Also in this issue:

- New Geriatric Resource Specialist
- Outpatient Palliative Care
- Breast Screening Recommendations

Shouldering Through:

Orthopaedic experts help patients return to a life without pain
Dear Friends,

With age comes wisdom. Nowhere is that more true than here at Carroll Hospital. As we celebrate our 55th year of service to this community, it gives me immense pride to witness all of the ways that we are building a smarter approach to care for you.

This summer, for example, we welcomed our first-ever geriatric resource specialist to the team (you can meet her on page 9). With her unique expertise, we’re able to connect older patients to a world of services they may not know about, from home safety solutions to financial assistance programs. These connections are giving seniors the power to stay healthy, independent and out of the hospital for as long as possible.

The recent outpatient expansion of our palliative care program is another great example. We know that every day can be wildly different when you’re living with a chronic illness. This service ensures that our seriously ill patients and their families can call on us for guidance, education and symptom management whenever they need it—not just when they’re in the hospital.

We’re also fortunate to have the wisdom of our LifeBridge Health sister hospitals, including Northwest and Sinai, which celebrates its 150th anniversary this year. Together, we form a powerful network of specialists, treatment technologies and programs, ready to help you tackle even the most complex health care challenges.

Over the years, we’ve come a long way: from a 50-bed hospital with six physicians and 125 employees, to the comprehensive, state-of-the-art health care system that we are today. Thank you for trusting your family’s health to us for these past 55 years. We’re making health care better and smarter because we know we have you—the greatest community in the world—counting on us.

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
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The new outpatient palliative care program provides an extra layer of support for individuals and their families living with serious illness.

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Constant pain ruins a person’s quality of life. Learn how patients like Greg Cullison get back to their active lives, thanks to quality orthopaedic care.

10 New Providers Expand Services
Carroll Hospital welcomes several new physicians to its medical staff to further our commitment to delivering high quality care in the community.

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ON THE COVER: Greg Cullison is enjoying life once again after having his shoulder repaired by orthopaedist Yatin Patel, M.D.
For 31 years, Lou Boulmetis ran his own business in the heart of downtown Baltimore. He survived recessions, politics regarding land development and even an armed robbery. But he admits that none of that compares to the stress he feels now in his new role: primary caregiver to his 92-year-old mother, Georgia.

“When I was in business, I had a lot more control over the day to day. Now I never know when the other shoe is going to drop,” he says. “But that’s where Leisa comes in. With every surprise, she’s right there with answers.”

“Leisa” is Leisa McDaniels, R.N., a long-time critical care nurse who became Carroll Hospital’s first-ever outpatient palliative care nurse in February of this year. Her new position is part of an effort to expand the eight-year-old inpatient palliative care program to patients and their families outside of the hospital.

“In palliative care, our job is to provide an extra layer of support to patients who are living with chronic illnesses,” explains inpatient palliative care nurse Joanna Van Ecken-horn, R.N. “Now, with Leisa, there’s a continued thread of support. She picks up where our inpatient team leaves off.
Patients know they always have a familiar face they can count on whether they’re in the hospital or at home.”

Boulmetis began working with McDaniels in July after his mother was discharged from the hospital following complications from congestive heart failure and myelodysplastic syndrome (a bone marrow disorder). McDaniels has been essential in helping Boulmetis manage his mother’s symptoms while also helping him honor his parents’ wishes to remain independent in their Westminster home.

“Leisa’s had a lot of great ideas, like putting up a clock in the bathroom that displays the day of the week as well as the time, and clearly marking all the pill boxes to help my mother remember what she’s taken and what she hasn’t,” he says. “Her advice is always good. It’s taken me a long way.”

“After our first meeting, my patients have my phone number. If something comes up, they can call me anytime,” adds McDaniels. “For many families, just knowing they have someone to talk to makes them feel so much better.”

What is Palliative Care?

