President & CEO’s Letter | Leslie Simmons

Dear Friends,

Let me start by thanking you for graciously welcoming me as your Carroll Hospital Center president and CEO after the retirement of our longtime leader, John Sernulka. For more than 14 years, I witnessed the incredible progress we achieved under John’s visionary leadership. I am honored to be the one you have entrusted to carry on our legacy of outstanding care.

Now allow me to welcome you to a season of great transformation for our health care system. We have countless new developments underway, including the recent announcement introducing our very first urgent care centers—Carroll Hospital Center My Care Now—to make it easier than ever for your family to get quality care without an appointment, even on evenings, weekends and holidays. We have expanded our physician network, already more than 400 providers strong, to ensure that we have the expertise and local availability to meet all of your specialized health care needs. And just around the corner we will be celebrating the grand opening of the new, state-of-the-art William E. Kahlert Regional Cancer Center and Tevis Center for Wellness. All of these additions promise to propel health care for the better in our region—and you can read about them in these pages.

Under our strategic plan, known as Vision 2020, our goal is to become more than the hospital you go to when you are sick. I believe it is our responsibility to be the community-wide resource you can turn to in order to get healthy and stay healthy for life. As we forge ahead, this is my commitment to you.

I look forward to walking hand in hand with you to achieve this mission.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President & Chief Executive Officer
Carroll Hospital Center

The goal of A Healthy Dose is to educate our readers about subjects and events relevant to their health and wellness and the programs and services Carroll Hospital Center provides. It is not meant as medical advice or as a substitute for a private consultation with your physician. Please contact your physician regarding any specific medical concerns or treatments.

Let us know!
We want to hear from you. If you have ideas, comments or suggestions, send them to:
Carroll Hospital Center | Marketing, 200 Memorial Avenue | Westminster, MD 21157
or e-mail: mktpr@CarrollHospitalCenter.org

We look forward to your comments!
410-848-3000 | TTY: 410-871-7186 | CarrollHospitalCenter.org
Features

2  A Visionary Leader
A look back at the transformative leadership of former hospital president and CEO John Sernulka, who retired this July.

6  New Urgent Care Centers
The physician-led team at Carroll Hospital Center My Care Now offers patients convenient, same-day care without an appointment.

8  Meet Our New Providers
Carroll Health Group has welcomed a host of new specialists in gastroenterology, women’s health, psychiatry and primary care to meet the community’s growing health care needs.

10  Good Health is Within Your Reach
The new Tevis Center for Wellness, set to open this October, is making community health its mission.

In Brief

Volunteer Opportunities  4
New Patient Portal Launches  5
Hospital Wins Multiple Awards  12
Are You Eating Enough Fruits & Veggies?  13
The Benefits of Breastfeeding  15
Apps for Healthy Living  17
Calendar & Support Groups  18

ON THE COVER: Medical director Bettina Adjei, M.D., and director of clinical operations Melissa Holley, C.R.N.P., welcome patients to the new Carroll Hospital Center My Care Now urgent care center in Reisterstown.
When John Sernulka interviewed for his first leadership role at Carroll Hospital Center in 1988, the hospital’s board of directors knew they had found someone very special. “You could tell that John was not going to sit around and wait for things to happen,” remembers William Gavin, the then-chairman of the board. “He’s a person who makes things happen.”

And that’s exactly what Sernulka—who retired in July from his role as hospital chief executive officer—did for 26 years: he made things happen. He nearly tripled the size of the hospital’s footprint, building new inpatient towers, operating suites and an emergency department that is considered a gold standard in the industry. He helped develop clinical service lines, including minimally invasive surgery, behavioral health and cancer care, into centers of excellence. He embraced new technologies, like robotic surgical and medication dispensing systems, that continually put the hospital at the forefront of medicine. And he expanded the hospital’s role in the community, helping to forge public health organizations like The Partnership for a Healthier Carroll County and Access Carroll.

“John is a forward thinker who came to the hospital with a vision to make it more than a facility that provided just basic services,” says Sernulka’s successor, President and CEO Leslie Simmons, R.N., F.A.C.H.E. “He wanted the hospital to be a top-notch organization, with the staff, equipment and capacity to provide high quality specialty care, and he succeeded.”

Vision Accomplished

A look back at the transformative leadership of former hospital president and CEO John Sernulka
His success in transforming the hospital did not go unnoticed. Numerous health care standards organizations have recognized Carroll Hospital Center in recent years, including CareChex, a national rating organization that has ranked Carroll Hospital Center the number one hospital in Maryland (and in the nation’s top 10 percent of hospitals) for the last three years in a row. It’s a feat made even more impressive when you consider how many world-renowned medical institutions call this state home, says Robert Morgan, an attorney who has worked with the hospital’s administration and board for more than two decades. “Despite all the big health care names in this market, John has been able to attract incredible talent to Carroll Hospital Center because of his leadership style,” says Morgan. “He is a very focused and determined leader, but he’s also very collaborative. He welcomes other viewpoints because his goal is always to reach the best solution.”

As former board chairman Jack Tevis points out, Sernulka hasn’t let the rapid growth and national attention erode the hospital’s grassroots culture. “One of his many achievements has been to build a team that is committed to providing superb care in a community hospital setting,” notes Tevis. “It’s not an easy task, but he has achieved it.”

