Dear Friends,

As the winter days wane and we look forward to spring, I wanted to take this opportunity to thank our community and sponsors for your support of the return of Symphony of Lights. The festivities drew record crowds and provided significant fundraising dollars to support the hospital. I hope to see you again next year.

As spring arrives, we begin new growth of our own. I invite you to read about our new building project on page 12. The proposed, much-needed addition will be located adjacent to the existing emergency room facing Little Patuxent Parkway. Construction will span three years and take place in stages. To support the $40 million construction project, the Howard Hospital Foundation is spearheading a capital campaign. I hope you will consider how you can help us Build Today for a Healthier Tomorrow.

This issue of Wellness Matters is focused entirely on a disease that affects so many in our community...diabetes. If you or a family member are in need of support, I hope you find these articles helpful and will attend one of the many diabetes classes we offer at our Wellness Center.

Sincerely,

Steve Snelgrove
President

In this issue of Wellness Matters, we take a comprehensive look at diabetes. If you are newly diagnosed or just need a better understanding of the disease, our experts offer helpful information to keep you on track.

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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.

Please direct comments regarding Wellness Matters to 410-740-7810.
Hospital Information: 410-740-7890
What is Gestational Diabetes?

Gestational diabetes is a form of diabetes that occurs only during pregnancy and is diagnosed with a glucose tolerance test. “The results stopped me in my tracks,” says Tori. “I felt so much guilt, as if I had caused it, but that’s simply not true. Everyone’s body handles pregnancy differently.” Pregnancy hormones increase your glucose levels and for most expecting moms this is not a problem. However, if your pancreas cannot secrete enough insulin to process the extra glucose, gestational diabetes occurs and it can cause health problems for you and your baby if it is not well controlled.

You’re Not Alone

About 5 to 10 percent of all pregnant women get gestational diabetes, and while there are some risk factors—age, weight, ethnicity, medical conditions and a family history of diabetes—healthy women without any risk factors can also develop gestational diabetes. “I was fortunate to have a friend who had been through gestational diabetes, and I found a really great support group,” explains Tori. “It was a relief to know it’s manageable.”

You Need Carbs

“When I met with the dietitian, I was surprised to learn I wasn’t eating enough carbohydrates,” says Tori. “I had tried to cut out all carbs, when what I needed were smaller portions, snacks between meals and to balance the carbs throughout the day.” It’s important to monitor your diet and follow the advice of your health care provider. “I used a sugar app on my phone to record my glucose levels, and until I became familiar with how my body reacted to certain foods, I kept a record of everything I ate. It was hard, but it got easier, and there’s no greater reward than a healthy baby at the end.”

Make Healthy Lifestyle Changes for You and Your Baby

“I drank more water and upped my exercise,” says Tori. “I still allowed myself occasional treats, but then walked my dog and did chores like vacuuming afterwards.” A healthy lifestyle is often enough to manage gestational diabetes, but some expecting moms need to take insulin temporarily.

After the Baby

Gestational diabetes is not permanent, but it does indicate an increased risk for developing diabetes in the future. Tori says, “Getting diagnosed with gestational diabetes was a blessing in disguise. I don’t want to become a statistic and now I am healthier than I was before I got pregnant.”
Recently Diagnosed with Diabetes?

Approximately 1.4 million Americans are diagnosed with diabetes every year, and many think that once they have been diagnosed, there is nothing they can do to change their diagnosis. According to Mark Corriere, M.D., an endocrinologist on staff at HCGH, you are in charge and, through lifestyle changes and education, you can be in control of your diabetes.

How can I have such a serious condition when I don’t feel sick?
Diabetes is known as a “silent disease” because many of the signs and symptoms are not noticeable. “Often people have symptoms that they have rationalized or attributed to something else,” says Mike Taylor, RN, MHA, CDE, HCGH diabetes clinical program manager. “For example, they may say, ‘I am urinating more at night. I guess I am getting older.’ ”

Get educated.
Diabetes is a disease where self-management and self-awareness are key. I tell my patients that ‘you will have this for the rest of your life, so the more you know about it, the better you can manage it.’ Take classes and arm yourself with knowledge.

