.D.  
Sandeep Bansal, M.D.  
William Boyce, M.D.  
Francis Chuidian, M.D.  
Fernando DeLeon, M.D.  
Bernard Farrell, M.D.

Gary Kazlow, M.D.  
Naeem Lughmani, M.D.  
Humera Mujahid, M.D.  
Uday Nanavaty, M.D.  
Mai-Chi Nguyen, M.D.  
David Nyanjom, M.D.  
Nishi Rawat, M.D.  
Carmen Salvaterra, M.D.  
Houtan Sareh, M.D.  
Edward Schaefer, M.D.  
Nirav Shah, M.D.

To contact any of these Howard County General Hospital physicians, call the physician referral line at 410-740-7750 or visit us at [www.hcgh.org](http://www.hcgh.org). To receive a complimentary copy of our Directory of Physicians in the mail, call 410-740-7810.



# A Bright-eyed Approach

## *Eyebrow Surgery Offers Practical and Aesthetic Benefits for Patients*



A restless night's sleep can leave many of us looking less than bright-eyed in the morning. However, for some individuals, drooping eyes can indicate a condition known as eyebrow ptosis.

Eyebrow ptosis can occur as we age, as gravity works in only one direction, or because of medical conditions such as facial nerve palsy, facial spasms or injury. At least half of the patients presenting to their doctor with complaints of droopy eyelids have a significant brow ptosis component which, if not properly addressed at the same time with the upper eyelid surgery, can result in a poor functional and cosmetic outcome.

### **When Should I See a Doctor?**

"If you experience eyelid drooping that interferes with your vision, fatigue and headaches at the end of day due to over-exertion of your forehead muscles or are concerned for aesthetic reasons, you should talk to your doctor," says **Dr. Dan Georgescu**, an ophthalmologist and oculo-facial plastic surgeon with Johns Hopkins Wilmer Eye Institute, on staff at Howard County General Hospital.

Your doctor will look at your forehead, eyebrows and eyelids to determine the position of the brows and whether they are used to keep the eyelids open.

Your doctor will also determine if you have upper eyelid ptosis and excess eyelid skin, also known as dermatochalasis. Once measurements and pictures are taken, your doctor will discuss the best therapeutic options for your condition.



### **How is Ptosis Treated?**

"If you have an underlying medical condition that is causing your eyelids or brows to droop, your treatment will be specific to that disease," explains Dr. Georgescu. "As eyelid and eyebrow ptosis is typically caused by aging, surgery can be performed to correct any vision impairment as well as improve appearance. The outpatient surgical technique recommended by your doctor for the repair of the brow ptosis component can range from the use of the same upper eyelid blepharoplasty incision through which the excess eyelid skin and fat are removed to an endoscopic forehead lift procedure, where the brows are lifted via three small incisions behind the hairline. Although these are common and safe surgical procedures, you should always discuss all the risks, benefits and options with your doctor."

For a referral to an ophthalmologist on staff, call 410-740-7750 or visit [www.hcgh.org](http://www.hcgh.org).



**Dr. Dan Georgescu** is an ophthalmologist with Wilmer Eye Institute in Columbia. He specializes in cosmetic and reconstructive surgery of the eyelids and face.



## special Events:

### 2010 Flu Vaccine Program

In partnership with Johns Hopkins Outpatient Pharmacy. November through December. By appointment only. For dates and an appointment, please call 410-740-7601. \$25 per injection.

### Great American Smoke-Out

**November 18/ 11 a.m. – 2 p.m.** Free. HCGH Lobby. Walk-in. Registration not required. The American Cancer Society's Great American Smoke-Out challenges you to quit using tobacco products for at least 24 hours as a first step in quitting completely. Stop by for resources to help you quit.

### Brain Waves: Navigating the Effects of Alcohol & Drug Abuse on the Brain

**November 29/ 7– 8:30 p.m.** Free. The program will discuss how the human brain is affected by drug and alcohol abuse including its effect on the maturation of the adolescent brain. Implications for recovery and treatment will also be discussed. Presented by **N. Joseph Gagliardi, M.D.**

### Heart Matters

**February 24/ 8:30 a.m. – 2 p.m.** \$25. Activities include cholesterol test with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Registration is required.

### FREE HEALTH SCREENINGS

#### Diabetes

November 30, 9 a.m. – noon. Free.

#### Podiatry

November 16, 11 a.m.–1 p.m. Free. Podiatrist will examine one or two areas of concern.