The residential and business community, in turn, has remained fiercely loyal to the hospital, donating more than $60 million in philanthropic gifts during Sernulka’s tenure. “Because of John, the hospital is in top financial shape, is acclaimed for its customer service and delivers the highest quality of care,” sums up current board chairman Ethan Seidel, Ph.D. “We are fortunate to have enjoyed as talented a leader as John Sernulka.”

To see a timeline of how the hospital transformed under Sernulka’s leadership, visit CarrollHospitalCenter.org/Timeline
When Howard County resident Lisa Welsh was diagnosed with stage 2 breast cancer in 2009, she came to Carroll Hospital Center for her treatment, including chemotherapy, radiation, a mastectomy and reconstruction. A year after her diagnosis, she started volunteering at the gift shops on the hospital campus.

“I could not have asked for better care,” says Welsh. “I wanted to give back what was given to me. The doctors and staff were what kept me upbeat with a positive attitude during treatment.”

Five years later and cancer free, Welsh continues to volunteer at The Candy Striper Gift Shop in the hospital’s lobby, helping with the window displays. She’s also one of the volunteers purchasing merchandise for the Wellness Boutique in the Tevis Center for Wellness and a new shop, The Candy Striper South, in Fairhaven, a continuing care retirement community in Sykesville.

The Auxiliary is actively searching for volunteers to help at both of the new locations, says Mary Richards, director of volunteer services. Volunteers will assist customers, help with merchandising, create window displays and more.

“Our volunteers are essential to our operations, and we appreciate how they share their time and energy to better our organization,” Richards says. “The Auxiliary donates the funds generated from the shops to the hospital to further patient care and services.”

Welsh carves time out of her busy schedule to volunteer, balancing her family responsibilities and a full-time job as a graphic designer, but it is important to her. A nurse once told her that the gift shop’s window displays were one of the things that kept her motivated as she walked through the hospital.

“It’s a nice feeling to be able to give back,” she says. “I’m a strong believer that a smile and a hello can make a person’s day.” Welsh encourages others to lend a helping hand to the hospital. “Share your talents,” she recommends. “Everyone makes a difference.”

For more information about volunteer opportunities, please call Volunteer Services at 410-871-7280 or visit CarrollHospitalCenter.org/Volunteer

Left: Auxiliary member and volunteer Lisa Welsh.
Keeping Patients Involved in their Care

Hospital launches new patient portal from RelayHealth

Carroll Hospital Center is continuously looking for new ways to keep patients informed and actively involved in their health care. The latest step in this process is the hospital’s patient portal, a secure website from RelayHealth that allows patients to access their health information online.

“The patient portal is one of many ways Carroll Hospital Center is reaching out to patients to empower them to become shared decision makers in their care and to be engaged in managing their health,” says Jennifer Moore, chief information officer at Carroll Hospital Center.

Available to those who have received care at the hospital since July 1, 2014, the portal allows patients to access portions of their medical record from their most recent hospital visit, including test results, vital signs, diagnoses, medications given, discharge instructions and more.

Patients can view and download information or print and bring it with them to their next follow-up visit with their physician.

“Patients will also be able to access any educational materials that our health care staff provided to help them manage their health at home,” Moore adds.

Accessing the portal is simple. All patients need to do is give hospital staff their email address when they register at the hospital. Their email address will remain confidential and will be used for the sole purpose of health care operations as outlined in the hospital’s Privacy Policy.

Once a patient is discharged, an email containing a link will be sent asking the patient to register for an account on the patient portal. Registration involves a few simple clicks of the mouse from any computer with internet access.

For more information on the hospital’s patient portal, please visit CarrollHospitalCenter.org/PatientPortal
Six years ago, board-certified emergency medicine specialist Bettina Adjei, M.D., was driving through Carroll County when she had a vision. "I thought, 'This would be a fantastic community for an urgent care center—a place where you could provide high quality, walk-in care and a high level of customer service,'" she recalls. "It felt like an epiphany."

The MyCare Express urgent care centers she would go on to build in Eldersburg and Reisterstown are now the first urgent care centers to be welcomed into the Carroll Hospital Center family under the new name Carroll Hospital Center My Care Now. The acquisition is a major milestone for Vision 2020, the hospital’s strategic plan to create a health care system dedicated to helping people stay healthy and providing access to the services they need.

"To achieve our vision, we want to make sure that people can access the right care at the right time. All of that doesn’t have to happen in a hospital setting," says President and CEO Leslie Simmons, R.N., F.A.C.H.E. "The emergency department is always here for you, but for non-life-threatening issues, now there is Carroll Hospital Center My Care Now."

Both locations are still led by Dr. Adjei, who serves as their medical director; feature the same team of highly trained nurse practitioners, physician assistants and physicians; and continue to offer the same breadth of services as before (see sidebar). But the partnership creates many new advantages for patients.

"Not only can we transfer My Care Now patients to the emergency department very quickly, but we also have instant access to all the exams, lab tests and X-rays that the urgent care team has already performed."

"Now that we have access to Carroll Hospital Center’s and Carroll Health Group’s [the hospital’s affiliated multi-specialty provider practice] medical records, all of our patients’ care can be coordinated," explains Dr. Adjei. "We can get patients in quickly for follow-up appointments with primary care providers and specialists, and those providers will have all the information they need to deliver the best ongoing care."

The relationship is also beneficial for those who come to My Care Now needing a higher level of care. "Not only can we transfer My Care Now patients to the emergency department very quickly, but we also have instant access to all the exams, lab tests and X-rays that the urgent care team has already performed. That gives our team a head start on what to look for," says Drew White, M.D., chief of emergency medicine at Carroll Hospital Center.

