PRESIDENT’S MESSAGE

As I turn through the pages of this issue of Johns Hopkins Medicine Suburban, I am humbled by the opportunity to lead an organization that plays such a critical role in helping the members of our community maintain or regain their health and well-being.

Montgomery County is facing a growing challenge in addressing the needs of residents requiring behavioral health services, especially for individuals dealing with substance use issues. Suburban Hospital’s team-based approach to treating substance use focuses on providing hope and help to people struggling with addiction. By highlighting these essential services, I am optimistic that we can foster open dialogue about behavioral health and substance use and reduce the stigma so often associated with these topics.

As noted in the interview with Congressman David Trone on page 7, Suburban’s work in the area of mental health and substance use aligns with and complements other community-based programs designed to address the opioid crisis and bring the topic of behavioral health out of the shadows.

My hope is that, together, we can equip our friends and loved ones with the necessary tools to help improve their mental and physical health.

Please review the WellWorks™ calendar for health classes, seminars, support groups and events that Suburban will offer in the coming months on mental health, addiction education and much more.

Jacky Schultz
President
Suburban Hospital

WE’RE GOING DIGITAL!

Beginning with the next issue, Johns Hopkins Medicine Suburban magazine will be switching to a digital-only format. We will feature the same great articles, with the benefit of adding enhanced content such as videos and downloadable resources. If you do not currently receive an electronic version of Johns Hopkins Medicine Suburban by email, please visit hopkinsmedicine.org/suburban/signup and sign up today to avoid an interruption in service of our informative magazine.

The WellWorks calendar will continue to appear in our digital edition and will also be available as a standalone print publication. To continue receiving the print version of WellWorks, visit the website above and enter your name and mailing address.

Johns Hopkins Pediatric Specialty Clinic Opens in Bethesda

Suburban Hospital is pleased to announce we now have board-certified pediatric specialists from Johns Hopkins Children’s Center here in Montgomery County.

Founded in 1912, the Johns Hopkins Children’s Center offers one of the most comprehensive pediatric medical programs in the country, with more than 92,000 patient visits and nearly 9,000 admissions each year. The Center was ranked #8 in the nation by U.S. News & World Report on its 2018-19 Best Children’s Hospital Honor Roll. We are honored to provide local families with access to Johns Hopkins’ world-class pediatric specialists close to home.

Located in the Johns Hopkins Health Care and Surgery Center at 6420 Rockledge Drive in Bethesda, the pediatric specialty practice offers endocrinology, nephrology and pulmonary services. Additional services will be available in the coming months. We hope your children enjoy good health. But if they need the best in pediatric care, we are close by and ready to help!

For more information or to schedule an appointment, call 443-997-5437. Week of appointments for endocrinology and nephrology are accepted.
Suburban Hospital is pleased to welcome Jared Marks, M.D., from The Johns Hopkins Hospital Department of Neurosurgery. Dr. Marks is a neurosurgeon with a clinical focus on spinal surgery and is here to serve the medical needs of you and your loved ones. He treats degenerative changes in the spine as well as spine tumors and spinal trauma. He performs a broad range of general and complex neurosurgical procedures, such as spinal infusions and deformity corrections. Dr. Marks practices patient-centered neurosurgery and believes in maximizing nonsurgical therapies prior to pursuing surgical options.

Dr. Marks received his medical degree from the Temple University School of Medicine and completed his residency at the University of Mississippi Medical Center. He also completed a fellowship in complex spinal surgery at The Johns Hopkins Hospital. Dr. Marks sees patients at the Johns Hopkins Neurosurgery Center at 6420 Rockledge Drive in Bethesda and performs surgery at Suburban Hospital.

For referrals and patient appointments, please call Johns Hopkins Neurosurgery at 301-896-6069.

See page 12 for an upcoming presentation on back pain by Dr. Marks.

DO YOU KNOW THE SCORE?

Knowing your Cardiac CT Calcium Score could save your life. You can find out yours with a simple, noninvasive exam to evaluate the amount of calcified plaque in your heart vessels. Results of this test can help determine if you are at increased risk for a heart attack or stroke.

Exam overview:
- Scan takes less than 10 minutes, is painless, and does not require IV for oral contrast
- Online scheduling and exam reports available
- $75 fee if not covered by insurance

Recommended for men over age 45 and women over age 50 with risk factors of:
- Family history of heart disease
- High cholesterol
- High blood pressure
- Diabetes
- Tobacco use

Also recommended for:
- Men over age 55 and women over age 60 without known risk factors
- Men and women considering use of cholesterol-lowering medication (statin)

Please consult with your physician prior to making any appointments for imaging exams.

LOCATION

JOHNS HOPKINS HEALTH CARE AND SURGERY CENTER
6420 Rockledge Drive, Suite 3100
Bethesda, MD 20817

For more information or to schedule an appointment, call 443-997-7237.

PCU RECEIVES SILVER-LEVEL BEACON AWARD

Suburban Hospital’s Progressive Care Unit (PCU) has been recognized with the silver-level Beacon Award for Excellence from the American Association of Critical-Care Nurses (AACN). This prestigious award honors individual units that distinguish themselves for improving every facet of patient care.

“We are honored that our PCU has been recognized with the Beacon Award for Excellence, says Leighann Sidone, M.S.N., R.N., C.E.N.P., vice president and chief nursing officer for Suburban Hospital. “This is Suburban’s second nursing unit to earn the Beacon Award. I’m so proud of all the staff and leaders who commit themselves to creating a healthy work environment for staff and improving patient care.”

