A Healthy Dose

Standing Tall: NEW Advances Help Patients Overcome Vascular Disease

Also in this issue:
Patient Assistance Funds
Healing Through Plastic Surgery
Medication Management Program
And much more!
Dear Friends,

I will always be a nurse. And as a nurse, I know that seemingly small details—a soft blanket, an extra pillow, a warm pair of socks—can make a world of difference in how a patient feels.

That is why I am so proud of our team at Carroll Hospital. We never lose sight of the small details. Just take a look at our plans for a new senior care suite in our emergency department, outlined on page 13. From the soothing paint colors to the mattress selection, to our specially trained Nurses Improving Care for Health-system Elders (NICHE) staff, every small detail has been thoughtfully planned out to ensure the utmost comfort for our community’s older residents.

Our patient assistance funds, established through the Carroll Hospital Foundation to provide discounted or free quality-of-life services to many patients, are further testaments to the importance of small details. The simple gift of a massage, a new head scarf or even a tank of gas can mean as much to a patient’s recovery as his or her medical treatment. It’s about caring for the whole person.

Of course, at Carroll Hospital, we never forget the big picture either. It’s why we are continually investing in new medical technologies, expanding our facilities and growing our services to better meet our community’s health care needs.

Our newly enhanced vascular lab is proof of that. Armed with cutting-edge three-dimensional imaging capabilities, our surgeons can now treat some of the most complex vascular diseases without the need for major open surgery. That means shorter hospital stays and, ultimately, greater patient comfort. As a nurse, I like the sound of that, too. At Carroll Hospital, a LifeBridge Health center, the future of health care is here!

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President, Carroll Hospital
Senior Vice President, LifeBridge Health

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 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 | 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   New Vascular Lab Brings Advanced Care
New technologies and leading-edge equipment in Carroll Hospital’s vascular lab help patients, like Alma Shaeffer, get their vascular care, close to home.

6   The Gift of a Lifetime
Learn how donations from our community make a difference in patients’ lives by providing extra support in their time of need.

13  Senior Emergency Care Suite
Designed to provide a calming environment, a new suite in the emergency department has been created specifically with the comfort and care of senior patients in mind.

14  Healing Beautifully
Plastic surgery isn’t just about improving one’s appearance. Learn how plastic surgery options helped Deanna Sargent heal physically and emotionally after breast cancer.

In Brief

ExpressCare Urgent Care Centers   4
Shopping for a Cause   5
Coming Soon:
Mt. Airy Health & Wellness Pavilion   10
Palliative Care   11
On the Board   12
Medication Management   16
Calendar & Support Groups   18

ON THE COVER: Alma Shaeffer is standing tall—and without pain—after having a procedure done in Carroll Hospital’s new vascular lab that restored the blood flow in her leg.
Alma Shaeffer’s foot didn’t just hurt. It throbbed. What had started weeks earlier as a sore toe had clearly progressed into something much bigger.

“It was like a toothache that just kept getting worse,” says Shaeffer. “When something hurts that bad, you don’t feel like doing much of anything.”

Unbeknownst to her, Shaeffer was living with atherosclerosis, a build-up of calcium, cholesterol and plaque that had caused a severe block in her femoral artery. According to Vascular Surgery Associates’ Carter Freiburg, M.D., the vascular surgeon who diagnosed and cared for Shaeffer, many vascular diseases like atherosclerosis initially present themselves through seemingly harmless symptoms like cramping, but can lead to serious complications like gangrene, tissue loss and even amputation if not treated. “If we get to patients early enough, we can often treat them without the need for surgery,” says Dr. Freiburg. "But vascular disease is still one of the top health concerns in this community.”

The escalating prevalence of vascular disease prompted Carroll Hospital to kick off a major update of its vascular lab in 2014. The newly enhanced lab, which was unveiled in March of this year, now has the capacity and technology to treat two times the patients it could before.

At the heart of the redesigned lab is the Discovery IGS 740, a state-of-the-art imaging system that allows surgeons to see the areas they are treating in high-definition, three-dimensional...
detail. Surgeons can glide the Discovery’s C-arm around the patient to capture complex angles, and can even overlay CT scans and other images over the 3-D views to create a complete treatment picture. The system is the first of its kind in Maryland and the mid-Atlantic region.

“This technology gives us the best of both worlds: we can do minimally invasive procedures with even more precision and we can treat more vascular diseases with minimally invasive options,” explains Dr. Freiburg. “Complex cases that would typically require major open surgery, we can now repair in 90 minutes. Patients are in the hospital for just one or two days, as opposed to one or two weeks.”

“The new vascular lab is a tremendous asset to the cardiovascular services offered at Carroll Hospital,” adds Sohaila Ali, M.D., vascular and thoracic surgeon and president of the hospital’s medical staff. “Patients with serious vascular conditions can get the care they need, close to home.”