The palliative care program is designed to support and improve the quality of life for patients after they are diagnosed with a serious or chronic illness. Services include:

- Providing symptom management and comfort measures
- Educating the patient and family about the disease, treatment options and other concerns such as advance directives
- Aligning patient and family goals with treatment plans
- Coordinating care and resources
- Providing emotional and spiritual support

Leisa McDaniels, outpatient palliative care nurse, points out that this palliative care program is unique. “We work directly with the patient’s primary care physician and specialists,” she says. “They have a history and a trusted relationship with the patient, so that makes our entire process much more collaborative and effective.”

Pictured on opposite page: Carroll Hospital’s palliative care team (from left to right): Jennifer Ballas, R.N.; Leisa McDaniels, R.N.; and Joanna Van Eckenhorn, R.N. Not pictured: Monica Clark-McGrew, R.N.

Pictured below: Georgia Boulmetis
Breast Screening Recommendations

The different viewpoints from various national organizations can be confusing. After careful review of the literature, the Center for Breast Health at Carroll Hospital has several recommendations:

Yearly breast exams are still necessary.

Careful examination of the breasts remains an important part of the general physical examination.

Do you have a family history, genetic tendency or certain other factors for breast cancer?

You may need to be screened with an MRI in addition to a mammogram.

Are you 40 or older and in a state of good health?

You should have yearly screenings with mammography. Tomosynthesis (3-D mammograms) should be considered, especially if you have dense breast tissue.

Are you postmenopausal?

Every-other-year screenings may be adequate. Discuss the pros and cons of this approach with your doctor.

You experience any of the following changes in your breasts:

- Lump, knot or thickening inside the breast or underarm area
- Swelling, warmth or redness or darkening of the breast
- Change in size or shape of the breast
- Dimpling or puckering of the skin
- Itchiness, scaliness, soreness or rash on the nipple
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Notify your physician if...

For more information, call the Center for Breast Health at 410-871-7080 or visit CarrollHospitalCenter.org/BreastHealth. And look for more information soon about an exciting LifeBridge Health Mammothon in November!
Drewry White, M.D., M.B.A.,
Elected as President of Carroll Hospital’s Medical Staff

Drewry White, M.D., M.B.A., was elected to serve as president of Carroll Hospital’s medical staff. As medical staff president, he also serves as an ex-officio member of the hospital’s Board of Directors. Dr. White, a physician with Emergency Medical Associates, assumed his new role on July 1 after being elected by the hospital’s medical staff in June.

Affiliated with Carroll Hospital for 14 years, Dr. White has served for the last several years as the hospital’s chief of emergency medicine. Certified by the American Board of Emergency Medicine, Dr. White earned his medical degree at the University of Maryland School of Medicine, and completed his residency as the chief resident at The Johns Hopkins Hospital in Baltimore. He is a fellow of the American College of Emergency Physicians and is the president of the American College of Emergency Physicians Maryland Chapter.

In addition to the office of president, the following individuals were elected to serve in leadership medical staff positions at the hospital: Sarah Lentz, M.D., vice president; Kiran Kuna, M.D., secretary/treasurer; J. Mark Blue, M.D., member-at-large; Syed Hosain, M.D., member-at-large; and Kevin Walsh, P.A.-C., allied health professional member-at-large.

With Dr. White now serving as the medical staff president, Mark Goldstein, M.D., has assumed the role of chief of emergency medicine. Affiliated with the hospital for four years, Dr. Goldstein received his medical degree from Tulane University School of Medicine in New Orleans, La., and completed his residency at The Johns Hopkins University School of Medicine in Baltimore.

Joint Commission Recertifies Carroll Hospital after Impressive Survey Results

Carroll Hospital is proud to announce The Joint Commission (TJC) has recertified the organization for another three years after conducting its onsite survey of the hospital’s practices in June. During the survey, the hospital received rave reviews from TJC surveyors, thanks to our staff’s exceptional performance in all aspects of care. The hospital had excellent ratings on more than 1,700 of TJC’s standards—much higher than the state’s average.

TJC complimented our organization on various practices, including:
- The absence of any infection control issues
- The cleanliness of the hospital
- The hospital’s cultures of transparency and safety
- The excellent processes (resulting in no deficiencies found) in a number of departments, such as The Family Birthplace, behavioral health services, outpatient services and more.