Suburban Hospital earned the Silver Award by meeting the following evidence-based Beacon Award for Excellence criteria: Leadership Structures and Systems; Appropriate Staffing and Staff Engagement; Effective Communication, Knowledge Management, Learning and Development; Evidence-Based Practice and Processes; and Outcome Measurement.
RECONNECTING TO Hope

Suburban’s Addiction Treatment Center
According to the Substance Abuse and Mental Health Services Administration (SAMHSA), in 2017 approximately 20 million Americans age 12 or older reported having a substance use disorder related to alcohol or illicit drugs. However, SAMHSA also reports that only 1 in 10 of the millions of people in need of substance use treatment actually receive it.

At Suburban Hospital, a team-centered approach encompassing all levels of care helps community members struggling with substance use to access the treatment needed to manage their addiction. This comprehensive approach to care involves a range of services, including stabilization in the inpatient detoxification unit to intensive support for long-term recovery at Suburban’s outpatient Addiction Treatment Center (ATC) located at 6001 Montrose Road in Rockville, Md.

In more than three decades of treating substance use disorders at Suburban, Beth Kane-Davidson, L.C.P.C., L.C.A.D.C., director of Suburban’s ATC, has witnessed the struggles of patients and families dealing with addiction that can be all too common. They are no match, however, for the many triumphs that are possible when people with addiction find the help and support they need.

“Substance use disorders are chronic, progressive and potentially fatal,” Kane-Davidson says. “Whether you are talking about alcohol, opioids, or any other substance of abuse, they need to be tended to. The fact is, people do get better with treatment.”

As new challenges emerge, including the recent surge in opioid use nationwide, Suburban continues to adapt and respond to the needs of patients and their loved ones. “Suburban has been committed to treating substance use disorders for a long time,” Kane-Davidson explains. “We study what’s happening in our community as well as nationally and respond accordingly.”

CONNECTING TREATMENT TO DAILY LIFE

The ATC is a comprehensive outpatient program specializing in treating people with a primary diagnosis of substance use disorder. Many people are not sure what type of treatment they need, or have a family member, employer or physician with concerns about their substance use. At the center, they are able to receive a comprehensive evaluation from a trained therapist before making a decision.

“Many people avoid seeking help out of fear,” Kane-Davidson says. “When people hear the word ‘treatment,’ they think, ‘I’m going to be sent away; I can’t leave my family, take off from work and stop my responsibilities.’” Inpatient treatment is required in some cases, she notes, but professionals today have found that outpatient care is appropriate for many people struggling with substance use disorder.

The ATC’s structured outpatient program, which meets three nights a week, “is for the person who is still maintaining their daily life,” Kane-Davidson says. “They are going to a job every day or managing a household or have something else that they are responsible for, and are able to maintain that level of functioning.” The ATC also offers a daytime intensive dual-diagnosis program for people who not only have the primary diagnosis of substance use disorder but also have a mental health disorder. “What we have found is that there are secondary diagnoses, such as depression and anxiety, that are often present but can be masked by alcohol or drugs of abuse and can get in the way of recovery if they are not treated as well.”

BUILDING RECOVERY, ONE STEP AT A TIME

Both programs last about six months from start to finish, explains therapist Juli Spencer, L.C.S.W.-C. “That’s a good start on maintaining abstinence and building recovery.” Each treatment day includes interactive education discussions, which cover how addictive diseases affect the brain, how to recognize warning signs of relapse, what to expect from recovery meetings

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—Beth Kane-Davidson, L.C.P.C., L.C.A.D.C.
(such as Alcoholics Anonymous, Narcotics Anonymous and Smart Recovery) and more. Group therapy sessions are designed to help people become aware of how substance use has affected their bodies and behavior, as well as tap into the shared power of experience. “We talk a lot about developing new healthy coping skills because a lot of people find that all they’ve known their whole lives were alcohol or other drugs,” Spencer says. “Some of the best feedback people get is from other group members. They’ll say, ‘I’m struggling with some of the same things; here’s what I did.’”

Each patient has a primary counselor whom they meet with individually. The ATC also encourages family involvement, including meetings with the primary counselor, the patient and their family. Earlier this year, the center began offering a Concerned Persons Program (see page 14) for relatives and friends of people in treatment or needing treatment. The seven-lecture series, offered on Monday nights, was created to help the community understand and deal with a loved one who has a substance use disorder.

FROM CRISIS TO STABILIZATION

The ATC staff works closely with the rest of the medical team at Suburban Hospital to provide seamless care to people confronting substance use disorder. At weekly rounds, psychiatrist Lisa Gordon, M.D., reviews each patient’s progress and discusses adjustments to treatment plans as needed. She also cares for patients who need stabilization before they can begin recovery.

People who come into Suburban’s Emergency Department for help with substance abuse and those who come after substance-use-related incidents are evaluated by Suburban’s Crisis Intervention Service. Licensed clinical social workers and licensed professional counselors staff this service.

“We are consultants to the ER physicians for patients that present with behavioral health and substance abuse treatment needs,” says Susan Webb, L.C.S.W.-C., director of Suburban’s Behavioral Health Emergency and Outpatient Services. “If someone comes in and does not need an admission for detoxification services, we refer them to treatment.”