Begin now.
How you care for yourself during the first few years following your diagnosis can have a real impact. If you can control your diabetes from the beginning, it can make a difference—especially in reducing long-term complications over your lifetime.

Understand the toll of pounds.
Patients underestimate the impact weight loss can have on diabetes. Just losing 10 percent of your body weight can have a dramatic effect. Through diet and exercise, you can gain control of your diabetes. As a physician, it is rewarding to be able to reduce the number of diabetes medicines someone takes because they have changed their lifestyle.

The Diabetes Dictionary

What is hemoglobin A1C?
The most common diabetes blood test ordered by your physician that measures your average blood sugar over the last few months.

What is blood glucose self-monitoring?
Using a home blood glucose monitoring system or meter, you can read your glucose levels at an exact time. This measurement reflects your current reading and is not an average over time.

Type 1 vs. Type 2

Type 1 Diabetes
- Typically starts in childhood or early adulthood
- Autoimmune disease where the pancreas is attacked by antibodies causing a lack of insulin production
- Onset cannot be prevented
- Typically there is not a family history of diabetes
- Insulin is main treatment

Type 2 Diabetes
- Most often discovered in adulthood
- A disease of insulin resistance generally attributed to being overweight, inactive and eating a poor diet
- Healthy lifestyle may reverse the process or delay the onset
- Typically there is a family history of diabetes
- Treatment can include pills and/or insulin

Let us help. HCGH Diabetes Education Courses. To register, visit hcgh.org/diabetes or call 410-740-7601. To schedule a nutritional consultation, call 443-718-3007.
Are You Prediabetic?

The Diabetes Prevention Program study was published 15 years ago. It focused on patients with prediabetes and how to prevent them from progressing to diabetes. These patients, who were at high risk for developing diabetes, were divided into three pathways:

- **Path 1**: Patients made no changes
- **Path 2**: Patients were put on metformin (a common diabetes medication)
- **Path 3**: Patients changed their diet, lost weight and exercised (averaged 9 pound weight loss and 150 minutes a week of activity)

**The results?**

Those who made no changes: 29 percent had developed diabetes three years into the study.

The group that did the best and had the lowest risk of becoming diabetic was the one that made lifestyle changes to their diet, lost weight and exercised. Only 14 percent of this group got diabetes—weight loss and exercise cut their risk of diabetes by more than half.

“A diagnosis of prediabetes should be an early warning alarm—if you make changes to your activity, diet and weight, the risk of developing diabetes can be markedly reduced,” notes Dr. Corriere.

Get Your Degree from Our Diabetes Educator

Mike Taylor suggests the following:

1. **Have a positive attitude.**
   You may have a lot going on in your life, but diabetes does not have to stop you from living your life. You can do this. There is help available to guide you through the process.

2. **Embrace change.**
   Treating diabetes is more than a diet. You have to maintain a level of dedication. It is a behavior change for life.

3. **Understand the food facts.**
   The most important thing people need to consider is portion size. Everyone wants to talk about cutting carbs, but in reality, the kind of food we are eating is not completely to blame; it is also the portion sizes.

   Just because something is labeled as healthy does not make it so. Products and branding labels can be misleading; instead, read the ingredient label or eat natural foods. For example, if you use fat-free ranch salad dressing, it is like putting fat-free ranch-flavored pancake syrup on your salad.

4. **Exercise!**
   Outside of diet, the most important thing you can do is exercise. It is more important than any medication. Move a minimum of 30 minutes each day, four days a week. You don’t have to start there, but you should get there.

5. **Establish your A1C number.**
   Be involved in defining your goal with your physician and discuss how you are going to achieve it.

6. **Find a source you trust and ask your questions.**
   Everyone is going to have advice for you about how to manage your diabetes. Use resources such as the HCGH diabetes management programs listed online at hcg.org/diabetes or meet with a dietitian.

Mark Corriere, M.D.,
is a board-certified endocrinologist with Maryland Endocrine in Columbia.