Overall, the hospital’s performance was outstanding and demonstrates Carroll Hospital’s commitment to being the best place to work, practice medicine and receive care.
Shouldering

Surgical advances help patients rise above chronic shoulder pain and injury
Some injuries happen suddenly. A car accident. A fall from a ladder. A collision on the athletic field. For Greg Cullison, the injury to his shoulder took its time: five years to be exact.

“Around 2010, I noticed a little pain from working out, but I attributed it to getting older. I just figured it would go away,” the 46-year-old Manchester resident recalls. “Over the years, I tried to work through it by working out. I tried not working out. But nothing helped. Eventually the pain got to the point where I couldn’t sleep.”

Cullison, lieutenant and commander of the Human Resources Division for the Maryland State Police, went to see Yatin Patel, M.D., an orthopaedic and sports medicine specialist with Carroll Health Group Orthopaedics and Carroll Hospital. Fellowship trained at the world-renowned American Sports Medicine Institute in Birmingham, Ala., Dr. Patel has consulted college and high school teams—as well as patients from all walks of life—on a broad range of shoulder and sports-related injuries.

An MRI revealed the source of Cullison’s pain: a torn rotator cuff and labrum in his right shoulder.

Dr. Patel says it’s not uncommon for injuries like this to gradually sneak up on people: “Most folks initially try to fight through it. But if you think about all the ways we use our shoulders every day—that kind of repetitive use and stress tends to worsen a tear over time.”

To repair Cullison’s shoulder, Dr. Patel performed arthroscopic surgery—a minimally invasive, outpatient treatment option that requires just three to four very small incisions. “With advances in technology, we can now go into the shoulder with a camera the size of a pencil and repair the injury,” says Patel. “That makes the entire process—from surgery to recovery—much quicker for the patient.”

On the day of his surgery, Cullison was home by lunchtime. Within two days, he was completely off pain medication. Within three months, he was back on active duty at work—a full three months sooner than expected.

“My shoulder is perfect today; I have no limitations whatsoever,” he reports. “I was told it would be a full year before I’d be back 100 percent, but, as far as I’m concerned, I’m 100 percent now, and I have been for some time.”

### Ask the Expert

**We asked Dr. Patel for help with our burning shoulder questions:**

**My shoulder hurts. When should I see an orthopaedist?**

“The rule of thumb is: is your pain getting worse? That means it’s not improving with rest, icing or anti-inflammatories. Or it’s starting to limit your basic functions, such as reaching or sleeping.”

**Is surgery the only treatment option for a shoulder injury?**

“Not at all. We’ll always look at conservative solutions—including physical therapy, anti-inflammatories and cortisone injections—first.”

**Are there ways to prevent a shoulder injury?**

“A good idea is to start doing rotator cuff exercises. Avoid heavy weights and strenuous overhead exercises, and focus on toning exercises that use light weights or resistance bands.”

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*Yatin Patel, M.D., orthopaedic and sports medicine specialist*

Go to CarrollHospitalCenter.org/OrthoStories to meet our orthopaedic specialists and see more patient results.
Looking for an easy way to help us this year?

**The IRA rollover is a simple way to help our work**

If you are 70½, you may roll over $1,000, $10,000, $50,000 or even $100,000 from your IRA to charity without paying any federal income tax on your gift.

To make an IRA rollover gift to Carroll Hospital or Carroll Hospice, simply contact your custodian and request that an amount be transferred to us. Your gift can be any amount up to $100,000.

Please call the Carroll Hospital Foundation at 410-871-6200 or visit our website at CarrollHospitalFnd.org to learn more.
Graduate social worker Amber Coleman was in her junior year of nursing school when she realized she didn’t want to be a nurse. “I was helping patients medically, but I wanted to go beyond that,” she says. “I wanted to be a change agent for others.”

That’s exactly what she’s doing in her new role as Carroll Hospital’s first-ever geriatric resource specialist. The position combines her chosen profession with her other passion: advocating for seniors. “A lot of times, our elders are left by the wayside,” she says. “No one is really fighting for them. I want to make their voices heard.”

In the new role, Coleman works one-on-one with patients ages 60 and older to identify their individual needs and goals, then matches them to the appropriate—and often untapped—hospital and community resources that can help.