Shaeffer, a resident of Millers, was delighted by the ease of her treatment. In August, she underwent outpatient angioplasty and stenting to open her blocked femoral artery. She was able to remain awake for the procedure and went home the same afternoon.

“Dr. Freiburg told me exactly what was going to happen, and it went just as promised,” she says with a smile. “I am doing so much better today.”

Sohaila Ali, M.D.

Free Health Screenings
Carroll Hospital’s FREE community blood pressure checks and other health screenings are just some steps you can take to stay on top of your health. Go to CarrollHospitalCenter.org/Health-Screenings to see upcoming dates and locations.
On August 1, ExpressCare Urgent Care Centers, a LifeBridge Health partner, officially became Carroll Hospital’s affiliated urgent care service.

ExpressCare employs nearly 100 health care providers, including physicians, physician assistants and nurse practitioners, who work together to provide patients with high quality, immediate care for anything from earaches to sprained ankles. Services available include urgent medical treatment for common illnesses and injuries, flu shots, pre-employment and sports physicals, work-related injury services and more. The centers also treat children and offer prescription and lab services on site.

But that is not all. According to Maurice Reid, M.D., CEO and medical director of ExpressCare, while the centers focus on providing patients with exceptional medical care, staff are also dedicated to ensuring patients have a positive experience.

"Customer service is really important to us, and we have several ways to monitor that. We ask patients directly at discharge how their visit was, and we call every patient back the next day to check on them and make sure they are doing well," Dr. Reid says.

Founded in 2005 by Dr. Reid, ExpressCare partnered with LifeBridge Health in 2014 because of the health system’s progressive thinking regarding the need for a spectrum of services, from fitness to preventative care to urgent and acute care.

Today, ExpressCare has 21 clinics in Maryland, including three convenient locations in and around Carroll County: Westminster, Eldersburg and Owings Mills.

ExpressCare Urgent Care Centers are open seven days a week and no appointments are necessary. Patients have the convenient option to visit WhyWaitInTheER.com to reserve an appointment time at one of the centers with ExpressPass online registration.
The Beasman Boutique has the same stylish clothes and jewelry, the same unique gift items and the same friendly volunteers as its sister stores on the Carroll Hospital campus.

But in many ways the newest addition to the Candy Striper Gift Shops is different. Located about 15 miles south of the hospital campus, the boutique is the first to be situated offsite—at Integrace Fairhaven in Sykesville.

“Nestled inside the Beasman Center on the continuing care retirement community’s campus, the shop is stocked by the Carroll Hospital Auxiliary and run by volunteers, including a mix of Fairhaven residents and Auxiliary members. “We are so excited to be a part of the Sykesville community,” says Barb Gunther, president of the Carroll Hospital Auxiliary.

This unique partnership came about when Fairhaven wanted to expand and update its existing gift shop and reached out to Carroll Hospital because of its success in running the Candy Striper operations.

“I am so pleased about this wonderful partnership that will enhance our community life, and we’re thrilled to invite the local community to come and visit our new boutique,” says Rob Hays, executive director of Integrace Fairhaven. “Many thanks to the Carroll Hospital team for their extraordinary work on this project.”

The Beasman Boutique is open to the entire community, not just Fairhaven residents. Gunther says it gives the Auxiliary the opportunity to showcase the exceptional merchandise the Candy Striper Gift Shops are known for and helps to raise funds for the hospital’s services and programs.

Each year, the proceeds from the gift shops, including the Beasman Boutique, help to purchase state-of-the-art equipment, like the new vascular lab on page 2, and create patient assistance funds, outlined on page 6.

**Visit the Beasman Boutique inside the Beasman Center at Fairhaven**

7200 Third Avenue, Sykesville
Monday – Friday | 11 a.m. – 3 p.m.
410-795-8800

**Grand Opening Special**

**20% OFF ONE ITEM**

Discount available on all giftware, health items, jewelry, clothing or accessories. Coupon valid through 12/31/15.
The Gift of a Lifetime
Thanks to the generosity of donors, Carroll Hospital’s patient assistance funds are improving the quality of life for community members faced with life-altering diagnoses.

When Gina Maria Barnes was alive, she did not know Bill Gibson. Their paths likely never crossed. But nonetheless, their lives are forever connected.

That’s because Gibson, who is living with colon cancer, is a recipient of the Gina’s Warriors Comfort Fund. Established in Barnes’ memory by her family after she passed away from the same disease in November 2013, the fund provides colon cancer patients in Carroll County with a wide range of resources designed to improve their quality of life and eliminate the financial burden a serious illness can put on a family.

“When Gina was sick, the community rallied around her with so much money and support,” explains Barnes’ mother, Linda Dearing. “She loved that all of these people were fighting for her. She nicknamed them Gina’s Warriors. We wanted to keep that spirit alive.”