**Appointments:**
301-953-2080

Mike Taylor,
RN, MHA, CDE,
is the clinical program manager for diabetes management at HCGH.
Q: **What medication do newly diagnosed patients take?**

At the time of diagnosis, begin by making lifestyle changes including a healthy diet and exercising. In addition, your doctor may prescribe oral medications and/or insulin to help you manage blood glucose levels.

Metformin decreases the liver’s production of glucose and is typically the drug of choice at the time of diagnosis. Unless there are reasons not to use this medicine, most type 2 diabetes regimens include metformin.

If your hemoglobin A1C is still not controlled with lifestyle changes and metformin alone, then you should contact your doctor so additional medications and/or insulin can be added to your regimen.

Be sure to ask your physician or pharmacist about your new medication. It is important to know the medication name, the reason for taking it, how and when it is taken, how to properly administer it and any potential side effects.

Q: **What are the side effects of diabetes medications?**

Side effects can vary, but most often include upset stomach, diarrhea or bloating. Some medications can cause weight gain and others weight loss. Be sure to follow the medication instructions to minimize side effects and maximize effectiveness.

Also, be sure to tell your doctor about your health and provide a complete medical history so that your diabetes medications can be tailored with your risk factors and goals in mind.

Q: **When do patients start insulin?**

Insulin in type 2 diabetes can be started at any time during treatment as determined by your doctor. Certain patients may benefit from starting insulin earlier in treatment, such as those with very high hemoglobin A1C.

Q: **My doctor recommended insulin. Did I fail at controlling my diabetes?**

For type 1 diabetes, insulin is the only treatment. For type 2 diabetes, many people start out on oral medications combined with lifestyle changes. However, diabetes changes over time and many patients will eventually require insulin. This is not a bad thing nor does it mean you have done a bad job. Insulin will help you manage your diabetes better and lower your chances for developing serious complications.

Q: **Is injecting insulin painful?**

If you are educated on the proper technique, injecting insulin should not be painful. There are also different needle sizes available, so switching to a different needle may decrease any pain caused by injections. Ask your doctor or diabetes educator about different options. HCGH also offers classes on insulin injections.

*With 20 common diabetes medications in nine classes, each functioning differently, it is important to work with your physician to determine the most beneficial option for you. For more information about diabetes medications, speak with your physician or pharmacist.*
The Emotions Behind Diabetes
A Psychologist’s Perspective for the Diabetic and their Friends and Family

A diabetes diagnosis can be overwhelming emotionally for loved ones as well as the person with the disease. Friends and family don’t always know the best way to help. Licensed psychologist Lisa Hoffmeyer, Ph.D., a diabetic herself, gives friends and family the following advice:

1. Offer Support
Ask what kind of help the diabetic needs and wants, and take a collective approach, “What can we do together to make sure you are healthy in the future?” Newly diagnosed diabetics wrestle with the notion that their life will be terribly different moving forward. They often feel their body has failed them. They might be angry. They need support as they make the necessary lifestyle adjustments to manage the disease.

In addition, the patient should also ask their family, “What are you scared of? How can I help you understand my disease? How can you feel safe and know that I am going to be OK?”

2. Be Informed
If someone with diabetes is open to it, attend doctor visits and educational classes together, but respect their independence. If your loved one has hypoglycemia (low blood sugar), you should know what signs indicate a possible emergency and what to do if your loved one loses consciousness. Family and friends should learn everything the patient does, with one caveat, they should not be the experts—the patient should.

3. Plan for the Future
Seniors with diabetes may face many challenges and they are twice as likely to get dementia versus non-diabetics. It is important that caregivers be prepared should the diabetic not be capable of managing their care. Have conversations about managing diabetes before it becomes an issue.

4. Don’t Police
It is important for friends and family to realize the patient needs to own their disease and, unless impaired, they must be in charge of managing it. A lot of family members become the ‘diabetes police,’ and that’s not helpful. Instead of asking, “Are you sure you should be eating that?” a better way to help a loved one with diabetes is to ask, “What can I do to support you and help you succeed?”

5. Understand Insulin
Many patients with type 2 diabetes will become insulin-dependent or choose to go on insulin pumps. It isn’t a sign that they are doing anything wrong. Insulin may be the best treatment for some people and not necessarily a sign of worsening health. My recommendation is that the diabetic does what it takes to be healthy in the moment.