“Ultimately, both organizations have the same mission: to make quality care accessible to everyone in our community,” says Melissa Holley, C.R.N.P., director of clinical operations for My Care Now. "I think this is a fantastic match.”

Right: Carroll Hospital Center My Care Now Medical Director Bettina Adjei, M.D.
Urgent Care Services

Carroll Hospital Center My Care Now is open every day—including holidays\(^*\), evenings and weekends—for walk-in care without an appointment.

- Illnesses such as colds, flu, ear infections and pneumonia
- Infections, rashes and allergic reactions
- Wounds, burns and insect bites
- Injuries, including fractures
- Occupational, school and sports physicals
- Vaccinations, lab work and X-rays
- Flu shots

\(^*\)Closed Thanksgiving, Christmas and Easter days

Walk in, call or book a same-day appointment online at CarrollHospitalCenter.org/MyCareNow

Monday – Friday: 8 a.m. – 8 p.m.
Saturday – Sunday: 8 a.m. – 5 p.m.

Eldersburg: 1311 Londontown Boulevard | 410-549-7222
Reisterstown: 42 Main Street | 410-526-3601
We are pleased to welcome the following doctors to Carroll Health Group:

**Gastroenterology**

**Aminat Oluyemi, M.D.**, earned her medical degree from the Robert Wood Johnson Medical School in New Brunswick, N.J., and completed her internal medicine residency training at the University of Maryland Medical Center in Baltimore. She completed a fellowship in gastroenterology and hepatology at the Penn State Milton S. Hershey Medical Center in Hershey, Pa. She is board certified by the American Board of Internal Medicine.

**John C. Rabine, M.D.**, earned his medical degree from Michigan State University College of Human Medicine in East Lansing, Mich., and completed his residency at Wright-Patterson Air Force Base in Ohio. Dr. Rabine received his fellowship training at the University of Michigan Hospital in Ann Arbor, Mich. He is board certified in gastroenterology by the American Board of Internal Medicine, and is a Fellow of the American Gastroenterology Association, recognized for his superior professional achievements and commitment to the field of digestive health care.

Drs. Oluyemi and Rabine see patients in Westminster at the Billingslea Medical Building, 295 Stoner Avenue, Suite 204. To make an appointment, please call 410-876-8332.

**Neurology**

**Leila Maybodi, M.D.**, earned her medical degree from The George Washington University School of Medicine and Health Sciences in Washington, D.C., and completed her residency in neurology at the University of Cincinnati Neuroscience Institute in Cincinnati, Ohio. Dr. Maybodi is board certified in neurology by the American Board of Psychiatry and Neurology, and is fellowship-trained in movement disorders and neuromuscular medicine and electromyography (EMG).

Dr. Maybodi sees patients in Westminster at the Fisher Medical Building, 193 Stoner Avenue, Suite 310. To make an appointment, please call 410-871-2204.
Obstetrics/Gynecology

Katherine Sampene, M.D., earned her medical degree from the Medical College of Wisconsin in Milwaukee and completed her residency in obstetrics and gynecology at the Magee-Womens Hospital of UPMC in Pittsburgh, Pa. She is a member of the American Congress of Obstetricians and Gynecologists.

Dr. Sampene sees patients in Westminster at the Fisher Medical Building, 193 Stoner Avenue, Suite 300, and in Eldersburg at the South Carroll Health & Wellness Pavilion, 1380 Progress Way, Suite 102. To make an appointment, please call 410-848-4664.

Primary Care

John Wah, M.D., earned his medical degree from St. George’s University School of Medicine and completed his residency at Greater Baltimore Medical Center in Baltimore, where he served as chief resident.

Dr. Wah sees patients in Westminster at the Phyllis L. Green Professional Center, 826 Washington Road, Suite 120. To make an appointment, please call 410-848-2444.

Psychiatry

Ashley Bone, M.D., earned her medical degree from Chicago Medical School in North Chicago, Ill., and completed her residency at Johns Hopkins Hospital in Baltimore. She is board certified by the American Board of Psychiatry and Neurology and is a member of the American Psychiatric Association, the Maryland Psychiatric Society and the Academy of Psychosomatic Medicine.

Dr. Bone sees patients in the hospital’s Behavioral Health Services department.

For more information or to find a physician in the community, visit our online physician directory at Physicians.CarrollHospitalCenter.org
Janet Sanders admits that she was skeptical when her doctors recommended acupuncture to help her cope with the fatigue and pain brought on by her chemotherapy treatments. “But after my initial session, I noticed that I started feeling better each day,” she says. “By the sixth day, I was 100 percent better. It was amazing—I’m such a believer now.”

Acupuncture is just one of the many tools Sanders has taken advantage of at Carroll Hospital Center to help her recover from breast cancer—and it will be one of the many services available to the community when the Tevis Center for Wellness opens along with the William E. Kahlert Regional Cancer Center on the hospital’s main campus this October.

“The goal of the Tevis Center for Wellness is to empower people to become as healthy as they can be,” explains Eileen Overfelt, R.N., B.S.N., director of integrative health and navigation services. “We are here to support patients from all areas of the hospital, but we are also here to support our entire community.”