Patients who do require a medically monitored withdrawal are admitted to Suburban’s inpatient behavioral health unit for detoxification. Dr. Gordon and Zahra Parva, R.N., clinical manager of Suburban’s Behavioral Health Inpatient Services, work to ensure that patients who are admitted for detoxification services are carefully monitored and comfortable during this process. After completing inpatient detoxification, they are referred for treatment—either outpatient at the ATC or to a residential program.

Art therapy also helps patients in the behavioral health unit relieve the tensions of detoxification. “During detox, people often feel high anxiety,” says art therapist Erin Graham, L.C.P.A.T., A.T.R.-B.C. “We provide a space for them to
INVESTING IN SOLUTIONS FOR AN ‘EPIDEMIC’ OF ADDICTION

Across the nation, the stories of loss from the opioid epidemic are remarkably similar. “In 2016 I lost my nephew Ian to a fentanyl overdose after years of working with him to get treatment,” says Congressman David Trone, who now represents Maryland’s Sixth Congressional District. “The more I talk to folks across Maryland and the U.S., the more I realize that our family’s story is not unique.” Every day, Trone says, 192 Americans die from overdoses. “This is a national crisis.” And it isn’t just opioids, Trone adds. “We need to rally around eradicating all types of addiction.”

As a new Congressman, Trone is looking to other examples from across the country to address the opioid crisis at the local level. Trone cites exciting new work in Rhode Island and Minnesota around medication-assisted treatment (MAT) in prisons. “We’ve seen a big push lately to expand access to MAT for opioid addiction, which is critically important,” Trone says. “The evidence says MAT works.” Meanwhile, two challenges are a lack of available beds and barriers to payment.

In 2017, the Trone Foundation donated $2.5 million to Suburban Hospital to help support local innovations and expand care in Montgomery County. “Suburban Hospital has been doing a lot of great work in this area, and our family wanted to assist in those strong efforts, specifically around areas of mental health and substance abuse,” Trone explains. “We wanted to help save lives from the addiction crisis, and Suburban was the best place for us to do that.”

That funding has supported Suburban’s Addiction Treatment Center (see main story), which includes a dual-diagnosis program offering intensive therapy for patients dealing with both substance use disorder and a mental illness. The gift has also helped launch the Concerned Persons Program (see page 14). According to Addiction Treatment Center director Beth Kane-Davidson, L.C.P.C., L.C.A.D.C., “This program helps family members, friends and other concerned people better understand the struggles their loved one is experiencing and how they can assist in the recovery process.”

See page 11 for information on “Alcohol and Other Drugs Seminar” for teens.

STRENGTHENING THE COMMUNITY

Suburban’s approach to substance use disorder is focused around one question, Kane-Davidson says: “How can we strengthen our community?” ATC hosts a weekly support group known as Surviving Our Ultimate Loss (S.O.U.L.) for mothers in the community who have lost a child from an overdose. “We’re trying to treat people and get them into care or abstinence, but we know that people die from overdoses,” Kane-Davidson says. “This is a very complicated and challenging time to be working in substance use disorder treatment, but it is also encouraging. A lot of resources and data and review are going into this problem to find all the angles from which we can to attack this.”

channel this into artmaking.” With a variety of art materials ranging from pastels to paints, Graham prompts patients to express their thoughts and feelings about their journeys through a structured theme. They might be asked to draw their life as a river, for example. “Through the artwork and group discussion, we explore metaphors, obstacles, strengths and resilience,” Graham says. “It’s an expressive therapy and a way for people to communicate beyond words alone. I really enjoy what I do because I can see people using that process, gaining something from it and finding ways to heal.”
Substance abuse is a national public health crisis, and the nation’s emergency rooms are ground zero. Between 2005 and 2014, opioid-related visits to emergency departments (EDs) in the United States rose 99.4 percent, according to the Agency for Healthcare Research and Quality. Maryland has been particularly hard hit, ranking second nationally for opioid-related ED visits by population in 2014.

No matter the substance being used, “if a person doesn’t get treatment, they will be back, and ultimately, the outcome could be tragic,” says Beth Kane-Davidson, L.C.P.C., L.C.A.D.C., director of Suburban Hospital’s Addiction Treatment Center. “When people come to the hospital and we know they have an issue, how can we best engage them in treatment?”

NATIONALLY PROVEN MODEL
A new program at Suburban Hospital, launched in March 2019, helps increase the likelihood that at-risk members of the community in Montgomery County and the surrounding area will get connected to care. The Screening, Brief Intervention and Referral to Treatment (SBIRT) program is an evidence-based, cost-effective model to help motivate individuals to reduce or stop opioid, alcohol or other drug use, explains...
Susan Webb, L.C.S.W.-C., director of Behavioral Health Emergency and Outpatient Services.

Numerous research studies have demonstrated SBIRT’s effectiveness. The program has been shown to reduce ED visits by 20 percent, nonfatal injuries by 33 percent and car crashes by 50 percent, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). “It is absolutely an effective mode of treatment and entry for people into treatment,” Webb says.

The SBIRT process consists of three steps:
1. **Screening** involves a standardized screening tool used to determine if a patient is at risk for or may have a substance use disorder. For those who screen positive, further assessment is needed to determine level of risk.
2. **Brief Intervention** focuses on providing feedback about unhealthy substance use. It also focuses on education, increasing patient insight and awareness about risks related to unhealthy substance use, and enhances motivation toward healthy behavioral changes.
3. **Referral to Treatment** helps facilitate access to addiction assessment and treatment.