Comprehensive diabetes education program open to diabetics and their loved ones 3/14 or 5/16 from 8:30 a.m.–3 p.m. or 3/8 from 6–9 p.m. $50 per person. To register, visit hcgh.org/diabetes or call 410-740-7601.
A Chef’s Story

CONQUERING Diabetes in the Kitchen

In 2015, at age 46, chef Joseph Serock found himself at a crossroads. He had been diagnosed as prediabetic nearly 20 years earlier and now was taking three different diabetes medications and frustrated at his current state of health.

His endocrinologist asked him what his goals were. Joe’s answer, “To be in the best shape of my life when I turn 50.” Her response jarred him, “Why wait?” she said. “You may not be here by then.”

A Journey from Denial to Wellness

“I was prediabetic and on the road to diabetes in my early 20s,” recalls Joe. “I had moved away from home, and was eating and drinking nothing in the way of a healthy diet. In my 30s I was in denial.”

For years Joe dabbled with exercise and nutrition, “I would embrace quick fixes and lose weight. My numbers would go down and up. I couldn’t see an end in sight. I kept wondering, ‘how am I going to do this the rest of my life?’

“Fast forward 20 years. I had put on a lot of weight and didn’t exercise. That day in the doctor’s office I found myself asking, ‘How did I get here? Why am I putting this off? Why haven’t I accepted this?’ I had no excuses. I started reading and understanding that this is a complete lifestyle change and my old thought processes had to be transformed.”

A change in careers brought Joe further insight. He became a chef. Now he was surrounded by food all day—an even greater diabetes challenge.
Joe introduced a healthy diet and exercise and soon found himself 35 pounds lighter, with more energy, lower A1C levels and blood pressure, and taking only one of his three medications.

Here are a few of Joe’s chef secrets:

Get back in the kitchen and make your own food. You can turn food into something bad for you—or something good for you—it is up to you. Replace items in recipes to make them healthier.

Use lettuce and un-bun your burger. Find food you love. I trained myself to focus on the good I could eat vs. the bad that I wanted. I can’t have cookies but I can have fresh seafood. We always love what we can’t have—that mentality was the biggest hurdle. Think about how good you feel when you eat right.

Sugar is vicious and it’s everywhere. When you get it out of your system, you don’t crave it. Try sour and pickled alternatives. Add spice for flavor.

Exercise:
I wouldn’t say I love working out, but I definitely see results and I feel better.

There is so much hidden sugar in our diets. Understand the math and measure carbs and sugar.

Everything in moderation doesn’t always work with diabetes. At the end of the day, a lot of moderation equals a lot of what you shouldn’t have.

Accept it. You have a disease and it is going to change your life. Read and learn what you can do to manage it. Then, overcome it. You can control it—don’t let it control you.

To see step-by-step instructions for two of Joe’s healthy recipes, visit hcg.org/diabetes.
**SPECIAL EVENTS**

**Wellness Screening for Your Health**
Knowing your numbers and taking action to improve them promotes your highest level of well-being. This free screening includes blood glucose check, blood pressure measurement, weight risk assessment, prediabetes risk assessment, education on healthy lifestyle choices and referrals to self-management classes to learn ways to improve your health. Take ownership of your health by working with our team to support you. 3/29, registration is recommended but walk-ins are welcome. Appointments scheduled between 9 a.m.–2 p.m. Free.

**Thyroid Disease and Your Eyes**
Join us to learn how the eyes are affected by thyroid disease. Symptoms such as double vision and dry, watery, red or bulging eyes can be treated medically and/or surgically. Discussion will include information on diagnostic testing and the benefits of early treatment. Presented by Johns Hopkins ophthalmologist Fatemeh Rajaii, M.D., Ph.D. 4/4, 7–8:30 p.m. Free.

**Tips for Managing Anxiety**
The feeling of anxiousness can come upon us with little or no warning. Regular bouts of anxiety affect your mind and body. Learn from our experts about the symptoms, strategies to reduce stress and anxiety in your life, and treatment options. 5/10, 7–8:30 p.m. Free.