The center brings together an incredible array of resources, including healthy living classes; a health library with computers;...
and e-books; spaces for complementary health services such as massage and private and group acupuncture; exam rooms for preventive screenings; a comfortable support group lounge; and an expanded boutique featuring health and wellness products, as well as a specialty area, Studio YOU, with items for cancer patients such as wigs, breast prostheses, mastectomy bras and swimwear. Community members struggling with specific health issues or chronic diseases will have access to the center’s team of health navigators, who are nurses or social workers dedicated to coordinating an individual’s care, oftentimes guiding the person from diagnosis through treatment and recovery. The center has also hired the hospital’s first-ever community nutrition educator to offer nutrition education and support in a group setting.

Making a real impact on community health, however, will require the center to work outside of its walls, says Mary Peloquin, R.N., B.S.N., community health and wellness manager. “We plan to take many of our services to workplaces, schools, community centers and other places throughout the region,” she promises.

Sanders, whose cancer is now in remission, is excited to visit the new center and continue her acupuncture treatments, even though her chemotherapy has ended. “The hospital has been a wonderful support system for me,” she says. “I’m so happy that this center will be able to help even more people.”

The goal of the Tevis Center for Wellness is to empower people to become as healthy as they can be.

The NEW William E. Kahlert Regional Cancer Center

Also opening this October, the cancer center promises to be more than a new building—it will be a new model for cancer care. “We have learned that to fight cancer requires caring for the whole person—physically, socially and emotionally,” explains Flavio Kruter, M.D., medical director of the cancer program. In addition to the latest advancements in research, diagnosis and treatment, the center will feature a holistic network of support services—including health navigation, support groups and counseling—all under one roof.

Be one of the first to tour the new centers at the FREE Total Health Expo & Community Open House, Sunday, October 5, 11 a.m. – 2 p.m. Details at CarrollHospitalCenter.org/Events
Providing Award-Winning Care

Hospital receives numerous awards and recognition for outstanding performance

Carroll Hospital Center is always honored to receive recognition for providing the highest standard of care and a desirable work environment. Numerous awards and accolades the hospital has received from national organizations demonstrate our ongoing dedication to being the best place to work and to receive care.

Highlights of our most recent accomplishments include:

- Being named #1 in Maryland and in the Top 10 percent in the Nation in 2014 for Overall Medical Care by CareChex®, a national rating agency and a division of COMPARION®.
- Receiving the 2014 Delmarva Excellence Award for the second consecutive year. Given by the Delmarva Foundation for Medical Care, the award recognizes hospitals for excelling in patient safety and quality improvement in four national inpatient clinical areas: acute myocardial infarction (heart attack), heart failure, surgical care improvement and pneumonia.
- Scoring #1 in Maryland and in the top 25th percentile in the nation for nursing communication through the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey.
- Being an eight-time consecutive winner of the Alliance for Workplace Excellence awards and a five-time winner of the American Heart Association Platinum-Level Fit Friendly Worksite; being listed as one of the 150 Great Places to Work in Healthcare by Becker’s Healthcare; and being the only hospital in the state to be accredited with the CEO Cancer Gold Standard™ by the CEO Roundtable on Cancer for its efforts to reduce the risk of cancer for employees and their family members.

“Our staff’s commitment to providing quality care at all levels is unwavering, and these awards are a testament to that,” says Stephanie Reid, R.N., chief nursing officer and vice president of quality. “We want to be the hospital of choice for the community now and for generations to come, and our numerous awards prove we are well on our way to achieving this.”

For more information on Carroll Hospital Center’s awards and quality care, please visit CarrollHospitalCenter.org/Awards
Community nutrition educator Melanie Berdyck, R.D.N., explains the importance of getting enough fruits and vegetables in your diet.

What is the recommended daily amount of fruits and vegetables for adults?
The United States Department of Agriculture’s MyPlate encourages making half your plate fruits and vegetables. In general, adults should consume a minimum one-and-a-half to two cups of fruit and two to three cups of vegetables each day. The daily recommended amount of fruits and vegetables depends on age, gender and activity level. Adults who are more physically active may be able to consume more servings while staying within their calorie needs. To find out how many servings you should eat, visit ChooseMyPlate.gov.

What counts as a cup?
Two cups of raw leafy vegetables, or one cup of raw or cooked fruits or vegetables, vegetable juice or 100 percent fruit juice. Whole fruit approximately two to three inches in diameter or a banana eight to nine inches long also counts as a one-cup serving.

How can we incorporate more fruits and vegetables into our diet?
There are several easy ways to incorporate more fruits and vegetables into your diet; the key is to make them part of every meal and snack. Start your day off right by adding berries or bananas to your breakfast cereal, yogurt or smoothies. Add fresh mushrooms, spinach, peppers or tomatoes to your eggs or omelet. Place a bowl of fresh fruit in your kitchen or office for a convenient snack. Cut raw veggies such as carrots, celery and peppers into sticks and store them in the refrigerator. Add a healthy dip such as hummus or salsa for a quick snack or appetizer.

What are ways to try new fruits and vegetables?
Pick out a new fruit and vegetable each time you visit the grocery store or farmers market, or try a different variety of your favorite produce. Substitute sweet potatoes for white potatoes, parsnips for carrots, spinach for iceberg lettuce or broccolini for broccoli. Flip through a cookbook and review cooking websites or healthy cooking magazines to find new, colorful fruit- or vegetable-based recipes to try. If you plant a garden, try growing a different type of produce each year.