**VOICES OF EXPERIENCE**

The SBIRT screening questions are now part of the standard triage process for all patients in Suburban’s ED. When patients are identified as at risk, the medical staff alerts a SBIRT peer recovery coach, who is part of our emergency services team. “These are people who have struggled with addiction issues themselves and have been clean and sober for a number of years,” notes Webb. In addition to sharing information about recovery resources, “they can speak to people with issues with substance abuse about their own stories and journey to recovery,” she says. Patients who are ready to make behavioral changes develop a plan with their peer recovery coach, who schedules the necessary appointments and can follow their progress after discharge.

Suburban’s SBIRT program is made possible through a one-year opioid response grant from the State of Maryland. Webb says continued funding from donors will help support the program in the future.

The program includes two other critical elements: Overdose Survivor Outreach Program (OSOP) coaching and medication-assisted treatment. Within 24 hours, the OSOP coach connects with patients who arrive in Suburban’s ED after an overdose. The coaches share their own survival story and link patients to recovery support services and substance use treatment programs. In addition, the OSOP coach meets with these patients after discharge from the hospital to assist them with treatment resources.

Medication-assisted treatment is also offered to opioid-dependent patients motivated to begin therapy upon release from the hospital. Patients receive a dose of buprenorphine in Suburban’s ED, with a referral to a provider for continued treatment the next day. “Buprenorphine has been found to reduce cravings, which should help people to reduce opioid use,” Webb says.

Suburban has a long history of “supporting and providing treatment for people in the community who are struggling with substance use,” Kane-Davidson says. “Our hope for SBIRT is that it will make the identification, referral and patient engagement process even easier, because there will be more support. That’s really exciting.”

**SHARING THE JOURNEY**

**Becky B.** from Potomac, Maryland, arrived in Suburban Hospital’s Emergency Department feeling powerless to overcome a longtime struggle with alcohol. Suburban’s Crisis Intervention Service staff connected her to inpatient treatment in the hospital’s behavioral health unit, and from there she moved to intensive outpatient treatment at Suburban’s Addiction Treatment Center.

“I always thought of treatment as a negative,” she says. “There is fear: If I commit to this program, what’s going to happen to me?”

What she discovered, however, was support and trust and community through the center’s counselors, education and group meetings. “You’re focused on as an individual, but you’re also part of a group,” she says. “You realize that you’re not in it by yourself, that you’re all sharing the same pain of addiction. You learn new behaviors and coping skills and how to let the past go. You have to have the willingness to be sober, but they give you the reasons why it’s important to be willing.”
NOTE TO READER: Beginning with the next issue, Johns Hopkins Medicine Suburban magazine will be switching to a digital-only format. WellWorks will continue to appear in our digital edition and will also be available as a stand-alone print publication. To continue receiving the print version of WellWorks, visit hopkinsmedicine.org/suburban/signup and enter your name and mailing address.

NUTRITION AND WEIGHT MANAGEMENT

Healthy Choices

Wednesdays | May 29 – Aug. 7 (no class July 10) 7-8 p.m. | 10 weeks | $145 | TCB

This 10-week structured program teaches a non-diet lifestyle approach to weight management. A Suburban Hospital registered and licensed dietitian will help you get started on the best way to achieve a healthy body through nutrition, exercise and behavioral skills.

Healthy Weight Series

Wednesdays | June 5 – July 31 (no class July 10) 8 weeks | 5:30-6:15 p.m. | $85 | TCB

Focusing on the building blocks of a healthy diet, this course explores the latest topics in nutrition, exercise and lifestyle issues that can affect weight management. Topics include portion size, making healthy menu choices when dining out and bulking up on fiber-rich food. Facilitated by a registered and licensed dietitian.

Nutrition One-on-One

By appointment | Call 301-896-3939 | $85 per hour | TCB

A registered and licensed dietitian will conduct a thorough health evaluation and create a personalized nutrition and exercise strategy to meet your specific health concerns.

DIABETES EDUCATION PROGRAMS

Type 1 Peer Support Group

4th Wednesday of the month | 7:30-9 p.m. Free! | SH

Are you living with type 1 diabetes or parenting a child with type 1 diabetes? Attend a session to gain tips and insight on how to manage diabetes at school, work and home. Meetings are informal and may include a guest speaker. Bring questions or topics you would like to discuss.

Diabetes Support and Continuing Education Meetings | Free!

Visit events.suburbanhospital.org or call 301-896-3939 to find one near you

Learn self-management strategies and share concerns, stories and resources with others living with diabetes. New members are welcome. Healthy refreshments are served.

Laying the Foundation: Pre-Diabetes Action Class

Wednesdays | June 5 or Sept. 18 | 6-7:30 p.m.

Free!

Have you been told you have pre-diabetes? Take action! Learn how diabetes progresses and what lifestyle changes you can make to help slow or prevent the onset of diabetes. This class is ideal for anyone diagnosed with pre-diabetes or at risk of developing diabetes because of family or personal health history. Taught by a registered nurse and certified diabetes educator. Registration is required.

More than 1 out of 3 adults have pre-diabetes. HeartWell nurse and certified diabetes educator Leni Barry will give you the information and strategies you need to delay or reduce your risk of developing type 2 diabetes.