**Glaucoma: Early Diagnosis and Treatment**
Early diagnosis and treatment are key to the management of glaucoma. Learn about the risks and symptoms. Our expert will help you understand the facts of this disease and the options to preserve your vision. Presented by Johns Hopkins ophthalmologist Pradeep Ramulu, M.D. 5/18, 7–8:30 p.m. Free.

**HEALTHY FAMILIES**

**Maybe Baby: Financial Issues for Prospective, Expectant and New Parents**
A Certified Financial Planner™ will discuss financial issues involved in starting a family. Leave with a plan to help you feel confident about your finances. 5/11, 7–9 p.m. Free.

**Choose Your Pediatrician and Promote Your Newborn’s Health**
Learn factors to consider and questions to ask when choosing your pediatrician and ways you can promote your newborn’s health. Presented by pediatrician Edissa Padder, M.D. 5/3, 7–8:30 p.m. Free.

**Prenatal for Your Early Pregnancy**
Parents-to-be and those in the first trimester of pregnancy learn about pregnancy’s early stages. 3/7, 7–9 p.m. Free.

**Prenatal Yoga**
Prepare for the birth of your baby with gentle and safe movements to stretch, strengthen and relax your body. No prior yoga experience needed. Physician permission is required before the first class. Wednesdays, 3/22 – 5/10, 6–7 p.m. $88/eight-week session.

**Cancer Support Groups**
Call 410-740-5858.

**HEALTHY HEART & LUNGS**

**Adult, Child and Infant CPR**
Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn a two-year CPR completion card (not a health care provider course). 3/20, 4/13, 4/26, or 5/11, 5:30-9 p.m. $55.

**Cardiac Rehabilitation Maintenance†**
Exercise for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. $60/mo.

**Pulmonary Rehabilitation†**
Exercise and education to assist patients with lung disease.

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

† To schedule an appointment or for information about all cardiac or pulmonary rehabilitation programs, Medicare and insurance coverage, please call 443-718-3000.
DIET & EXERCISE

GET HEALTHY WITH DINNER & EXERCISE

Dietary Counseling
Discuss your dietary concerns and goals with a registered dietitian. $40/half-hour visit.

The Mall Milers
Walk-for-health program at The Mall in Columbia. Blood pressure screenings on the second Tuesday of the month. Free.

Eating Well: Prescription for Better Health
Nutrition and proper nourishment of your body is key to living healthy. A certified nutritionist and registered dietitian will discuss the relationship of your food and nutrients to immunity, chronic disease management, healing and more. 4/10, 7–8:30 p.m. Free.

HEALTHY LIFESTYLES

Advance Directives
Understand what advance directives are, who needs them, how to get them and how to complete them. Leave with an advance directives document. 4/7, 6–7 p.m. Free.

Living Well
This six-week workshop is for those living with chronic conditions as well as caregivers of those with chronic conditions. Learn techniques to cope with feelings of frustration, fatigue, pain and isolation; exercises for maintaining and improving strength, flexibility and endurance; and skills to communicate more effectively with family, friends, and health professionals. Fee includes the workshop, textbook and CD and is to be paid to the instructor on the first day of class by check or exact cash (no credit cards). For Journey to Better Health members only, a $15 Visa gift card will be given to those attending all six classes. 4/21–5/26, 10 a.m.–12:30 p.m. $28.

Driver Safety
Classroom refresher for ages 50+. 3/10 or 5/5, 10 a.m.–2:30 p.m. $15/AARP members, $20/others.

DIABETES PROGRAMS FOR PATIENTS & CAREGIVERS

HCGH’s comprehensive diabetes programs focus on each individual and not just the disease. Whether you’re newly diagnosed with diabetes, gestational diabetes or have been living with diabetes for some time, HCGH has the specialists and resources you need to help manage your diabetes. Personalized classes, individual counseling and support groups are offered. Held in the Wellness Center.