Learn more ways to incorporate fruits and vegetables into your diet and check out our healthy recipe of the week at CarrollHospitalCenter.org/Recipes
On the Board

Foundation Board Welcomes Five New Members

The Carroll Hospital Center Foundation—which oversees fundraising efforts to ensure the hospital can continue to meet the health and wellness needs of the community—is welcoming five prominent community members to its Board of Trustees effective October 1.

Two of the new appointees—Wayne Barnes and Mark Blacksten—also currently serve on the Carroll Hospice Board of Trustees. Barnes, the incoming chair of the Carroll Hospice board, is a self-employed insurance broker, specializing in life and long-term care insurance, with more than 30 years of industry experience. Blacksten, who is the outgoing chair of Carroll Hospice, is a longtime banking executive and is now the business and professional banking team manager at M&T Bank.

They are joined by Binu Chacko, M.D., Mark Debinski and Helen Whitehead. Dr. Chacko is a board-certified internal medicine specialist with Carroll Internal Medicine Associates and Carroll Hospital Center. Debinski is the founder and president of the award-winning talent management firm Bluewater Advisory and its recruitment division, Bluewater Search. Whitehead is the president of Whitehead Coaching, an organizational and executive coaching service. She is also the incoming chair of the Carroll Hospital Center Board of Directors.

All five members have been major supporters of the hospital’s fundraising efforts and will serve at least a two-year term.

Sohaila Ali, M.D., Named President of Medical Staff

Sohaila Ali, M.D., was recently elected by her peers to serve as president of the medical staff. Her two-year term started on July 1, 2014. Prior to her election as president, Dr. Ali served as the vice president of the medical staff.

Active on hospital boards and committees, Dr. Ali is the current chairwoman of the Medical Executive Committee and serves on the Board of Directors’ Medical Committee. As president of the medical staff, she will be serving as an ex-officio member of the Board of Directors.

A vascular and cardiothoracic surgeon, Dr. Ali has been on staff at the hospital for 18 years. In previous years, she has served on the Board of Directors’ Finance & Treasury Committee and as the chairwoman of the Institutional Review Board. Dr. Ali will serve as medical staff president until June 2016.
Are You Expecting?
Consider Breastfeeding

Studies have shown both mother and baby benefit from breastfeeding.

Breastfed babies:
- Have a lower risk of Sudden Infant Death Syndrome (SIDS)
- Enjoy more protection from infection and illness
- Face less of a chance of being obese

Benefits for mom include:
- Bonding time with baby
- Decreased risk of health concerns such as type 2 diabetes, breast and ovarian cancer and postpartum depression

Tips for breastfeeding success:
- Start breastfeeding within 1 hour of birth if possible
- Limit or restrict pacifier and bottle use the first 4 weeks
- Feed baby 8 to 12 times every 24 hours in the first few weeks to establish milk supply

Expectant parents can learn the full benefits of breastfeeding and techniques through monthly breastfeeding classes at the hospital. A free weekly support group also offers encouragement and up-to-date information.

To learn more, please call Care Connect at 410-871-7000 or visit CarrollHospitalCenter.org/Education-Classes

For more breastfeeding resources, visit WomensHealth.gov
Is It Time for Your Checkup?

Most everyone is familiar with the need for an annual physical checkup. But did you know that important legal documents like a will should be reviewed on a regular basis as well? Below is a helpful checklist of things to consider as you determine whether your will is in good health:

- Have there been family changes? Births, deaths, marriages and divorces can impact the appropriateness of a will.
- Have there been changes in property or income?
- Have you had a change of heart? Let’s face it. Things change. Does your relationship with a person or organization require a change in the way you would like your assets distributed?

Like a physical checkup, your will should receive a checkup frequently and certainly in the wake of any significant change in your circumstances. If you don’t have a will in place, start the process today.

Call the Carroll Hospital Center Foundation at 410-871-6200 or visit CarrollHospitalFnd.org to learn how you can help Carroll Hospital Center stay the quality health care provider of choice in Carroll County with an estate gift.
With the proliferation of mobile devices today, specialized programs called applications, or apps, have become commonplace in our daily lives. Local health care professionals reveal the health and wellness apps they frequently use or recommend to their patients. Some apps are free to download, while others may require purchase or additional equipment.

Myles D. Brager, M.D., Carroll Health Group Orthopaedics

**DigiFit**

Available for iPhone and Android

This interactive app measures and records workout activity for running, biking, hiking and walking. It allows users to input their height, weight, age, resting heart rate and other information to provide an accurate calorie count for the user’s activity, and it shows Google Maps of the user’s course. “Each workout is stored so that you can compare and evaluate your workout progress over time,” says Dr. Brager. “It will also email you to get out there and be active if you have not used the app for a while.”

Catherine Scaletta, C.R.N.P., Carroll Health Group OB/GYN

**MyDays**

Available for iPhone and Android

MyDays allows users to track and predict their menstrual cycle, ovulation and fertility. Scaletta uses and recommends this app and similar tracking apps to her patients. “The nice thing about these types of apps is that most adapt to your particular cycle and help to predict ovulation with greater accuracy the longer you use them,” she explains. “You can also make notes on particular days about things related to your cycle, attempts at pregnancy and so on.”