HEALTHY LIFESTYLES

Mindfulness Meditation

Fridays | June 28 – Aug. 2 or Aug. 9 – Sept. 20 (no class Aug. 16) 11-11:45 a.m. | $55 | BRSC

During this six-week session, a Mindfulness Center instructor will guide participants on the basics of mindfulness meditation by focusing on posture, breathing and energy work.

Freedom From Smoking® Class

Tuesdays | May 7 – June 18 and Thursday, May 30 6-7:30 p.m. | 7 weeks/8 sessions | Free! | JHCP

Quitting smoking is hard. Freedom From Smoking®, America’s gold standard smoking cessation program for over 25 years, is a step-by-step program where you will gain the skills and techniques needed to take control of your behavior. This program has helped hundreds of thousands of people quit smoking, and it can help you too! Supported by the Montgomery County Cancer Crusade.

Freedom From Smoking® Plus Free! | Online Course

Want to quit smoking, but you don’t have the time to attend a class? Break your addiction from tobacco and get the support you need through this online cessation course. With support from an online community and American Lung Association tobacco cessation counselors, get ready to quit and learn strategies for avoiding relapse to stay smoke-free. The perfect resource for people on the go.

WellWorks offers

Healthier Living: Chronic Disease Self-Management Program

Wednesdays | May 15 – June 19 | 6-8:30 p.m.

Free! | TWM

Millions of adults live with one or more chronic health conditions, such as diabetes, pre-diabetes, COPD, heart disease, high blood pressure or arthritis. This six-week,
evidence-based program is designed to help you manage your symptoms and improve your quality of life. Light refreshments provided. Caregivers are welcome. Registration is required.

Yoga From the Heart
Thursdays | June 6 and 20, July 11 and 25 (no class in Aug.) | 6:30-7:30 p.m. | $10 per class | SH
Join us for a gentle yoga class specifically designed with cardiac patients in mind. Explore ways to manage the physical, emotional and spiritual stress that follows a cardiac event or a diagnosis of heart disease. Learn modified yoga postures; simple sequencing and restorative yoga postures using chairs for support. Practice using breath work, relaxation and meditation to support cardiovascular health and manage stress. Mats and props will be provided. Wear comfortable clothes; bring water and a sweatshirt.

JOINT AND SPINE EDUCATION
Registration required; sign up online at events.suburbanhospital.org. Call 301-896-MOVE (6683) if you have questions.

Pre-Operative Spine Class
Wednesdays | May 8, June 19 or July 24 | 2-3 p.m. | Free! | TCB
Patients scheduled for spine surgery—lower, mid-back and neck (cervical)—will learn about pre-operative preparation and post-operative care.

Pre-Operative Joint Class
1st and 3rd Thursday of the month | 3-4:30 p.m.
2nd and 4th Tuesday of the month | 9:30-11 a.m. | Free! | TCB
Patients scheduled for joint replacement surgery or directed by their surgeon to attend prior to scheduling surgery will learn about pre-operative preparation and post-operative care.

HEARTWELL PROGRAMS
A free, community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

Know Your Numbers
Every Tuesday | 10 a.m.-2 p.m. | Free! | BGC
Every Wednesday | 9 a.m.-Noon | Free! | HP
Every Wednesday | 10 a.m.-Noon | Free! | MSC
Meet with a Suburban Hospital HeartWell nurse for counseling on the numbers that are important to managing your heart health. Made possible by a generous grant from the Woloff Family Foundation.

Alcohol and Other Drugs Education Seminar
Program consists of two 2-hour sessions held during a single week.

Tuesday (parents and teens) and Thursday (teens only) from 6-8 p.m.
Suburban Hospital Addiction Treatment Center, 6001 Montrose Road, Suite 102, Rockville, MD 20852
$100 per teen

For teens 13-18 years old and families who would like more information on alcohol, marijuana and other drugs. Through speakers and informational materials, participants will learn how drugs affect the brain and body, the legal aspects of alcohol and drug use, and how choices about substance use can impact your life and future goals.

Please call 301-896-6608 for information and to reserve your space.

HEALTH AND SAFETY
All courses are designed according to current American Heart Association guidelines.

Community CPR
Thursday, May 30 or Thursday, Aug. 15 | 5:30-9:30 p.m. | $75 | TWM
Learn to respond effectively in emergencies. Appropriate for young adults, nannies, au-pairs, lifeguards and preschool teachers. Class includes infant, child and adult CPR, with certification provided. Feel free to bring a light snack.

Heartsaver AED and Adult CPR
Thursday, June 27 | 5:30-8:30 p.m. | $75 | TWM
Learn the latest AED training and lifesaving techniques. This course is designed for non-clinicians who require CPR credential documentation.

CPR for Friends and Family
Thursday, July 18 | 5:30-8:30 p.m. | $75 | TWM
Receive instruction for adult, child and infant CPR and choking rescue. AED will also be discussed. Designed for members of the general public who want to learn how to save a life! Non-credentialed course.

Survival Guide for First-Time Grandparents
Wednesday, June 12 or Aug. 7 | 6-9 p.m. | $45 per person | $75 per couple | OASIS
Receive instruction on infant and child CPR and choking rescue for first-time grandparents. Refreshers on life skills such as diapering, swaddling, feeding and soothing a crying baby will also be included. Non-credentialed course.