“There are countless resources out there that many seniors and their families don’t even know about,” explains Coleman. “Carroll Hospital Foundation’s patient assistance funds, Meals on Wheels, Medicare counseling, support groups, housing options...my job is to be a bridge to all of these services for our patients.”

Coleman is also responsible for making sure her patients are properly educated on critical issues like medication safety, falls prevention and advance directives.

“Often we see older patients who are hospitalized multiple times because they don’t understand their disease process,” explains Karen Lee, R.N., executive director of medical and emergency services. “Amber is able to change that. The knowledge she provides empowers patients to stay healthy, stay out of the hospital and live independently for as long as possible.”

The addition of Coleman is the latest in a series of moves Carroll Hospital has made to better serve the community’s growing senior population. In 2011, 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. And in 2015, the hospital unveiled a new senior emergency care suite—a dedicated area in the emergency department that’s specially designed with the comfort and needs of older patients in mind.

“Seniors respond differently to disease processes and medications, so caring for them is a specialty in and of itself,” says Lee. “Making sure we provide them with the best possible care is something we always keep at the forefront of our thinking.”
Carroll Hospital is proud to welcome the addition of several new physicians to its medical staff. They will further enhance the hospital’s services and embrace our commitment to delivering high quality care to our community. All of these physicians are accepting new patients.

Sunil Gurung, M.D., endocrinology
Sunil Gurung, M.D., joins Carroll Health Group Endocrinology with nearly 15 years of experience. Board certified by the American Board of Internal Medicine, Dr. Gurung earned his medical degree at Manipal College of Medical Sciences in Nepal. He completed his residency at the Mount Sinai School of Medicine program in Bronx, N.Y., and his fellowship in diabetes, endocrinology and metabolism at the University of Minnesota in Minneapolis.

Dr. Gurung sees patients in Westminster. To make an appointment, please call 410-751-2510.

Sandip Hirpara, D.O., primary care
Specializing in family medicine, Sandip Hirpara, D.O., has 12 years of health care experience. He received his medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pa., and completed his residency at Community Hospital of Lancaster in Lancaster, Pa. Dr. Hirpara is board certified by the American Academy of Family Physicians.

Dr. Hirpara sees patients in Westminster. To book an appointment, please call 410-848-2444.

Sara Loeffler, M.D., endocrinology
Sara Loeffler, M.D., earned her medical degree at the University of Maryland School of Medicine and completed her residency at Yale-New Haven Hospital in New Haven, Conn. She received her fellowship in endocrinology, diabetes and nutrition from the University of Maryland School of Medicine and is board certified by the American Board of Internal Medicine.

Dr. Loeffler sees patients in Westminster. To make an appointment, please call 410-751-2510.

Andrew Mowery, D.O., gastroenterology
Gastroenterologist Andrew Mowery, D.O., sees patients at Carroll Health Group Gastroenterology. Dr. Mowery received his medical degree at the Philadelphia College of Osteopathic Medicine in Philadelphia. He completed his residency in internal medicine and fellowship in gastroenterology at Geisinger Health System in Danville, Pa. He also has a therapeutic endoscopy fellowship from the Virginia Commonwealth University in Richmond, Va.

Board certified by the American Board of Internal Medicine, Dr. Mowery has six years of experience treating patients.

Dr. Mowery sees patients in Westminster. To schedule an appointment, please call 410-876-8332.
**James Frazier, M.D., neurosurgery**

Dr. Frazier received his medical degree from The Johns Hopkins University School of Medicine, and completed his residency and fellowships in radiosurgery and neuro-oncology at The Johns Hopkins Hospital in Baltimore. He is board certified by the American Board of Neurological Surgery.

Dr. Frazier is accepting patients in his office in Mt. Airy. To make an appointment, please call 410-601-4417.

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**Arun Mavanur, M.D., surgical oncology**

General surgeon Arun Mavanur, M.D., earned his medical degree from M.S. Ramaiah Medical College in India. He completed his residency at the University of Connecticut School of Medicine in Farmington, Conn., and his fellowship at the University of Pittsburgh Medical Center in Pittsburgh. Dr. Mavanur is board certified by the American College of Surgeons and specializes in surgical oncology (cancer surgery).