Dona Hobart, M.D., Carroll Health Group General Surgery and medical director of the Center for Breast Health

**Wahoo Fitness**

Available for iPhone and Android

The Wahoo Fitness app allows users to track their workouts and other data, such as heart rate, speed and cadence when cycling, and pace when running. It also tracks calories burned, miles, course and total active time. In addition, users can set alarms and zones for their heart rate and track heart rate data. “I like it because it connects with monitors by Bluetooth and allows me to only carry and have one thing to worry about when exercising—my phone,” she says.

While apps are helpful in providing general health information, they should not replace regular visits to your physician. If you have a health concern, please contact your health care provider.
Registration is required for all classes and programs with the exception of support groups unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at CarrollHospitalCenter.org. All fees are non-refundable.

### Support Groups

All support groups are provided free of charge.

**A.W.A.K.E. Network**
A sleep disorders support group.
- Wednesdays, November 5 and January 7
- 7 – 9 p.m.
- Shauck Auditorium
- Registration required.

**Adult Diabetes**
Mondays, November 3 and December 1
- 7 – 8 p.m.
- Shauck Auditorium
- Registration required.

**Bereavement Support Groups**

Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs.

- **Bereavement Luncheon**
  Open to any adult who has experienced the death of a loved one.
  Last Tuesday of each month, noon
  Baugher’s Restaurant
  289 W. Main St., Westminster

- **Bereavement Skills Training**
  A series of educational classes for those interested in training in bereavement and grief issues.
  Thursdays, September 18 – October 16
  6 – 8 p.m.
  Carroll Hospice
  Registration required.

- **Pathways Bereavement**
  Open to adults who have experienced the death of a loved one.
  Third Wednesday of each month
  6:30 – 8 p.m.
  Carroll Hospice

**Breast Cancer**
Second Tuesday of each month
- 7 – 8:30 p.m.
- Tevis Center for Wellness

**Breastfeeding Support**
Thursdays
- Noon – 1 p.m. (except holidays)
- Shauck Auditorium

**Cancer**
- Men, women and caregivers welcome.
- Fourth Wednesday of each month (due to holidays, third Wednesday of the month in November and December)
- 7 – 8:30 p.m.
- Tevis Center for Wellness

**Caregiver**
Caregivers are welcome to bring those for whom they provide care.
- Second Tuesday of each month
- 4 – 5:30 p.m.
- Carroll County Bureau of Aging and Disabilities
- 125 Stoner Ave., Westminster

**Crohn’s & Colitis**
Co-sponsored by the Crohn’s & Colitis Foundation of America.
- Tuesday, November 11
- 7 – 8 p.m.
- Shauck Auditorium

**Gluten Free & You**
- Tuesday, February 24
- 6:30 – 7:30 p.m.
- Shauck Auditorium

**Multiple Sclerosis**
- Second Monday of each month (except December)
- 10 a.m. – 12:30 p.m.
- Carroll Hospice Meeting Space
- 292 Stoner Ave., Westminster
- Shauck Auditorium beginning January 2015

**Ostomy**
- Wednesday, December 10
- 7 – 8 p.m.
- Shauck Auditorium

**Parkinson’s Disease**
- Thursdays, November 20, December 18 and February 26
- 2 – 3:30 p.m.
- Shauck Auditorium

**Prostate Cancer**
- Wednesdays, November 12 and January 14
- 6 – 8 p.m.
- Shauck Auditorium

**Stroke Survivors**
- Second Wednesday of each month
- 6 – 7 p.m.
- Tevis Center for Wellness
- Registration required.

**A Healthy Dose Fall 2014**

---

Registration is required for all classes and programs with the exception of support groups unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at CarrollHospitalCenter.org. All fees are non-refundable.

### Support Groups

All support groups are provided free of charge.

**A.W.A.K.E. Network**
A sleep disorders support group.
- Wednesdays, November 5 and January 7
- 7 – 9 p.m.
- Shauck Auditorium
- Registration required.

**Adult Diabetes**
Mondays, November 3 and December 1
- 7 – 8 p.m.
- Shauck Auditorium
- Registration required.

**Bereavement Support Groups**

Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs.

- **Bereavement Luncheon**
  Open to any adult who has experienced the death of a loved one.
  Last Tuesday of each month, noon
  Baugher’s Restaurant
  289 W. Main St., Westminster

- **Bereavement Skills Training**
  A series of educational classes for those interested in training in bereavement and grief issues.
  Thursdays, September 18 – October 16
  6 – 8 p.m.
  Carroll Hospice
  Registration required.

- **Pathways Bereavement**
  Open to adults who have experienced the death of a loved one.
  Third Wednesday of each month
  6:30 – 8 p.m.
  Carroll Hospice

**Breast Cancer**
Second Tuesday of each month
- 7 – 8:30 p.m.
- Tevis Center for Wellness

**Breastfeeding Support**
Thursdays
- Noon – 1 p.m. (except holidays)
- Shauck Auditorium

**Cancer**
- Men, women and caregivers welcome.
- Fourth Wednesday of each month (due to holidays, third Wednesday of the month in November and December)
- 7 – 8:30 p.m.
- Tevis Center for Wellness

**Caregiver**
Caregivers are welcome to bring those for whom they provide care.
- Second Tuesday of each month
- 4 – 5:30 p.m.
- Carroll County Bureau of Aging and Disabilities
- 125 Stoner Ave., Westminster

**Crohn’s & Colitis**
Co-sponsored by the Crohn’s & Colitis Foundation of America.
- Tuesday, November 11
- 7 – 8 p.m.
- Shauck Auditorium

**Gluten Free & You**
- Tuesday, February 24
- 6:30 – 7:30 p.m.
- Shauck Auditorium

**Multiple Sclerosis**
- Second Monday of each month (except December)
- 10 a.m. – 12:30 p.m.
- Carroll Hospice Meeting Space
- 292 Stoner Ave., Westminster
- Shauck Auditorium beginning January 2015.