“Gina had a great job and great benefits, but people don’t understand how quickly expenses accrue when you’re dealing with cancer,” adds Tony Christiani, Barnes’ brother. “The fund is our way of giving back to the people of Carroll County, because that’s what my sister would have wanted.”

Through the fund, Gibson receives weekly acupuncture treatments to help him manage the energy-draining side effects of chemotherapy. The acupuncture has also provided dramatic relief for his crippling knee pain, a problem he is unable to surgically address while undergoing his rigorous cancer treatment. The results, he says, have been life changing for him and his family.

“My son loves to fish and to golf. Before acupuncture, I’d have to say, ‘I can’t today, son. My knees hurt too bad, or I have no energy,’” Gibson explains. “Now I can get out there with him. He’ll post on Facebook: ‘Playing golf with my dad was the greatest today.’ I am so grateful. This fund has been a wonderful, wonderful gift.”

The Gina’s Warriors Comfort Fund is one of a handful of patient assistance funds set up through the Carroll Hospital Foundation. All are designed around the same philosophy: improving a patient’s quality of life is fundamentally connected to improving their health.

Gina Maria Barnes was 37 when she was diagnosed with colon cancer and passed away from the disease two years later. The Gina’s Warriors Comfort Fund was established in her memory.
One of the newest funds, the Studio YOU and Wellness Boutique Assistance Fund, takes that philosophy one step further with the belief that when patients look good, they feel good, too. Through the fund, chronically ill patients can take advantage of the myriad “look good” services from the Carroll Hospital Auxiliary’s Wellness Boutique and Studio YOU, including custom wig and mastectomy bras, and makeup and skin care products.

The Studio YOU and Wellness Boutique Assistance Fund was first established by Foundation Board member Terry Smack of Terry’s Tag and Title Services, but it quickly grew through the support of others, including donations like the one recently made by the Naganna family following their annual Carroll Heart Center Charity Golf Tournament. This year’s tournament raised a record-setting $9,250, all of which was donated directly to the Studio YOU and Wellness Boutique Assistance Fund.

“Each year, we’ve donated the tournament’s proceeds to something that we think is an important service to the community: the Westminster Fire Department, McDaniel and Carroll Community Colleges,” says Latha Naganna, M.D., who also serves as chief of cardiology at Carroll Hospital. “We think the Studio YOU and Wellness Boutique Assistance Fund is just as important. It can touch so many different lives.”
While many of the hospital’s patient assistance funds focus on helping people who are currently undergoing treatment, one program in particular is dedicated exclusively to survivors—breast cancer survivors. Embrace is designed for women who have completed treatment in the last two years, and offers them a much-needed path back to normalcy after the chaos of breast cancer. The program is supported through a grant by Susan G. Komen® Maryland that is made possible by Komen’s Race for the Cure.

With Embrace, every recipient—regardless of where she received her treatment—works one-on-one with a health navigator. The navigator helps each recipient determine her individual health goals and then coordinates the services needed to achieve them. The services, which are also provided through the Komen® Maryland grant, can include peer mentorship, massage and acupuncture, and nutrition classes, as well as group yoga, fitness, and weight-loss classes designed exclusively for breast cancer survivors.

Survivor and participant Karen Belcher sees Embrace as a critical step forward in breast cancer care. “My mother went through breast cancer 10 years ago, and when she was done with treatment, it was like, ‘You’re cured, see you later,’” Belcher recalls. “She walked around in circles thinking, ‘Ok, now what? Where do I go from here?’ Embrace answers those questions. I feel like I’m not alone. I have a community saying ‘We can help you.’”

Nearly every patient who receives support from these funds has a story like Belcher’s, says Mary Peloquin, community health and wellness manager in Carroll Hospital’s Tevis Center for Wellness. “We send evaluations out to all our participants, and the results overwhelmingly show that these funds help our patients’ stress levels, coping skills and side effects. We know these services are just as important as the patient’s medical treatment.”

But, as Peloquin points out, you don’t need a formal evaluation to track the funds’ success. “When I hand something like a gift card for groceries to a patient, I can see the relief on their face. These little things are what get them through their journey.”

To learn more about patient assistance funds offered by the hospital, call 410-871-7000.

To make a gift or to establish a fund, contact the Carroll Hospital Foundation at 410-871-6200 or foundation@CarrollHospitalCenter.org.
Carroll Hospital, in a joint venture with Frederick Memorial Hospital, has announced the creation of the Mt. Airy Health & Wellness Pavilion to be located in the Peacock Center at 504 East Ridgeville Boulevard in Mt. Airy.