Safe Sitter
Saturday, June 29, Thursday, Aug. 15 or Friday, Aug. 16 | Registration required | $105 9 a.m.-3 p.m. | BRSC
This comprehensive, one-day training course on the essentials of babysitting is designed for 11- to 13-year-olds. Course includes tactics for handling emergencies, basic first aid and child care skills. If you are interested in becoming a Safe Sitter instructor, please contact 301-896-2999 for more information.

Safe@Home New!
Saturday, Aug. 10 | 10-11:30 a.m. | $30 | BRSC
Designed to provide students in grades 4-6 with important safety training that will help them be prepared to stay home alone. Students will learn how to practice safe habits, handle common household emergencies, and who should treat illnesses and emergencies. *Completing the program does not guarantee a student is ready to stay home alone. Only the student’s parent(s) can make that decision, based on the age, maturity, skills, and experience and confidence level of their child.

SENIOR PROGRAMS
Build flexibility, strength and a healthy heart. Improve your memory and get those joints moving! These classes are designed to help older adults gain optimum health and are taught by a certified fitness instructor. Please dress comfortably.

*Registration for Senior Shape classes between July and Sept. BEGINS on June 4, 2019, at 9 a.m. For more information, please call 301-896-3939 or visit events.suburbanhospital.org.

Senior Shape - Advanced Aerobics/Stretch/Strength
Mondays and Wednesdays | Through June 26 or July 1 – Sept. 30 | 11-11:45 a.m. (Mondays) and 9:15-10 a.m. (Wednesdays) | $40 | PCC
Tuesdays | Through June 25 or July 2 – Sept. 24 | 10:10-11 a.m. | $40 | WP
Increase flexibility, joint stability, balance, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training. All participants should be able to perform floor work. Mat, light weights and exercise band are required.
Senior Shape -
Aerobic/Strength/Stretch
Tuesdays and Thursdays | Through June 27 or July 2 – Sept. 26 | 11:30 a.m.-12:15 p.m. | $40
CBCC | Fridays | Through June 28 or July 5 – Sept. 27 | 9:30-10:15 a.m. | $40 | NPCC

Low-impact aerobic exercises intended to strengthen your cardiovascular system and improve your strength and endurance. Mat, exercise band and light weights are required.

Senior Shape - Weight Training
Tuesdays | Through June 25 or July 2 – Sept. 24 | 10-10:45 a.m. | $40 | MSC
Wednesdays | Through June 26 or July 3 – Sept. 25 | 11:15 a.m.-Noon | $40 | BRSC

Increase your muscular strength and endurance and improve range of motion and balance. Bring handheld weights and a mat.

Senior Shape - Flexible Strength
Wednesdays | Through June 26 or July 3 – Sept. 25 | 1:15-2 p.m. | $40 | BGC

Perform exercises—both standing and on the floor—designed to increase posture, flexibility, range of motion and core strength.

Senior Shape - Stability Ball
Thursdays | Through June 27 or July 11 – Sept. 26 | 10:30-11:15 a.m. | $40 | BGC
Mondays | Through June 24 or July 1 – Sept. 30 | 9-9:45 a.m. | $40 | HP
Tuesdays | Through June 25 or July 2 – Sept. 24 | 11-11:45 a.m. | $40 | MSC

This low-impact exercise program will tone and define your core muscles and help increase balance and flexibility. Bring an exercise ball and weights.

Pilates for Seniors
Tuesdays | May 21 – June 25, July 2 – Aug. 6 or Aug. 13 – Sept. 17 | 11:15 a.m.-Noon | 6-week session | $60 | BRSC

Incorporates gentle movements to strengthen the core, lengthen the spine, and build muscle tone while improving posture and increasing flexibility. Bring a mat and dress comfortably.

Gentle Yoga for Seniors
Wednesdays | May 1 – June 12 | 12-12:15-1:15 p.m. | $60 | CBCC

Gently tone muscles, improve balance and increase circulation during this six-week session. Appropriate for all levels of physical fitness. Includes the use of chairs and props. Dress comfortably. Please bring yoga mat and blanket.

Tai Chi
Thursdays | June 20 – Aug. 1 (no class July 4) 10:30-11:30 a.m. | $75 | BRSC

During this six-week session, you will improve your memory, coordination, balance and flexibility through Tai Chi using gentle, flowing movements. Wear loose clothing and comfortable shoes. Appropriate for beginners.

Balancing Act
Mondays | June 3 - June 24 | 1-2 p.m. | 4-week session | $45 | HP

A certified physical therapist will teach you balance, strengthening and flexibility exercises that can be done safely in your home. First session will include a presentation about balance, falls and fall prevention, with the remaining sessions focusing on strengthening and balance-specific exercises to reduce fall risk. Recommended for those with mild balance problems.

COMMUNITY HEALTH SEMINARS

All community seminars are free and open to the public. Registration is required. Please register online at events.suburbanhospital.org or call 301-896-3939.

Caring for the Caregiver
Tuesday, May 21 | 1-2 p.m. | Free | HP
As the population ages, more caregiving is being provided by people who are not health care professionals. These informal caregivers provide 80 percent of long-term care in the United States. This seminar will focus on the rewards and stresses of the caregiving role. Strategies for coping, resiliency building and self-care will be discussed.