Brief Diabetes Course
If you have been newly diagnosed with diabetes or just need a refresher on the basics of the disease, this brief course is designed to get you on the right path to living healthy. Certified diabetes educators cover the basics of diet, nutrition and lifestyle choices to help you manage your diabetes and achieve optimal health. Two-hour session. 3/13, 3/21 or 3/28, 9–11 a.m. $25 (includes materials).

Comprehensive Diabetes Course
Designed for the newly diagnosed patient and for individuals who have been living with diabetes for years. Led by a certified diabetes educator and a dietitian, this class provides in-depth education on managing diabetes as well as personalized options for helping you live healthier with the disease. Information on glucose monitoring, proper nutrition, exercise, medications and support will be covered. Offered as a full-day, six-hour course during the afternoon or two, three-hour sessions in the evening. 3/14 or 4/11, 8:30 a.m.–3 p.m. 3/8, 6–9 p.m. $50 (includes materials).

Understanding Diabetes Injections
Individualized and hands-on instruction on how to safely administer and manage self-injections of insulin and other medications. This class covers all the current injectable diabetes medications. Our certified diabetes educator will help you understand common side effects of injections and how to determine effectiveness. 3/6, 3/15, 3/20 or 3/27, 1–3 p.m. $25.

Healthy Mom, Healthy Baby – Managing Gestational Diabetes
This program for women diagnosed with gestational diabetes provides education and support in managing this condition throughout pregnancy. With a goal of minimizing complications, the course offers an overview of the condition, how it affects mother and baby, nutrition and dietary recommendations and education on self-monitoring blood glucose levels. Taught by a certified diabetes educator. Two-hour course. 3/10 or 4/7, 1–3 p.m. or 4/18, 8:30–11 a.m. $25.

Prediabetes
Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent/delay actual diabetes. 4/20, 7–8:30 p.m. $15.

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

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

Unless noted, all classes are held at HCGH Wellness Center
10710 Charter Dr., Ste 100, Columbia, MD 21044

For other course dates and times or to register, visit hcgh.org/diabetes or call 410-740-7601.
In response to the growing community we serve, HCGH is excited to share plans for our upcoming campus construction that will add a two-story addition to the hospital and renovate existing space. The proposed addition will be located adjacent to the existing emergency room facing Little Patuxent Parkway. Construction will span three years and take place in stages.

Support a Healthier Tomorrow

The Howard Hospital Foundation is leading a capital campaign to raise much-needed funds to support the construction. Philanthropic contributions, both large and small, are needed.

A Physician Practicing Philanthropy

Recent campaign donor William Saway, M.D., an internal medicine physician on staff at HCGH since 1997, member of the hospital’s board of trustees and president of Columbia Medical Practice, says, “The hospital plays a significant role in our efforts to provide quality care to our patients so, in turn, contributing to HCGH helps us to take care of our patients. I am giving back to the community where our practice is located and where we live. Everyone in the community will have different needs, but the collection of all the improvements made through this project will, at some point, touch everyone in Howard County.”

To support the capital campaign, call 410-740-7840 or visit HCGHoftomorrow.org.

A SNEAK PEEK

THE APPROXIMATELY $40 MILLION PROJECT WILL INCLUDE:

- a new 36,000 square foot addition and renovation of 18,000 square feet of aging units, which will add approximately 40 treatment spaces to increase the hospital’s overall capacity.

- a new emergency room entrance, waiting area and evaluation area.

- a new inpatient psychiatric unit with approximately eight private and six semiprivate rooms with a bathroom and shower.

- a new observation unit adjacent to the emergency room with shared management, greater efficiency and quicker patient transition.

- approximately five additional treatment spaces for pediatric behavioral health patients added to address the unique and growing needs of adolescents with substance use and mental health issues.

- expansion of the adult behavioral health unit.

- renovation of older space made available by new construction to create a new general medical-surgical unit with 25 additional beds.
**Dr. Fred Lewis and his wife Mary Agnes** moved here in 1954 and have a long history with HCGH that dates back to the days when a farm stood on the corner of Cedar Lane and Little Patuxent Parkway. As a veterinarian in Howard County for more than 50 years, Dr. Lewis recalls, “Before the hospital was built, I remember treating one of my first patients, a cow, where the hospital now stands.”