An old grocery store at that site will be renovated to create a medical mall offering a myriad of health services to serve Mt. Airy and surrounding communities. Internal demolition will begin this fall, and the wellness pavilion is expected to open in 2016.

Carroll Health Group and Monocacy Health Partners will share space in the new Mt. Airy Health & Wellness Pavilion, and many services currently located at 1502 South Main Street, Mt. Airy, will be moved to the new location.

"The residents of Mt. Airy and the surrounding area expect and deserve outstanding quality health services in their community," says Leslie Simmons, president of Carroll Hospital and senior vice president of LifeBridge Health. "We are excited to bring more physicians and programs to the new Mt. Airy Health & Wellness Pavilion to ensure this vibrant community has all the resources it needs for families to live happy, healthy and fit lifestyles."

Physicians affiliated with both hospitals will be able to deliver various health care services to patients in the building. They include primary care physicians and specialists in cardiology, general surgery, gastroenterology, oncology, OB/GYN, orthopaedics and pediatrics.

The new location will also feature a full-service imaging center, rehabilitation services, urgent care, a medical lab and a large education space for the Mt. Airy community.
Carroll Hospital has dedicated palliative care nurses who help patients through serious illness. Palliative care coordinator Julie Wright, R.N., explains the program and who it may help.

**What is palliative care?**
Palliative care focuses on relieving the pain, symptoms and stress that accompany serious illness by adding an extra layer of support for patients and families. Care is personalized to each patient’s needs, and the goals of care are discussed with the patient and the family. Palliative care also provides easy-to-understand explanations of difficult medical conditions.

**Who makes up the palliative care team?**
The palliative care team is led by certified registered nurses who work with the patient and family in concert with the patient’s primary care physician. Case managers, rehabilitation department staff and spiritual care staff work together to provide this holistic care.

**What are the benefits of palliative care?**
Palliative care is appropriate at any age and at any stage of illness. The primary focus is to improve the quality of life for patients and their family members. It can be especially helpful for those who are trying to manage hard-to-treat symptoms or who need help understanding their treatment choices. The palliative care team also provides support in making difficult medical decisions.

**Palliative care is often confused with hospice care. How are they different?**
Hospice care is specific to the last six months of a person’s life when no other treatments are being pursued. Palliative care can begin at any time during an illness and can take place while patients actively seek treatment.
David Bollinger
Joins the Carroll Hospital Board of Directors

David Bollinger, vice president of Barnes-Bollinger Insurance Services, Inc., was appointed to the Carroll Hospital Board of Directors on July 1.

As a board member, Bollinger will be involved in making critical decisions regarding the overall quality of care, governance and financial performance of the hospital.

An insurance professional for over 37 years, Bollinger holds designations as a Chartered Property Casualty Underwriter (CPCU) and a Certified Insurance Counselor (CIC). Bollinger also serves as chair of the board of directors at Carroll Lutheran Village and was past chair of the Carroll Community College board, where he currently serves as a member.

Foundation Board Welcomes New Members

The Carroll Hospital Foundation, which oversees fundraising efforts to ensure the hospital can continue to meet the health and wellness needs of the community, is pleased to welcome two new members to its Board of Trustees—Timothy W. Chase and Kiran Kuna, M.D.—and a new board chair, Amber Dahlgreen Curtis.

Chase is partner and chief executive officer of WMS Partners, a wealth management firm in Towson. He is a Certified Public Accountant (CPA), a Personal Financial Specialist (PFS), a Certified Financial Planner® and a Chartered Life Underwriter (CLU).

Dr. Kuna, the vice chair of anesthesiology, has been affiliated with Carroll Hospital for nine years. He has served on the hospital’s medical staff quality panels, is a member of the Foundation's Founders Circle and has contributed to the hospital’s Scholarship for Associates created by Physicians of Indian Origin.

Curtis, an attorney with Dulany, Leahy, Curtis & Beach in Westminster, became the new Foundation Board chair on October 1. As such, she also has a seat on the Carroll Hospital Board of Directors.

Pictured, top to bottom: Timothy W. Chase, Kiran Kuna, M.D., and Amber Dahlgreen Curtis.
Ambulance sirens blare. Doctors rush in. Nurses shout orders as a heart attack patient clings to life. Even a seasoned nurse like Stephanie Reid, the vice president of quality and chief nursing officer at Carroll Hospital, will admit that the emergency department can be a hectic place.

"Emergency rooms are inherently busy environments," says Reid. "But our goal is to do whatever we can to make ours as patient-friendly as possible for everyone who comes here."

One of the ways the hospital has set out to achieve that goal is by developing a new senior patient care suite, opening later this year. The four-room suite will reside in a quieter area of the emergency department and will feature a dedicated nursing station, as well as a host of amenities designed with non-critically ill, older patients in mind.