### 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 **Francisco Rojas, M.D.** December 1, 7–8:30 p.m. Free.

#### Childbirth Essentials

This one-day course is a condensed version of our Prepared Childbirth Program. Go to [www.hcgh.org](http://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 12, 7–9 p.m. Free.

#### Prepared Childbirth Program

Five-part program to prepare for the birth of your baby. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

#### Baby Signing

Parents, grandparents and caregivers of babies up to 12 months old will learn 100 basic signs to help your baby communicate. November 13 or February 26, 9–11:30 a.m. \$40 per person or \$75 per couple (includes review DVD).

#### Infant Massage

Taught by certified infant massage instructor. For infants age 1 to 12 months. November 13, 10–11 a.m. \$20.

#### 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.

#### Prenatal Exercise

Gentle stretching and light exercise condition birth muscles and enhance well-being. Taught by a certified instructor. Physician permission required. Thursdays, January 13 – March 3, 6:30-7:30 p.m. \$88/eight sessions.

#### 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. January 26, 7–9 p.m. \$50 per couple (includes parent kits).

Maternal Child Class brochures with registration forms are available online at [www.hcgh.org](http://www.hcgh.org) or by calling **410-740-7601**.

#### 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](http://www.hcgh.org) for more information.

#### 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](http://www.hcgh.org) for more information.

#### Childbirth Weekend

Expectant couples will learn about childbirth preparation in this weekend class. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

## Wellness Classes Registration

### Register online for HCGH's Wellness Classes

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](http://www.hcgh.org) – online registration & to find a physician**

**410-740-7750 – physician referral**

### HCGH Wellness Center

10710 Charter Drive, Suite 100, Columbia, MD 21044

## IMPROVING YOUR HEALTH

### 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](http://www.hopkinsbayview.org/bariatrics). November 17 or January 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.

### 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.

### External Enhanced Counterpulsation Therapy

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

### The Mall Milers

Walking for health program at The Mall in Columbia. Cosponsored by HCGH, area agencies and local businesses. Blood pressure screenings available the second Tuesday of each month. Call 410-730-3300 for details. Free.

### 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.

### 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.

### 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. December 8, 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 dietitian. November 12 & 16, and December 3 & 7, January 14 & 18, 8:30 a.m.–3 p.m. The 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. November 30 & December 1 or January 25 & 26, 6–9 p.m.

### 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. November 11 or January 20, 7–9 p.m. Free.

### 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.

### 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.

### 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, 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.

## HEALTHY LIFESTYLES

### Shiatsu Massage for Couples

Learn simple, yet effective Shiatsu techniques to reduce stress and promote well-being. Upper Body: February 4, 7–9 p.m. Lower Body: February 11, 7–9 p.m. \$50 per couple for one class/\$90 per couple for both classes.

### 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. December 9 or January 13, 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. November 15, November 30, December 13, January 3, January 26, or February 10, 5:30–9 p.m. \$48.

### Women's Self Defense

Women age 16 and up will learn and practice highly effective and easy-to-learn techniques designed for adult situations. March 26, 9 a.m.–noon. \$50.

### 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. January 11, 7–9 p.m. Free.

Information & Registration: 410-740-7601 • Online Registration: [www.hcgh.org](http://www.hcgh.org) • Please Pre-register for all Programs

## 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. \$36.

### 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. \$32.

### 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.

## 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. January 29, 9 a.m.–noon. \$30.

### 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. February 26, 9–11 a.m. \$35.

### Essentials in Babysitting

Learn how to effectively manage children, create a safe environment and apply emergency techniques. January 22 or February 12, 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. January 29, 9–11 a.m. \$27.

## CANCER SUPPORT PROGRAMS

### Photo Organizing Class

Ongoing program will give you the tricks of sorting and organizing your photos. Second Tuesday of each month, 10 a.m.–noon.

### Breast Cancer Support Group

Support group for patients and survivors of breast cancer. An opportunity to meet people on a similar journey, share feelings and receive support and advice. Facilitated by Mary M. Dowling, LCSW-C. Third Wednesday of each month, 7-8:30 p.m. Free. Call 410-964-9100 x5.

### Living with Breast Cancer

Designed to meet the needs of breast cancer patients with a Stage IV diagnosis. A safe and welcoming place providing encouragement, support and education. Fourth Thursday of the month, 7-8:30 p.m. Free.