**Ostomy**
- Wednesday, December 10
- 7 – 8 p.m.
- Shauck Auditorium

**Parkinson’s Disease**
- Thursdays, November 20, December 18 and February 26
- 2 – 3:30 p.m.
- Shauck Auditorium

**Prostate Cancer**
- Wednesdays, November 12 and January 14
- 6 – 8 p.m.
- Shauck Auditorium

**Stroke Survivors**
- Second Wednesday of each month
- 6 – 7 p.m.
- Tevis Center for Wellness
- Registration required.
Special Services

To schedule an appointment for any of our services, call Care Connect at 410-871-7000.

**Integrative Reflexology®**
- 30-minute session, $45
- 60-minute session, $70

**IPL & Laser Services**
Hair removal, treatment of rosacea, spider veins on the face and skin pigmentation.
Call 410-871-6161 for more information.

**FALL SPECIAL**
Buy one, 3-treatment chin package and get 50 percent off one, 3-treatment upper lip package or 10 percent off any other 3- or 4-treatment package.
Must register between October 1 and December 1, 2014 and first treatment must be scheduled for no later than January 31, 2015. Participating providers only. Cannot be combined with any other special or offer. Open to new and returning patients.

**Japanese Hot Stone Facial Massage**
- 30-minute massage, $50

**Lymphedema Treatment Services**
Call 410-871-7000 for information and appointments.

**Massage**
General, pregnancy, cancer and mastectomy massage.
By appointment only
- 15 minutes, $20
- 30 minutes, $45
- 60 minutes, $70
- 90 minutes, $95

**Reiki**
- 60 minutes, $70; 30 minutes, $45

**The Resource Center**
A comprehensive health library.
Open Monday – Friday
8:30 a.m. – 5 p.m.
Tevis Center for Wellness

**Gift certificates available for all Special Services.**
Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert

---

**Mind and Body**

**Mini Massage Day**
First Friday and Third Wednesday of every month
By appointment only
15 minutes, $20; 30 minutes, $45
Tevis Center for Wellness

**Yoga (8 weeks)**
Thursdays, February 5 – March 26
Prenatal: 4:30 – 5:20 p.m.
(physician consent required)
Continuing Yoga: 5:30 – 6:45 p.m.
Beginning Yoga: 7 – 8:15 p.m.
Shauck Auditorium

**Certified CPR**

**Healthcare Provider CPR – Initial**
This class is for healthcare professionals and professional rescuers.
Monday, December 15
Thursday, February 5
8 a.m. – 1 p.m.
Shipley Classroom
$80 per person

**Healthcare Provider CPR – Renewal**
Must have a current AHA Healthcare Provider Card to register.
Monday, November 24, noon – 4 p.m.
Monday, January 26, 8 a.m. – noon
Shipley Classroom
$61 per person

**HeartCode® BLS**
An alternative to the traditional BLS class, this American Heart Association BLS e-learning program is now being offered as an option for initial or renewal of Healthcare Provider CPR.
Call 410-871-7000 for more information.
Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, November 18, December 16, January 20 and February 17
6:30 – 9 p.m.
Shauck Auditorium
$30 per couple

Family Birthplace Tours
Tours of The Family Birthplace are held twice a month and are offered as part of the Prepared Childbirth programs.
To register for a tour not affiliated with a particular class, call 410-871-7000 for dates and times.

Prepared Childbirth Class (3 nights)
Offers preparation for a meaningful, knowledgeable childbirth experience taught by a certified instructor. Relaxation and breathing techniques are an integral part of the program.
Tuesdays & Thursdays, 6 – 9 p.m.
November 4, 6 & 11; December 2, 4 & 9
January 6, 8 & 13; February 3, 5 & 10
Shauck Auditorium
$70 per couple

Prepared Childbirth Weekend
Expectant parents with busy schedules may want to attend a weekend of childbirth preparation.
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
November 21 and 22; January 23 and 24
Shauck Auditorium
$100 per couple, includes lunch voucher on Saturday

Safe Start
For new and expectant parents, grandparents and caregivers. Learn about infant safety including child-proofing, poison prevention, car seat safety, SIDS, CPR and choking rescue for infants less than one year of age. This is not a certification class.
Thursdays, December 18 and February 19
6:30 – 9 p.m., Shauck Auditorium
$50 per couple, includes Infant CPR Kit

Tobacco Cessation

Stop Using Tobacco for Life (5 weeks)
Learn strategies for quitting and developing healthy new habits. Sponsored by the Carroll County Health Department.
Thursdays, January 15 – February 12
6 – 8 p.m.
Shauck Auditorium

Great American Smokeout
Quit Smoking Walk-in Clinic
Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program. Brief individual counseling to help with your quit smoking plans. Stop by and you will be seen in the order that you arrive. Vouchers for Chantix (with doctor’s prescription) and nicotine replacement available.
Thursday, November 20, 11:30 a.m. – 1 p.m.
Shauck Auditorium; Free
Call 410-871-4429 for more information.