"The rooms will offer a more calming environment in every way, from the lighting to the paint color on the walls," says Reid. "We are even adding flooring that is safer in terms of preventing injury from falls."

In lieu of the traditional emergency room stretcher, each senior care room will have a full-size hospital bed, complete with a thicker, more supportive mattress. "Something as simple as a mattress change can make a huge difference in senior patients’ comfort level while they are here," says Drew White, M.D., medical director of the emergency department.

The new senior care suite is the latest initiative in the hospital’s effort to better serve the community’s growing baby boomer population. In 2012, the hospital was certified by Nurses Improving Care for Healthsystem Elders (NICHE), the leading nurse-driven program dedicated to helping health care systems improve the care of older adults. Only about 12 percent of the nation’s hospitals have earned the certification, which requires hours of specialized training on caring for older patients across the entire nursing and emergency medicine staffs each year.

According to Karen Lee, R.N., emergency department nursing director, that level of training means hospital staff is better prepared to understand common issues and concerns for older patients so they get a much more specialized level of care when they arrive at Carroll Hospital.

"If you are a 75-year-old patient coming in with a urinary tract infection, you are going to be in a very different state than a 45-year-old patient with the same illness," she says. "We come in armed with this knowledge, and it changes our plan of care instantly."

The hospital plans to add a dedicated geriatric specialist to the emergency team in the coming months to ensure older patients have a safe, well-managed transition home as well.

"Traditionally in emergency medicine, the focus has always been ‘what are you here for today,’” says Dr. White. “Carroll Hospital, now more than ever, is about caring for the whole person, not just today’s issue. We want our emergency care to be a reflection of that.”
Plastic surgery options help patients struggling with serious conditions heal physically and emotionally.
This summer, 55-year-old Sykesville resident Deanna Sargent did something she hadn’t done in years: she wore a two-piece bathing suit.

“My daughter said, ‘Mom, I think you can pull it off,’” Sargent recounts. “And I thought, ‘Really? Ok, let’s give it a shot.’”

Sargent’s excitement at being able to wear a bikini again has nothing to do with vanity. Instead, it has everything to do with her recovery from breast cancer. Diagnosed just this April with ductal carcinoma in her right breast, Sargent (who has a long family history of breast cancer) opted to undergo a double mastectomy to reduce her risk of cancer recurrence and maintain a sense of physical symmetry. Her breast surgeon, Dona Hobart, M.D., suggested she undergo breast reconstruction surgery at the same time. Sargent was hesitant but intrigued.

“My mom had a single mastectomy years ago and wears a breast prosthesis. It’s so heavy, and she has always felt lopsided,” says Sargent. “Nor did I want to deal with the hassle of implants at my age. So I thought, ‘I’d rather just have the mastectomy and be done with it.’ But then I met Dr. Del Corral.”

A plastic and reconstructive surgeon for Carroll Health Group and the Center for Breast Health at Carroll Hospital, Gabriel Del Corral, M.D., introduced Sargent to microsurgical breast reconstruction, a state-of-the-art alternative to implant-based reconstruction that uses the patient’s own excess tissue to reconstruct the breast. Board certified in plastic surgery and general surgery, Dr. Del Corral is one of only a handful of physicians in the area who perform this type of microsurgical procedure.

Using microscopic sutures, Dr. Del Corral is able to attach the vessels in the harvested tissue to the vessels in the chest, giving the new breast all the natural sensation of the original. Tissue is typically harvested from the abdomen through a simultaneous tummy tuck procedure, which gives patients, like Sargent, the added advantage of a more sculpted waistline.

But as Dr. Del Corral points out, breast reconstruction isn’t just about appearance; it’s an essential part of a cancer patient’s healing process. “There have been many studies comparing patients who have reconstruction versus those who just undergo mastectomy,” he says. “Overwhelmingly they show that patients who opt for reconstruction experience higher self-esteem, a better return to sexual health and a greater sense of well-being.”

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Dr. Del Corral sees similar mental benefits in patients who undergo plastic surgery following significant weight loss. “Patients often come in feeling like they’ve traded one problem—their weight—for another: excess skin. It’s painful, uncomfortable and physically limiting. It’s also prone to infection,” he explains. “Procedures like a tummy tuck or thigh lift can relieve those burdens and remind patients that all their hard work and willpower was worth it.”

Sometimes surgery isn’t even required. Dr. Del Corral’s practice recently introduced the state-of-the-art Icon™ laser platform, which eliminates post-weight-loss stretch marks in a simple outpatient treatment. “We like it because it’s the only FDA-approved laser for stretch mark removal. Our patients love it because they can do it on their lunch break and go back to work,” he says.