Nutrition Myths Debunked
Thursday, May 23 | 1-2 p.m. | Free | RSC

When it comes to nutrition, false and misleading information can be found everywhere. Suburban Hospital clinical dietician Sarah Henke will debunk myths around healthy and unhealthy fats, recommended salt intake, and what is the best way to modify your diet for weight loss and optimum health.

These Feet Were Made for Walking
Tuesday, June 18 | 1-2 p.m. | Free | HP

Put your best foot forward this summer! Join Adam Isaac, DPM, as he explains the importance of maintaining proper foot health and hygiene, discusses how to select the appropriate footwear, and addresses problems that can affect your mobility and comfort.

Pressure Points: The Latest on Blood Pressure
Thursday, June 20 | 1-2 p.m. | Free | RSC

Guidelines on treating high blood pressure for people over 60 continue to change. Find out how the latest hypertension guidelines affect your numbers. You will also learn about current research on hypertension, how recent guidelines can impact blood pressure and when lifestyle changes and medications are appropriate.

Think F.A.S.T.
Wednesday, July 10 | 1-2 p.m. | Free | FH

What would you do if your loved one was experiencing a stroke? Do you know the warning signs of a potential brain attack? Every minute counts! Join Mary Rucker, program manager of the NIH Stroke Center at Suburban Hospital, as she shares lifesaving strategies from the field so you can act F.A.S.T.

Eat This, Not That!
Tuesday, July 16 | 1-2 p.m. | Free | HP

It’s never too late for smart food choices. Suburban Hospital clinical dietician Dennett Lee will review healthy options available while grocery shopping and provide tips for creating a healthy plate on a budget. Learn how you can eat to maintain optional health, no matter your age!
Oh My Aching Back
Thursday, July 25 | 1-2 p.m. | Free! | rsc
Do you have ongoing back pain that prevents you from doing everyday activities? Get your back on track with Don Douglas, clinic director at NRH Rehabilitation, as he explains the keys to maintaining a healthy spine and back. Come and learn about proper lifting techniques and posture, what to do when you’re experiencing pain and the latest in advanced treatment alternatives.

Functional Medicine: Getting to the Root of the Problem
Thursday, Aug. 22 | 1-2 p.m. | Free! | rsc
Functional Medicine is the medical specialty that focuses on finding the root cause of an illness by using individualized, patient-centered, science-based approaches. Functional Medicine practitioners use each symptom or diagnosis to determine what is contributing to an individual’s illness and treat the whole person with a variety of remedies, including lifestyle, holistic and traditional therapies. Primary care physician and functional medicine practitioner Andrew Wong, M.D., will discuss the methods and uses of this specialty and how it can help you live your best life.

All About GERD
Thursday, Aug. 22 | 1-2 p.m. | Free! | rsc
Are you experiencing chronic acid reflux or heartburn? If you have heartburn twice a week or more, you may have gastroesophageal reflux disease, or GERD. Learn more about this condition, potential complications and treatment options, including PPI Therapy from gastroenterologist Gary Roggin, M.D.

SUPPORT GROUPS
For more information on support groups below, please contact Suburban On Call at 301-896-3939.

Memory Cafés 
Fridays | June 7, July 12 and Aug. 2 
2-3:30 p.m. | Free! | OASIS
Alzheimer’s Association Memory Cafés offer a fun and relaxed way for people living with early stage memory loss and their care partners to get connected with one another through social events that promote interaction and companionship. Registration is required. For more information, please email washingtonmetro@oasisnet.org or call 301-469-4976.

Diabetes Support and Education
Wednesday, June 12 | 6:30-8 p.m. 
(Will not meet in July and Aug.) | Free! | sh
3rd Wednesday of the month | 12:45-1:45 p.m. 
(Will not meet in July and Aug.) | Free! | rsc
4th Wednesday of the month | 12:30-1:30 p.m. 
(Will not meet in July and Aug.) | Free! | HP

MS Family Caregiver Support Group 
2nd Tuesday of the month | 6:45-8:15 p.m.
Call 202-375-5606 or email kevin.dougherty@nmss.org for location.

Myasthenia Gravis Support Group
3rd Saturday of the month | 10 a.m.-Noon | Free!
Call 301-384-1229 for location.

Oasis Caregiver Support Group Series 
Wednesdays | May 8 – June 26 | 10:30 a.m.-Noon
Free! | OASIS

Type 1 Diabetes Peer Support Group 
4th Wednesday of the month | 7:30-9 p.m.
Free! | SH

AGING IN PLACE FORUM
Before and After Loss: A Neurologist’s Perspective on Loss, Grief and Our Brain
Thursday, July 11 | 11 a.m.-12:30 p.m.
Normandie Farm, 10710 Falls Road, Potomac, MD 20854 | Free!
Registration is required; visit events.suburbanhospital.org or call 301-896-3939 to reserve your seat.

This forum is one of an ongoing series as part of the Village Ambassador Alliance. Science has shown that trauma changes the brain. Whether it is physical or emotional trauma, the effects are long-term and life-altering. In her book, Before and After Loss: A Neurologist’s Perspective on Loss, Grief and Our Brain, Lisa Shulman, M.D., will share her personal and professional narrative as a clinician and grieving widow to help us understand the science behind loss and grief. Whether you are a counselor or therapist, experiencing your own loss, or interested in neurology, this session will share tools on how to navigate trauma with both holistic and scientific approaches.

Made possible by a generous grant from the Wolpoff Family Foundation.