*Underwritten by a grant from the Maryland Affiliate of Susan G. Komen for the Cure.*

### 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. January 24, 6–8 p.m. Call 410-884-4574.

### Caregiver's Support Group

Designed for people who are caring for a loved one with cancer. A safe place to air concerns and receive support and advice. Facilitated by Mary Dowling, LCSW-C. Second Wednesday of the month, 7-8:30 p.m. Free. Call 410-964-9100 x5.

### Enhancing Your Life With Meditation

An experiential class for people with a cancer diagnosis or other acute/chronic illness. Join Mary M. Dowling, LCSW-C for two evening sessions, December 2 and December 9, 7-8:30 p.m. \$40. Call 410-964-9100 x5.

### Teens Together Support Group

A student-led and initiated group connecting teens that have a family member or close friend with a cancer diagnosis. Adult facilitators and teen peers provide support and encouragement. Free.

### 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.

**CANCER SUPPORT PROGRAMS** are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit [www.hcgh.org](http://www.hcgh.org) for details. Registration required.

## ONGOING SUPPORT GROUPS

*Cosponsored by HCGH*

### Adult Type 1 Diabetes Support Group

301-490-0029

### Alcoholics Anonymous

410-663-1922

### Al-Anon

410-832-7094

### Alateen

1-888-4AL-ANON

### Alzheimer's Caregivers Support Groups

410-313-9744

### Aneurysm Support Group

410-442-4045

### Bereavement Support Group

410-740-7898

### Better Breathing Club

443-718-3000

### Breast Cancer Support Group

410-884-4650

### Caregiver's Support Group

410-964-9100 x5

### Chronic Pain Support Group

301-873-3959

### Crohn's and Colitis Foundation of America Support Group

443-253-3806

### Depression and Bipolar Support Alliance of Howard County

443-995-8351

### Gilchrist Hospice Care

410-730-5072

### Howard County Diabetes Education and Support Group

443-718-3007

### I Can Cope

410-740-5858

### Look Good Feel Better

410-740-5858

### Lupus Mid-Atlantic

1-800-777-0934

### Man-to-Man Prostate Cancer Support Group

410-313-4255

### Narcotics Anonymous

1-800-317-3222

### Nicotine Anonymous

410-964-2180

### Overeaters Anonymous

410-963-2102

### Parkinson's Support Group

443-718-3135

### Rising Hope Support Group

410-740-7845

### Stroke Support Group

410-740-7601

### Teens Together Support Group

410-740-5858

### WomenHeart, the National Coalition of Women with Heart Disease

443-854-8333

*Additional information about the support groups listed above can be found by visiting [www.hcgh.org/community](http://www.hcgh.org/community).*

*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](http://www.hcgh.org) • Please Pre-register for all Programs





## Peter Hibbard

Howard Hospital Foundation Board of Trustees; Chairman, Columbia Benefits Consultants, Inc.

Peter Hibbard has been a member of the Board of Trustees of the Howard Hospital Foundation for more than five years, serving on the finance committee and newly formed planned giving committee.

In his eyes, the foundation has two roles. “First is to assist the hospital by providing additional funds for the expansion of the hospital’s campus facilities and major renovations now being completed under the campus development plan. The second is to provide funding for new equipment and updating or replacing old equipment that is not currently within the budget of the hospital,” notes Mr. Hibbard. “Almost everyone in the community will need the hospital at some point. We want the hospital to be the best it can be. But to do so, we need the community’s help. Because of that, we want the Howard Hospital Foundation to be the top-of-mind charity for as many county residents as we can. In addition to the annual fund-raising activities, we are working to establish a planned giving process that will create and build an Endowment within the Howard Hospital Foundation.”

Mr. Hibbard serves on the board of BrightMinds Foundation, the educational foundation of the Howard County Public School system; he also serves on national boards including the Board of The International Forum and First Financial Resources.

Mr. Hibbard and his wife have resided in Howard County since 1975. They have two children and four grandchildren who are all residents of Howard County.

## Robert McCarthy, M.D.

Howard County General Hospital, Professional Staff

Cardiologist Dr. Robert McCarthy has been in private practice with Gloth and McCarthy in Howard County since 1999. He currently serves as an at-large member of the Medical Executive Committee.

When looking back on how the hospital has grown, Dr. McCarthy specifically references the importance of the HCGH affiliation with Hopkins. “I think one of the biggest things the affiliation brought was the collaboration with specialists at Hopkins. For example, as a cardiologist, I see my patients benefitting from the 24-hour angioplasty program to treat acute heart attacks. The addition of Johns Hopkins interventional cardiologists here at Howard County General Hospital has also been a true benefit to community.”