Breast cancer survivor Sargent has loved working with Dr. Del Corral, in part, because the results have been so natural. “People come up to me and they don’t even know I’ve had cancer or surgery,” she smiles. “I feel beautiful. My story has a happy ending.”
When Ellen Mathis was discharged from the hospital this summer after a chronic obstructive pulmonary disease (COPD) flare up, she was taking more than 10 medications and supplements to control it and other health issues.

Keeping track of multiple pills and inhalers could prove to be confusing. But, as part of the new medication management program being piloted at Carroll Hospital, Mathis was able to meet one-on-one with a pharmacist to discuss, understand and organize her medicines.

“I think it helped me,” Mathis says. “I learned that since I was using a nebulizer, I didn’t have to use my inhalers, because [in my situation] my nebulizer takes the place of those [medications].”

The free medication management program is for patients with chronic disease who are taking 10 or more medicines and have recently been discharged from the hospital, says Ashley Wensil, the program’s pharmacist.

“I really encourage patients to have strong relationships with their pharmacists and doctors,” says Wensil. “I’m just another tool in the process of transitioning from the hospital to home, and I can provide extra time with them.”

Wensil typically meets with patients within a week of their hospital discharge and asks them to bring all of their medications to the hour-long appointment—including any supplements, creams and over-the-counter medications. She assesses the patient’s medications, keeping an eye out for two drugs that do the same thing, possible drug interactions, wrong doses and any other issues. Then, one by one, Wensil discusses each medication with the patient, explaining why it was prescribed, why it is important to take, when and how to take it, and any potential side effects.

“Often, the patients referred to the program don’t understand why they need to take the medications prescribed to them, or they don’t think they need them,” Wensil says. “They also may be overwhelmed and could have trouble paying for their medications.”

Patients leave with a list outlining when they should take their medicines, a pill box to organize those medications and a list of action items, such as scheduling a follow-up appointment with their health care provider. Wensil shares the action plan with the patient’s health care provider and with a Care Connect health navigator, who also checks in with the patient to make sure he or she is doing well and has everything needed for a successful recovery.

The program currently is for patients who have recently been discharged from the hospital, but if it proves successful, the hope is to eventually expand it to the greater community.

Mathis has appreciated learning about her medications and having a health navigator check in with her, and she is more understanding of her health needs. “I’ve started to learn my body a little better,” she says.

“Often, the patients referred to the program don’t understand why they need to take the medications prescribed to them...”

Ellen Mathis, of Westminster, discusses her medicines with pharmacist Ashley Wensil at the Tevis Center for Wellness.
Support Groups

All support groups are provided free of charge.

**A.W.A.K.E. Network**
*A sleep disorders support group.*
Wednesdays, November 4 & January 13
7 – 9 p.m.
Shauck Auditorium
Registration required.

**Adult Diabetes**
Mondays, November 2 & December 7
7 – 8 p.m.
Shauck Auditorium
Registration required.

**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 (in 2016)
*For locations in 2015, please call 410-871-7024.*

**Evening Breastfeeding Support**
Third Thursday of each month
6:15 – 7:15 p.m.
Shauck Auditorium

**Cancer**
*Men, women and caregivers welcome.*
Wednesdays, November 18 & December 16
7 – 8:30 p.m.
Tevis Center for Wellness
*Call 410-871-7000 for 2016 dates and times.*

**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 10
7 – 8 p.m.
Shauck Auditorium

**Gather & Connect (beginning in 2016)**
*A group for people living with cancer and their families to share their experiences*
Mondays, January 25 & February 22
4:30 – 6 p.m.
Tevis Center for Wellness

**Gluten Free & You**
Tuesday, October 20
Thursday, February 25
6:30 – 7:30 p.m.
Shauck Auditorium
Registration required.

**Multiple Sclerosis**
Mondays, November 23, January 18 & February 15
10 a.m. – 12:30 p.m.
Shauck Auditorium

**Ostomy**
Wednesday, December 9
7 – 8 p.m.
Shauck Auditorium

**Parkinson’s Disease**
*Offered in partnership with the Morris K. Udall Parkinson’s Disease Research Center of Excellence at Johns Hopkins University.*
Fourth Thursday of every month
*(No meetings in the month of January & July)*
2 – 3:30 p.m.
Shauck Auditorium

**Prostate Cancer**
Wednesdays, November 11 & January 13
6 – 8 p.m.
Shauck Auditorium

**Stroke Survivors**
Second Wednesday of each month
6 – 7 p.m.
Shauck Auditorium
Registration required.

**Weight Management**
Wednesdays
November 11 & January 13, 1 – 2 p.m.
December 9 & February 10, 5 – 6 p.m.
Tevis Center for Wellness

Mind and Body

All Mind and Body classes and programs are held at the Tevis Center for Wellness unless otherwise noted.

**Auricular/Ear Acupuncture Trial Sessions**
*30-minute trial sessions in a group setting.*
First Wednesday of each month
1 p.m. and 1:30 p.m.
$10 per person
No registration required.