CANCER PROGRAM SCREENINGS AND CLASSES
The following programs are designed for cancer patients, survivors and their loved ones. Programs are free unless otherwise noted.

Skin Cancer Screening
Monday, May 6 | 6-8 p.m. | Free! | JHSC
Registration required; call 301-896-3939 or visit events.suburbanhospital.org.

The American Academy of Dermatology recommends that adults with significant past sun exposure or a family history of skin cancer get an annual skin examination. Join board-certified dermatologists for one of these free screenings! Open to community members who have not had a skin screening in the past year. Co-sponsored by the Sidney J. Malawer Memorial Foundation.

Yoga for Cancer Survivors
Wednesdays | May 29, June 5, 12, 19 and 26 
5-week session | 6:30-7:45 p.m. | $40 for series | JHSC
Registration required; call 301-896-3939 or visit events.suburbanhospital.org.

Restore and refresh your body, mind, and spirit in gently paced classes that enhance strength, flexibility and balance. Led by Maggie Rhoades. No prior yoga experience is necessary. Scholarships are available. Open to all cancer survivors.

Bloodmobile
American Red Cross 
W ednesdays | May 8 and Sept. 18 | 10 a.m.-4 p.m. | SH
Donating blood makes a big difference in the lives of others. Help save up to three lives by giving blood. Schedule your blood donation appointment by calling 1-800-GIVE-LIFE (1-800-448-3543).

FREE BLOOD PRESSURE SCREENINGS AVAILABLE
Visit hopkinsmedicine.org/suburban_hospital/bloodpressure for a list of times and locations.
16th Annual Men’s Health Symposium
Thursday, June 13 | 6-6:30 p.m. | Registration and refreshments | 6:30-8 p.m. | Program
Kenwood Golf and Country Club, 5601 River Road, Bethesda, MD 20816 | Free!
Registration is required; visit events.suburbanhospital.org or call 301-896-3939 to reserve your seat.

As we age, it is much harder to recover from injuries. Our bodies lose muscle tone and bone density. The culprit could be low testosterone (Low T). In fact, both men and women are dependent on normal levels of testosterone to maintain a healthy lifestyle.

Mark Richards, M.D., will discuss signs and symptoms of Low T and how it can affect the body. He will also discuss the treatment options, including the use of bio-identical, time-released testosterone pellet therapy.

Dr. Mark E. Richards is a plastic surgeon affiliated with Sibley Memorial and Suburban hospitals. Dr. Richards is board-certified in plastic surgery by the American Board of Plastic Surgery. He practices out of Ageless Impressions Plastic Surgery Institute in North Bethesda, Md.

Women are welcome to attend. Light refreshments provided.

This program is generously supported by the Frederick H. Bowis Community Fund.
The Power of Philanthropy  |  The Joy of Giving Back

When Suburban Hospital opens the doors to its new clinical addition in less than a year, both Donald Orkand, Ph.D., along with his wife, Kim, and Cathy Bernard will recognize the impact of their generosity. Each recently donated a leadership-level gift to the hospital.

Dr. and Mrs. Orkand’s generous $1.1 million gift provides funding for state-of-the-art hybrid and interventional surgical facilities to support cardiac care as well as dedicated educational funding for nursing. Cathy Bernard’s gift will support the renovation and expansion of dining facilities with nutritious food options in the new clinical addition.

“Suburban Hospital has been part of my life for more than two decades,” explains Dr. Donald Orkand, an emeritus trustee of the hospital and a longtime grateful cardiac patient. “Kim and I recognize the high level of care, expertise and compassion that has saved my life several times, and we are honored to contribute to initiatives that will help assure the hospital’s strength into the future.”

A recognized supporter of the arts in the Bethesda area, Cathy Bernard has also been inspired by the hospital. “From the chair of the Foundation to the hospital president, every individual at Suburban Hospital is guided by what is in the best interest of patients and families,” Ms. Bernard says. “The new facility and campus will further that mission and vision and provide great benefit to the entire community.”

ADD YOUR SUPPORT  |  To learn more about the campus project and how to contribute to the OURS to Grow Campaign, please visit SuburbanFuture.org.

**VIEW OUR 2018 IMPACT REPORT**
Check out Suburban Hospital Foundation’s 2018 year in review at SuburbanFuture.org. The snapshot includes stories, photos and data of philanthropic impact.

**CLINICAL ADDITION HARD HAT TOUR**
In celebration of American Heart Month, a group of cardiac rehab patients and cardiac donors gathered in the future lobby of Suburban Hospital to learn about the clinical addition. Following the preview, Suburban Hospital President Jacky Schultz; Gregory Kumukumian, M.D., medical director of Suburban Hospital’s cardiac catheterization laboratories; and Eric Lieberman, M.D., from Johns Hopkins Community Physicians Heart Care shared how the new cardiac catheterization laboratories and a hybrid operating room will help to further advance cardiac care in our region.
In FY 2018, the Suburban Hospital Foundation raised more than $7.1 million, thanks to the generosity of donors and friends. These contributions are being used to support a variety of initiatives, including the development of a new 300,000-square-foot, state-of-the-art clinical addition set to open in early 2020. The addition will include a hybrid operating room environment that brings imaging capabilities to the surgical space and integrates interventional cardiology and cardiothoracic surgery. The new facility will support high-quality patient and family-centered care with private patient rooms and the flexibility to embrace emerging clinical needs. Learn more at SuburbanFuture.org.