Dr. Mavanur is accepting patients in his office in Westminster. To make an appointment, please call 410-601-8317.

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**Neal Naff, M.D., neurosurgery**

Neurosurgeon Neal Naff, M.D., is chief of neurosurgery at Sinai Hospital. He earned his medical degree from The Johns Hopkins University School of Medicine and completed his residency and fellowship at The Johns Hopkins Hospital in Baltimore. He is board certified by the American Board of Neurological Surgery.

Dr. Naff is accepting patients in his office in Westminster. To make an appointment, please call 410-601-4417.

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**Tiffany Stoddard, M.D., general surgery**

Tiffany Stoddard, M.D., has joined Carroll Health Group General Surgery. Board certified by the American Board of Surgery, Dr. Stoddard received her medical degree from the College of Medicine at Medical University of South Carolina in Charleston. She completed her residency at the University of Maryland Medical Center in Baltimore and earned her fellowship in laparoscopic surgery at Anne Arundel Medical Center in Annapolis.

Dr. Stoddard sees patients in Westminster. To make an appointment, please call 410-848-1818.

Learn more about Carroll Health Group at CarrollHealthGroup.com
What is HPV?
HPV stands for Human Papillomavirus. There are several types of HPV, and some are more serious than others. The high-risk HPV types are responsible for cancer of the cervix and other types of cancer.

What types of health issues are caused by HPV?
Globally, HPV is the most common sexually transmitted infection. Cervical cancer is the most serious complication of high-risk HPV infection, and it is the third most common cancer in women worldwide. The majority of sexually active men and women are exposed to HPV in their lifetime.

It is difficult to determine when exposure to the virus occurred, and many unknowingly will spread it through intimate contact. However, most HPV infections, including the high-risk types, will go away on their own without treatment. The infections that persist are at risk for developing precancerous lesions. Women or men who have a weak or compromised immune system are more at risk for persistent infections.

What is the HPV vaccine and who should receive it?
The HPV vaccine is designed to prevent HPV infection and HPV-associated lesions. Three types of vaccines are available, and the HPV vaccine series is given in three doses.

The Advisory Committee on Immunization Practices (ACIP) recommends that HPV vaccination should routinely be offered to females ages 11 to 12 years, but can be given to girls starting at age nine. Catch-up vaccinations can be given to females ages 13 to 18 who have not been previously vaccinated or did not complete the series.

It is also recommended that males be vaccinated, and the recommendations are similar to that of females.

Your health care provider can provide you with more information to determine if the HPV vaccine should be given to you or your children.
The staff at Carroll Hospital has been dedicated to providing quality care to friends, family and neighbors ever since the hospital opened its doors 55 years ago. Today, the hospital’s Patient Experience committee is one of the many ways opportunities to improve the patient experience are identified and implemented.

Staff from various areas of the hospital attend monthly meetings to share data and ideas for improvement to make a patient’s stay the best it can be.

“Every single person in our organization touches the patient and the family in a different way,” says Stephanie Reid, vice president of patient care services and chief nursing officer. While physicians and nurses immediately come to mind, the patient experience at the hospital is more far reaching, explains Laura Hooper, director of quality outcomes management at the hospital. In addition to medical and nursing staff, all employees play a role in the patient experience, from the hostesses who take patients’ meal orders, to the environmental services staff who ensure the hospital is clean, to the employees who register patients upon arrival.

The work of the committee can be seen throughout the hospital, from standardizing nursing practices, such as hourly rounding, when a nurse visits the patient each hour, to bedside shift reporting, when the nursing staff discuss a patient’s status at the end of each shift, involving him or her in the discussion when possible. “We have found when patients are more involved with their care, they are more satisfied with that care,” Hooper says.

The creation of a discharge folder specifically used for aftercare instructions and an onsite pharmacy that fills prescriptions and brings them to the patient’s room upon request are two other projects implemented by the committee. “That service is very convenient, especially for surgical patients, so you have your medications when you’re ready to go home,” says Reid.