Today, they are proud to be long-time supporters of the hospital and, most recently, the capital campaign. “We were anxious to do all we could to help support the hospital’s efforts to keep up with the county’s growth. It is important to have a good facility with great staff, and we are very pleased with what has been done thus far to keep the hospital up to date. Vic Broccolino and Steve Snelgrove have provided outstanding leadership and we are pleased to offer our continued financial support,” says Fred and Mary Agnes Lewis.

FOR 30 YEARS Melissa Cunha Banach has lived in Howard County. Her daughter was born at HCGH and, years ago, the hospital saved her mother’s life. But, it was her most recent interaction as a patient that inspired Melissa to honor her caregiver, HCGH physical therapist Tom Costa.

Melissa has had a very complex orthopedic history that began eight years ago. The diagnosis of a rare sarcoma cancer in her leg involving her hamstring and sciatic nerve left her permanently handicapped and in intermittent pain. She uses a titanium brace to be mobile. This is her story.

“Last year I fell and found myself faced with not only an incapacitated leg but a broken hip on the same side,” says Melissa. “This is where the magic of Tom Costa came into play.”

“Throughout the years, I have had quite a bit of experience with physical therapists, but Tom exceeded all of my expectations. He assessed my immediate problem with compassion, clarity and competence. Tom also conveys the importance of mindfulness to his patients—meaning that the only person who can transform a person’s wellbeing is the patient. He gets his patients to understand that change and improvement take personal, continuous and fine-grain effort.

“Most importantly, he had an intuitive ability to sense my unique needs and quickly customized a therapy program, and I am a complicated case—and that is what stood out in my mind. He has done a lot for me. Tom reduced my overall pain and at the same time increased my mobility and flexibility. He gave me my life back without pain. In essence, he put the wheels back on my bike.”

If you would like to make a donation to honor an HCGH caregiver, call 410-740-7840 or visit hcgh.org/honoracaregiver.
Thank You to Our Generous Sponsors and Community

Thank you to the community members who supported HCGH by driving through the lights, attending special events or volunteering.

ICE SKATING RINK PRESENTING SPONSORS

TAIL LIGHTS PRESENTING SPONSOR

HIGHLIGHTS BY THE NUMBERS

TOTAL gross funds raised $699,000

315,000 LED BULBS throughout Symphony of Lights

2,318 REGISTRANTS for Twinkling Tots

249 DOGS entered in Tail Lights “best dressed pet” contest

94 FIREWORK “cakes” displayed at Midnight at 7

GLOWING SPONSORS

Corner Bakery Cafe • Chesapeake Veterinary Referral Center • Dunkin’ Donuts • Goldfish Swim School • Howard County Maryland Tourism & Promotion • PNC Wealth Management

TAIL LIGHTS PRESENTING SPONSOR

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3-D HOLIDAY VIDEO PRESENTING SPONSOR

BIKE THE LIGHTS PRESENTING SPONSOR

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/ symphonyoflightsfestivities | #HCGHlights
**Generous Support from Blossoms of Hope**

Because of generous volunteers, sponsors and donors, Blossoms of Hope recently made a donation to the Claudia Mayer/Tina Broccolino Cancer Resource Center. The contribution was made at their first annual Volunteer Celebration, held at Terrace on the Green in the Turf Valley Resort.

“Blossoms of Hope is passionate about supporting our community and during the past 10 years we have contributed more than $200,000 to the center,” says Joe Barbera, chair of Blossoms of Hope. “The center provides compassionate support for those individuals and families living with cancer. We are proud to support their efforts.”

The Claudia Mayer/Tina Broccolino Cancer Resource Center is a place of hope, help and support for men, women and children living with cancer. The center is made possible through the support and generous contributions of individuals and community groups.

To make a donation to support the center, visit [hcgb.org/give](http://hcgb.org/give) or contact the Howard Hospital Foundation at 410-740-7840.

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**Gifts of Retirement Assets: An Easy, Seamless Way to Give**

Whether you wish to leave a legacy to HCGH or make an immediate impact on our mission, gifts of retirement assets are a convenient way to give back to your community hospital. In addition to the tax advantages of donating retirement assets, giving these funds requires little more than a call to your retirement plan administrator.