**Guided Imagery**
Monday – Friday (except holidays)
noon – 12:30 p.m.
Free

**Mini Massage Day**
November 6 & 18, December 4 & 16
By appointment only.
15 minutes, $20; 30 minutes, $45

**Yoga (8 weeks)**
Thursdays, January 7 – February 25
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.
$89 per person

**Tobacco Cessation**

**Quit Together**
*Learn strategies to stop using tobacco and developing healthy new habits. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.*
Thursdays, January 14 – February 18
6 – 8 p.m.
Shauck Auditorium; Free
For more information, call 410-876-4443.

**Walk-in Tobacco Cessation Clinics**
*Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program. Free individual counseling to help with your quit smoking plans. Participants may be eligible for vouchers for Chantix (with doctor’s prescription) and nicotine replacement.*
First Wednesday of each month, 10 – 11:30 a.m.
Access Carroll
10 Distillery Drive, Westminster
Third Thursday of each month, 4 – 5:30 p.m.
Carroll County Health Department
290 S. Center Street, Westminster
For more information, call Barbara White at 410-876-4443.
Special Services

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

**Acupuncture**
By appointment only.
Initial intake, $135; follow-up visits, $80;
Community acupuncture (90 minutes initial consultation and treatment), $65;
Community follow-up visits (up to 1 hour), $25

**Aromatherapy Massage**
Surround yourself in the aroma of your choice from one of the therapist’s essential oil blends and soothe away stress and tension.
$75 per session

**Cancer Navigation Services**
A free comprehensive resource for men and women pending a diagnosis or in any stage of cancer.
Call 410-871-7000 for more information.

**Care Connect Navigation Services**
Support and guidance for people living with chronic conditions.
Call 410-871-7000 for more information.

**Center for Breast Health**
A comprehensive resource for women pending a diagnosis or in any stage of breast cancer.
Call 410-871-7080 for more information.

**Facials**
Full facial, 90 minutes, $90
Mini facial, 60 minutes, $50
Gentlemen’s facial, 60 minutes, $50
Oncology facial (physician referral required), $90

**Genetic Counseling**
In partnership with University of Maryland Greenebaum Cancer Center. Services are available for cancer patients and those at risk for the disease.
Call 410-871-6161 for more information.

**Hot Stone Body Massage**
60-minute massage, $80

**Infant Massage**
For babies ages 3 weeks to 6 months and one or both parents.
First session: $70, includes instruction, massage oil and book
Additional session: $60

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

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

**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

**The Wellness Boutique**
Featuring health and wellness merchandise and holistic items designed to bring comfort or promote a healthy lifestyle. Studio YOU, a specialty area, features a wide selection of support items for those with cancer and medical hair loss, including breast prostheses, mastectomy bras, wigs, hats, turbans, custom medical alert bracelets and various cancer awareness items.
Tevis Center for Wellness
Charges apply. Limited quantities of wigs and head coverings are available free of charge. Appointments required for Studio YOU.
Call 410-871-6161 for more information or to schedule an appointment.

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

Bereavement Support Groups

Call 410-871-7229 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

**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

**Pet Loss**
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, January 9, 10:30 a.m. – noon
Carroll Hospice
Registration required.

**Widows**
Open to women whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice

**Widowers**
Open to men whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
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.

### Planning for Parenthood

#### Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
- Tuesdays, November 17, December 15, January 19 & February 16 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 3, 5 & 10
  - December 1, 3 & 8
  - January 5, 7 & 12
  - February 2, 4 & 9
  - 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 20 & 21; January 22 & 23
  - 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 17 & February 18 6:30 – 9 p.m., Shauck Auditorium $50 per couple, includes Infant CPR Kit

### Healthy Living

#### February is Heart Month
Call 410-871-7000 for a complete listing of Heart Month events.

#### Kidney Smart
An educational program for people who have been diagnosed with chronic kidney disease. Second Friday of each month
- 3 – 4:30 p.m.
- Carroll County Home Dialysis Clinic Fisher Medical Building 193 Stoner Avenue, Suite 120, Westminster Free
For more information, call 1-888-695-4363 or 410-751-3785 or visit KidneySmart.org

#### Look Good…Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
- Mondays, November 16 & December 14
- Tuesdays, January 12 & February 9 9 – 11 a.m.
- Tevis Center for Wellness Free

#### Lose to Win Wellness Challenge (12 weeks)
Beginning March 2016
- 5:15 – 6:30 p.m.; Shauck Auditorium
- $199 per person due at the time of registration
To register or for more information, call 410-871-7000 or visit CarrollHospitalCenter.org

#### Nutrition for Disease Prevention
Wednesdays, November 4 & January 6, 5 – 6 p.m.
- Wednesdays, December 2 & February 3, 1 – 2 p.m.
- Tevis Center for Wellness; Free