In addition to the Hopkins tie, Dr. McCarthy notes the hospital’s responsiveness to technology. “Howard County General has always been on the forefront of introducing new clinical technology—especially in cardiology—from the cardiac catheterization lab to electrophysiology that wasn’t in this community five years ago,” says Dr. McCarthy.

Dr. McCarthy resides in Howard County.



## Sue Song, Ph.D.

Board of Trustees, Howard County General Hospital;  
Nursing Faculty, University of Maryland School of Nursing; Consultant, Disabled Group Homes

Dr. Sue Song has served on the Howard County General Hospital Board of Trustees for the past two years. In that time, she has seen the hospital expand its community involvement substantially.

“Howard County General is not a closed box, but open to the community,” notes Dr. Song. “The hospital has a great impact on promoting health and maintaining the well-being of the community. They are always trying to meet the needs of the community, even though so much is changing including the demographics and diversity of the county. They continue to reach out including those populations with limited English.”

In addition to serving on the hospital’s Board of Trustees, Dr. Song serves on the Board of Health for the Howard County Health Department, is a member of the Association of Community Service board and is the president of the Korean American Association.

Dr. Song resides in Howard County.



These HCGH physicians have recently relocated or established new offices in Howard County.

## NEUROLOGY

Yingjun Li, M.D.  
Neurology Physicians, LLC  
11055 Little Patuxent Parkway #209  
Columbia, MD 21044  
410-884-0191

## OPHTHALMOLOGY

Yassine J. Daoud, M.D.  
Dan Georgescu, M.D.  
Wilmer Eye Institute – Columbia  
10700 Charter Drive #140  
Columbia, MD 21044  
410-910-2330

## PEDIATRIC HEMATOLOGY/ ONCOLOGY

Shirley E. Reddoch, M.D., LLC  
10410 Charter Drive, Suite 420  
Columbia, MD 21044  
443-546-1510

## PSYCHIATRY

Shobha Shirali, M.D.  
HUMANIM  
6355 Woodside Court  
Columbia, MD 21046  
410-381-7596

## RADIATION ONCOLOGY

Navesh K. Sharma, D.O.  
Central Maryland Radiation Oncology  
10710 Charter Drive, Suite G020  
Columbia, MD 21044  
410-740-9300

## VASCULAR SURGERY

Richard Feinberg, M.D.  
11065 Little Patuxent Parkway, Suite 150  
Columbia, MD 21044  
410-964-2306

## HCGH Brings Home Silver for 2010 Howard County Healthy Workplaces Award

HCGH President and CEO Vic Broccolino, Cindi Miller of the Wellness Center and Diane Dunn of Public Relations joined County Executive Ken Ulman and Howard County Health Officer Peter Beilenson to accept a silver-level Healthy Workplaces Award on October 5 at The Bain Center in Columbia.

The Healthy Howard Healthy Workplaces Program recognizes Howard County workplaces, large and small, that are committed to improving employee health and well-being across six main categories that include: nutrition, physical activity, culture of wellness, mental health, environmental health, and safety. Next year, HCGH will be eligible for a Gold Award, offered to previous Silver Award winners who have further expanded their health and wellness programs.



Howard County Executive Ken Ulman with Cindi Miller, director of HCGH Wellness Center

## HCGH Supports Buy Local Challenge

Hospitals and nursing homes are increasingly aware that buying and serving food grown locally using sustainable methods can have a significant impact on patient, employee and community health. HCGH was recognized in 2010 as one of 38 health care facilities across Maryland and Washington, D.C. that purchased and served at least one local food item each day during the week of July 17-25 and encouraged employees and the local community to do the same as part of the statewide Buy Local Challenge.

“Participation in the Buy Local Challenge is a great way for hospitals to engage their entire community in thinking about the choices we make about our food,” said Louise Mitchell, sustainable foods coordinator at Maryland Hospitals for a Healthy Environment. “Hospitals are a community resource for health information and to the extent that they can model healthier choices – including local and sustainably produced foods – they can help influence and change behaviors community-wide.”



# Foundation Chair's Message

## Dear Friends,

As we come to the end of another year, I look back on the overwhelming support the hospital has received in 2010, and I invite you to read in these pages the stories of gifts that have come from unexpected places and from within the Howard County community. At the unveiling of our new Historical Giving Wall, our focus was on the patrons whose generosity has supported the growth of the hospital for more than 30 years.