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**A Gift for the Future: Retirement Account Designation**

**WHO:** Individuals of any age  
**WHAT:** Designate Howard County General Hospital as a beneficiary of all or part of your 401(k), IRA or other qualified plan.  
**AMOUNT:** Unlimited  
**ADVANTAGES:** Distributions from retirement plans may be subject to estate and income taxes. It is often a good idea to direct these assets for charitable bequests and leave other assets to heirs.  
**HOW:** Obtain a Designation of Beneficiary Form from your retirement plan administrator and complete as directed.

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**A Gift for Today: Charitable IRA Rollover**

**WHO:** Individuals 70 ½ and older  
**WHAT:** Rollover funds directly from traditional IRAs to HCGH.  
**AMOUNT:** Up to $100,000  
**ADVANTAGES:** Transferred funds count toward your required minimum distribution and are excluded from taxable income.  
**HOW:** Contact your IRA custodian with the foundation’s tax ID number (52-1072778) and instruct your custodian to make a distribution directly to HCGH.

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For more information, contact the Howard Hospital Foundation at 410-740-7840 or visit [hcgb.org/hhffplannedgiving](http://hcgb.org/hhffplannedgiving).
calendar 2017 of Events:

**MARCH**

**Medicare 101**
Wednesday, March 8/7 – 8:30 p.m. Free.
HCGH Wellness Center
Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

**Latino Health Fair**
Saturday, March 11/2 – 4 p.m. Free.
Wilde Lake Interfaith Center
Cosponsored by HCGH, Priority Partners and St. John the Evangelist Catholic Church. Receive numerous health screenings.

**Opioid Overdose Response Program**
Thursday, March 16/6 – 7 p.m. Free.
Tuesday, April 18/6 – 7 p.m. Free.
HCGH Wellness Center
Overdose deaths are on the rise in Howard County. Those taking illegal and prescription opioids are at risk. Learn how you can administer naloxone, a safe and effective antidote for overdose, and perform rescue breathing until help arrives. For more information and to register, contact shunt@howardcountymd.gov or call 410-313-6274.

**MARCH (CON’T)***

**Medicare 102**
Wednesday, March 15/7 – 8:30 p.m. Free.
HCGH Wellness Center
Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

**Using Medicare’s Plan Finder**
Wednesday, March 22/7 – 8:30 p.m. Free.
HCGH Wellness Center
Learn how to use the Plan Finder tool at www.medicare.gov to compare and review the Medicare Prescription Drug Plans available to you. Sponsored by the State Health Insurance Assistance Program, Howard County Office on Aging and Independence.

**APRIL – SEPTEMBER**

**Johns Hopkins Breast Cancer Survivorship Day**
Saturday, April 1/9 a.m. – 2 p.m. Free.
BWI Airport Marriott
A program for patients, survivors, thrivers, caregivers and families. Children ages 5-12 are welcome. For more information or to register, call 410-614-4192 or visit breastcancerevents.johnshopkins.edu.

**We Walk for Wellness**
Saturdays, April 22 – September 30/9 – 10 a.m.
North Laurel Community Center, Laurel, MD
Registration: 8:45 a.m. Program: 9 a.m.
Warm-up, guided group walking and cool-down, including light aerobic activity such as jumping jacks, marching in place and arm circles. Information about nutrition and exercise available. For more information, call 410-740-7601.

**CPR Across Howard County**
Saturday, April 29/9 a.m. – 12 p.m. Free.
HCGH Wellness Center
CPR for the adult and child victim. For the community. Not a certification course.

**Heroes in Health Care**
Friday, June 16, 2017
An evening celebrating HCGH’s lifesaving staff and partners. Honorary co-chairs: Dr. and Mrs. Robert E. Fischell. Tickets and sponsorships available. For more information, call 410-720-8706 or visit hcgh.org/heroesinhealthcare.

Unless otherwise noted, register for these events at hcgb.org. For additional information on other HCGH events and classes, see pages 10–11, visit hcgb.org or call 410-740-7601.