#### Nutrition for Cancer Treatment
Wednesdays, November 4 & January 6, 6:30 – 7 p.m.
- Wednesdays, December 2 & February 3, 2:30 – 3:30 p.m.
- Tevis Center for Wellness; Free

#### World COPD Day
Wednesday, November 18
Call 410-871-6333 for more information.

### Screenings

#### Blood Pressure Screenings
Free; Registration not required.
- Westminster Post Office
  - Mondays, November 2, December 7, January 4 & February 1 1 – 2 p.m.
- Kennie’s Market, Taneytown
  - Thursdays, November 19, December 17, January 28 & February 25 10:45 – 11:45 a.m.
- Martin’s Food Market, Eldersburg
  - Mondays, November 30, January 25 & February 29 11 a.m. – noon

#### Nutrition Screening
Mondays, November 16 & December 14
Wednesday, November 11 & December 9
By appointment only.
- Tevis Center for Wellness; Free

#### 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.

### Certified CPR

#### Healthcare Provider CPR – Initial
This class is for health care professionals and professional rescuers.
- Monday, December 7
  - Wednesday, February 10 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 23, noon – 4 p.m.
- Monday, January 25, 8 a.m. – noon Shauck Auditorium $64 per person

#### One-On-One Breast Health Consultation and Clinical Breast Exam
Conducted by Dona Hobart, M.D., breast surgeon.
- Wednesday, November 18
  - Mt. Airy Senior and Community Center 703 Ridge Avenue, Mt. Airy Free

#### Certified CPR

#### Healthcare Provider CPR – Initial
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  - Wednesday, February 10 8 a.m. – 1 p.m.
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Special Events

Auxiliary Gala
To benefit the expansion of cardiovascular services.
Saturday, November 7
6:30 p.m. – midnight
Martin’s Westminster
For sponsorships, tickets, donations or more information, visit CHCGala.org

Veterans Appreciation Breakfast
Sponsored by Carroll Hospice and Koons Westminster Toyota.
Tuesday, November 10
Best Western Conference Center
451 WMC Dr., Westminster
Free breakfast for one veteran and one guest. Limited seating. Call 410-871-7205 to RSVP.

Honoring U.S. Service Members
A Veterans Day flag ceremony hosted by the Carroll Hospital Auxiliary.
Wednesday, November 11, 11 a.m.
Flag court in front of Carroll Hospital’s main entrance
To reserve a flag to be placed in the hospital’s flag court, call Volunteer Services at 410-871-7280 or visit CarrollHospitalCenter.org/Veterans

A Season to Remember
To benefit Carroll Hospice.
Monday, November 30 through Tuesday, December 8
Festivities include Tree of Lights, Holiday Auction & Memorial Tree Ceremony.
Call the Carroll Hospice Development Office at 410-871-7220 or visit CarrollHospice.org for more information.

There’s No Place Like Home:
Follow the Yellow Brick Road to Happy and Healthy Living in Retirement
Tuesday, October 20, 9 a.m. | Shauck Auditorium
Free; Registration required.

Join the Carroll Hospital Foundation’s Planned Giving Committee for a light breakfast and a free presentation about healthy living in retirement.

Our session will include practical advice and considerations on aging in place and tips for active, healthy living for older adults, including a demonstration of basic exercises designed with older adults in mind.

Presenters include E. Alexander Myers, the managing director of Kairos Wealth Advisors of Raymond James in Westminster, and Diane Bohn, clinical director of Central Maryland Rehabilitation Services in Taneytown.

For more information or to register, please call 410-871-6200 or email foundation@CarrollHospitalCenter.org

Sign up for our E-newsletters
Carroll Hospital offers several electronic newsletters for your health and wellness needs:

After Cancer
A Survivorship Newsletter: For those in the survivorship stage of their cancer journey. Published monthly.

A Healthy Dose
Get a sneak peek of our award-winning magazine before it hits your mailbox. Published three times a year.

DASH
Dedicated to Awareness and Support of Hospice (DASH) is the official newsletter of Carroll Hospice. Published twice a year.

Tevis Center for Wellness
Receive timely health and wellness information from the Tevis Center for Wellness. Published three times a year.

Visit CarrollHospitalCenter.org/Subscribe to sign up today!
THE 6TH ANNUAL
TOTAL HEALTH EXPO
SATURDAY, OCTOBER 31
10 A.M. – 2 P.M.

Carroll Hospital East Pavilion
291 Stoner Ave.

Family Fun & Activities
Kids’ activities
Cooking demonstrations
Free snacks, prizes & giveaways!

FREE & Low–Cost Health Screenings
And More!

For more information, call 410-871-7000.
Updates and more details at CarrollHospitalCenter.org