Shirley Howard, of Baltimore, has been giving to the hospital for more than 20 years, after the birth of her grandson at HCGH. Her late husband, Bill, was a patient at our hospital 44 times in his lifetime. On his 45th visit, he passed away at our hospital, in Shirley's arms. "The hospital staff not only took care of my husband, they took care of me," Shirley expresses. "I never forgot the kindness they showed."



Though Bill passed 13 years ago, Shirley continues to give to Howard County General Hospital. "I will not stop as long as I am alive," she says. "The hospital was there for me when I was alone. They became my family. And now I am there for them."

It is because of members of our hospital family, like Shirley, that we have become a world-class provider of healthcare in Howard County. The history of charitable giving at Howard County General Hospital is outstanding. But today, I am asking you to look with me to the future of the hospital.

We have a responsibility to future generations, like that of Shirley's grandson, to provide an even higher level of care. For HCGH to continue to grow, we need your help.

Your gift, large or small, has a positive impact on the well-being of our community, strengthening the ability of the hospital to provide patients with high-quality health care today and tomorrow.

There are many ways you can help bring healing to your community and make a difference now—and well into the future. You can contribute in honor of a loved one, join our legacy program, or even donate online. To show your support of Howard County General Hospital, please visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7840.

With the season of giving upon us, I ask you to remember Shirley and her generosity. "At age 86, I don't need anything," she explains. "The best blessing I have received is to be able to help other people."

We hope you will consider supporting the Howard Hospital Foundation. Year-end charitable gifts provide much-needed support for the hospital, and may produce significant tax savings for you. From our family to yours, we thank you for all you have done and all you will continue to do.

With thanks,

David Powell, Chair, Howard Hospital Foundation



(left to right) back row: Ellen Merrill, Mary Catherine Cochran, Leslie Rogers, David Powell, Holly Harbula, Joan Clark, Vic Broccolino; middle: Diane Tollick; front: Monica Dielhman

## The Claudia Mayer Cancer Resource Center Receives Birthday Present

Joan Clark, an ICU nurse at HCGH, received a 70th birthday party invitation in the mail, which claimed the sender would only accept one of three gifts for his birthday: a luxury yacht, a private island, or recommendations for a charitable donation to her favorite organization, with the winning organization receiving \$70,000 at the party.

The invitation came from Foster Friess, chairman of Wyoming-based Friess Associates, which manages more than \$8 billion, including Brandywine Funds.

Joan, a two-time cancer survivor, knew the perfect beneficiary: the Claudia Mayer Cancer Resource Center at HCGH. With the help of her fellow ICU nurses, including Ellen Merrill, she submitted the Claudia Mayer Cancer Resource Center for recognition, lauding the center as a remarkable place of hope, help and support for men, women and children living and coping with cancer. Ellen, a Nurse of the Year nominee, composed a poem written from the point of view of a cancer survivor, with the closing lines, "The Claudia Mayer Center is a gem; the fight would have been tougher without them."

At Friess's birthday party, attendees who had submitted an organization for consideration received envelopes on a silver platter, which they were told to open simultaneously to learn who won the grand prize. They were all winners: Friess had given \$70,000 to each submitted organization, bringing the total of the evening's gift to \$8 million.

"I was so happy to be handing over this check to these wonderful, dedicated people who have been affected by this disease, and who choose to stay and help others," said Joan. "These amazing souls who work at the Center and the compassion they provide are as important as the chemo, radiation, doctors and nurses."

"Cancer is not a death sentence; it's a life sentence. Advocate for yourself and have a plan of attack." That is Joan's strongest advice to anyone facing a cancer diagnosis. "There is plenty of information out there," she said. "It can be overwhelming and scary, but do your research and use resources like the Claudia Mayer Cancer Resource Center for support and services. The Center's support is invaluable."

Joan's cause has also been adopted by her son, Colin, who will be entering the University of Colorado at Boulder this fall as a pre-med student. Calling his mom his hero, Colin said he plans on working to find a cure for cancer.



## Historical Giving Wall Unveiling

On September 22, more than 100 past and present donors—some traveling from as far as North Carolina and Tennessee—attended the unveiling and dedication of the New Historical Giving Wall at Howard County General Hospital.

This new, permanent display summarizes the history of charitable giving to the hospital from 1973 through the early 2000s and celebrates the growth of Howard County General Hospital and the altruism of more than 1,385 supporters.