Screenings

Breast Health Consultation and Clinical Breast Exam Screening
A one-on-one breast health consultation and clinical breast exam screening with Donna Hobart, M.D., breast surgeon.
Wednesday, October 29, 8:30 – 10:30 a.m.
South Carroll Health & Wellness Pavilion 1380 Progress Way, Suite 102, Eldersburg
Tuesday, November 18, 8:30 – 10:30 a.m.
Carroll Health Group Medical Office 520 East Baltimore Street, Suite 8, Taneytown
Free; By appointment only.
For more information or to register, call 410-871-7000.

Blood Pressure Screenings
Free; Registration not required.
Carroll Hospital Center Main Lobby
Mondays, November 3, December 1, January 5 and February 2
3 – 4 p.m.
Martin’s Food Market, Eldersburg
Mondays, November 24, December 29, January 26 and February 23
11 a.m. – noon
Westminster Post Office
Mondays, November 3, December 1, January 5 and February 2
1 – 2 p.m.
Kennie’s Market, Taneytown
Thursdays, December 18, January 22 and February 26
10:45 – 11:45 a.m.

Healthy Living

Look Good...Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
Mondays, November 17, December 15, January 19 and February 16
1 – 3 p.m.
Tevis Center for Wellness
Free

Breast Health Nutrition Class
Review current nutritional guidelines for breast cancer patients and survivors with our registered dietitian.
First and Third Wednesdays of each month 6 – 7 p.m.
Tevis Center for Wellness
Free

Date Night: Quit Smoking
Discussing ways to effectively quit smoking and the importance of nutrition while breaking the habit.
Tuesday, November 18
6:30 – 8 p.m.
Shauck Auditorium

Heart Healthy Eating for the Holidays
By appointment only.
Tevis Center for Wellness
Free

Heart of the Matter Educational Series:
Heart Healthy Eating for the Holidays: Tuesday, December 16, 6 – 8 p.m.

World COPD Day
Find out more about chronic obstructive pulmonary disorder (COPD) and learn about resources to help you manage your lung health.
Wednesday, November 19, 2 – 4 p.m.
Shauck Auditorium; Free

Getting a Good Night’s Sleep and Your Heart
Presented by Amit Narula, D.O., sleep specialist.
Tuesday, February 17, 7 – 8 p.m.

Lose to Win Wellness Challenge:
Thursdays, beginning in February
Call 410-871-6161 for more information.
Special Events

Auxiliary Books Are Fun Book Fair
To benefit the Tevis Center for Wellness.
Monday, November 3, 10 a.m. – 4 p.m.
Tuesday, November 4, 7 a.m. – 3 p.m.
Carroll Hospital Center Main Lobby

Auxiliary Shopping in the Round
To benefit the Tevis Center for Wellness.
Thursday, November 20
10 a.m. – 4 p.m.
Carroll Hospital Center Main Lobby
To reserve a space, contact Carroll Hospital Center Volunteer Services at 410-871-7280.

Auxiliary Gala
To benefit the Tevis Center for Wellness.
Saturday, November 1, 6:30 p.m. – midnight
Martin’s Westminster
For sponsorships, tickets, donations or more information visit CHCGala.org

Veterans Appreciation Breakfast
Sponsored by Carroll Home Care and Carroll Hospice.
Wednesday, November 12, 9 a.m.
Best Western Conference Center
Free breakfast for one veteran and one guest
Limited seating. Call 410-871-7205 to RSVP.

A Season to Remember
To benefit Carroll Hospice.
Monday, December 1 through Tuesday, December 9
Festivities include Tree of Lights, Tree Auction, Tea with Mrs. Claus & Memorial Trees.
Call the Carroll Hospice Development Office at 410-871-7220 or visit CarrollHospice.org for more information.

Walk Carroll
The Partnership for a Healthier Carroll County

Join us for Walk Carroll, a free walking and exercise program to inspire anyone who lives, works or plays in Carroll County to engage in regular physical activity.

The Walk Carroll program is for people of all ages and physical activity levels and consists of:
• An online registration to log miles
• Walking and exercise events all over the county
• Health information and resources
• Prizes and giveaways based on participation

Visit HealthyCarroll.org to register or learn more!
Walk Carroll provided in cooperation with the University of Maryland Extension

To support the Center for Breast Health

Sunday, October 12, 2014
East Pavilion | 291 Stoner Ave., Westminster

Bring your friends, mother and sisters to enjoy a “pink” afternoon, featuring a keynote speaker, lunch and a silent auction, and support the cancer services at Carroll Hospital Center! This year’s keynote speaker is Madhulika Sikka, an award-winning, veteran broadcast journalist and the executive editor for NPR News, overseeing coverage listened to by 26 million people each week. A breast cancer survivor, Sikka is the author of A Breast Cancer Alphabet, a pithy, witty and deeply informative A-to-Z guide to living with breast cancer.

Visit CarrollHospitalCenter.org/Pink-Fling or call 410-871-6200 for tickets or more information.
It’s a season of change at Carroll Hospital Center, and we want to celebrate it with you! Join us for an open house for the NEW William E. Kahlert Regional Cancer Center and Tevis Center for Wellness—and learn how to change your health habits for the better—at our annual, fun-filled event for the whole family.

- **Open House Tours**
  Be among the first to see the NEW state-of-the-art William E. Kahlert Regional Cancer Center & Tevis Center for Wellness!

- **Family Fun & Activities**

- **FREE & Low-cost Health Screenings**
  Registration required for some screenings. Call 410-871-7000 to register.