The names on the wall reflect nearly \$12 million raised by community organizations, private donors and HCGH employees from four capital campaigns: the North Wing Expansion (1976), the South Wing Expansion (1987), 20th Anniversary Endowment (1994) and the Master Facility Campaign (2000).

The unveiling was a reunion of sorts for attendees, including multiple former HCGH and HHF board members, campaign chairs and committee members, whose generosity has supported the growth of the hospital for more than 30 years. Because of the philanthropy of these attendees, HCGH has grown from a 59-bed hospital in 1973 to a 238-bed comprehensive, acute-care medical center specializing in women's and children's services, surgery, cardiology, oncology, orthopedics, gerontology, psychiatry, emergency services, and community health education.

If you are a donor and were unable to attend, we invite you to visit the new Historical Giving Wall in the hospital's new lobby.



## Weis Markets Donates an Additional \$10,000 to Howard County General Hospital NICU

Weis Markets has made a \$10,000 donation to the Howard Hospital Foundation, bringing their total contribution since 2003 to \$50,000. The beneficiary of these gifts is the Neonatal Intensive Care Unit (NICU) of HCGH, with the donations going toward the purchase of a Giraffe Omni Bed.

“The Giraffe Bed serves as a mini intensive care room for the baby,” Gary Blechman, M.D., chief of Neonatology and chairman of the Department of Pediatrics, said. “At the touch of a button the baby’s bed converts from incubator to radiant warmer, eliminating the stress of moving critically ill infants from bed to bed.”

“We are so appreciative of the support of local businesses like Weis Markets,” Victor Broccolino, president and CEO of Howard County General Hospital, said. “Our whole community benefits by this generous donation. The Giraffe Beds are essential to the care of some of our tiniest patients.”

## Meet a Charter Member

A charter member of the Legacy Society of Howard County General Hospital, Joanie Reisfeld, experienced some complications during her pregnancy that required bed rest for two-and-a-half months. She used that difficult time to establish Better Bed Rest, Inc. (BBR), an advocacy nonprofit that provides support, resources and information to other women whose doctors prescribe bed rest.



Joanie Reisfeld

When Reisfeld approached Howard County General Hospital for assistance in 1993, the hospital was eager to be part of this much-needed service and donated a helpline to BBR. The hospital continues to work with BBR to help meet their clients' needs. In turn, Reisfeld said, “It has been very rewarding to see my son, Zachary, grow into a young adult and know that he was my inspiration. I’m very glad to have the opportunity to provide Howard County General Hospital with lasting support through planned giving to the Legacy Society.”

For details about the Legacy Society of Howard County General Hospital and how your good works can last far into the future, call the Foundation’s Vice President of Development Christopher J. McCabe at 410-740-7840.

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# 2010- calendar 2011 of Events:

## December

### 4th Annual Celebration of Hope

**Sunday, December 5** / 4:30 p.m.  
Symphony Woods • Columbia

Light is a universal symbol of hope. Take a moment from your hurried life and join us for a peaceful twilight stroll through the Symphony of Lights in Symphony Woods, Columbia. Open to current cancer patients, survivors and families. No fee, but registration required. 410.740.5858.

## February

### Cardiovascular Clinic

**Saturday, February 12** / 11 a.m. – 2 p.m. Free.  
Lord & Taylor Court in The Mall in Columbia.

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.



**2010 Symphony of Lights Festivities**

17<sup>TH</sup> ANNUAL  
**Symphony of LIGHTS**  
PRESENTED BY 

**Drive Through the Lights**  
Open 7 days a week from 6pm-10pm,  
**NOVEMBER 22-JANUARY 2.**  
Closed December 31 for Midnight at 7.

**Blinkin' Binkies**  
A family "stroll" through the lights...  
with strollers!  
**THURSDAY, DECEMBER 9**

**Tail Lights**  
A dog friendly walk through the  
dazzling light displays!  
**TUESDAY, DECEMBER 14**

**NEW EVENT**  
**Midnight at 7**  
A family fun New Year's Eve  
celebration with fireworks at  
7pm. Walk through the lights;  
enjoy entertainment, dancing  
and giveaways.  
**FRIDAY, DECEMBER 31**

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

**www.hcgh.org/symphonyoflights**  
**410-740-7840**

Proceeds benefit the Campus Development Plan at Howard County General Hospital: A Member of Johns Hopkins Medicine.

For a complete listing of all the Howard County General Hospital events, please visit [www.hcgh.org](http://www.hcgh.org).