Providing engaging, quality care at the hospital is the key goal for staff. “We all have a role in how the experience plays out for patients,” Reid says. “And each of us affects that experience.”

Above: Hospital nurses, like Hank Dalley, R.N., perform hourly rounding and other standardized practices to improve the patient’s stay.
Registration is required for all classes and programs 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. No registration required unless otherwise noted.

**Adult Diabetes**
Mondays, November 7 & December 5
7 – 8 p.m.
Shauck Auditorium
Registration required.

**A.W.A.K.E. Network**
A sleep disorders support group.
Wednesday, November 9
7 – 9 p.m.
Shauck Auditorium
Registration required.

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

**Breastfeeding (daytime)**
Thursdays
noon – 1 p.m. (except holidays)
Shauck Auditorium

**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

**Celebrating New Life and Recovery**
A group for pregnant women committed to being alcohol or drug free
Fourth Thursday of every month
(no meeting in November)
1 – 2:30 p.m.
Shauck Auditorium

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

**Gather & Connect**
A group for people living with cancer and their families to share their experiences
Mondays, November 28, December 19, January 23 & February 27
4:30 – 6 p.m.
Tevis Center for Wellness

**Gluten Free & You**
Thursday, February 23
6:30 – 7:30 p.m.
Shauck Auditorium
Registration required.

**Multiple Sclerosis**
Third Monday of each month
(except December)
10 a.m. – 12:30 p.m.
Shauck Auditorium

**Ostomy**
Wednesday, December 14
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
Thursdays, November 17, December 15 & February 23
2 – 3:30 p.m.
Shauck Auditorium

**Postpartum**
A group for new moms who are feeling overwhelmed, hopeless, sad or out of control.
Participants can share experiences, connect with needed resources and get support.
Fourth Tuesday of the month
1 – 2:30 p.m.
Tevis Center for Wellness

**Prostate Cancer**
Wednesdays, November 9 & January 11
6 – 8 p.m.
Shauck Auditorium

**Stroke Survivors**
Wednesdays, December 14 & February 8
6 – 7 p.m.
Shauck Auditorium
Registration required.

**Weight Management**
Call 410-871-7000 for dates and times.
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
Call 410-871-7000 for dates.
$10 per person
No registration required.

**Guided Imagery**
A quiet space is provided for you to try a recorded guided imagery meditation.
Monday – Friday (except holidays)
Noon – 12:30 p.m.
Free

**Relaxation & Recovery Yoga (8 weeks)**
Wednesdays, January 11 – March 8
6 – 7:15 p.m.
$88 per person

**Gentle Vinyasa Flow Yoga (8 weeks)**
Thursdays, January 12 – March 9
6 – 7:15 p.m.
$88 per person

**Community Mixed Levels Yoga (8 weeks)**
Drop-in only (maximum 10 participants)
Fridays, January 13 – March 10
8 – 9 a.m.
$6 per person (exact cash only)

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 12 – February 9
6 – 8 p.m.
Shauck Auditorium; Free
For more information, call 410-876-4443.

**Walk-in Tobacco Cessation Clinics**
Free individual counseling to help with your quit smoking plans. Participants may be eligible for vouchers for Chantix® (with a physician’s prescription) and nicotine replacement. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.
Carroll County Health Department
290 S. Center St., 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-minute 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, 1.5 hours: $90
Mini facial, 1 hour: $50
Gentlemen’s facial, 1 hour: $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.

**Health Coaching**
Individual and group sessions
For more information and pricing, call 410-804-5257.

**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

**Zero Balancing Treatments**
Introductory prices (subject to change)
30- to 40-minute session: $50
Three 30- to 40-minute sessions: $125

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

**The Wellness Boutique**
A boutique featuring health and wellness merchandise and other holistic items designed to bring comfort or promote a healthy lifestyle.
Includes Studio YOU, a specialty area that features items to support people with cancer and medical hair loss, such as breast prostheses, mastectomy bras, wigs, hats, turbans and various comfort items.
Tevis Center for Wellness
Limited quantities of wigs and head coverings are available free of charge.
Appointments required for Studio YOU.
Call 410-871-7000 for more information or to schedule an appointment.

**Gift certificates available for all Special Services.**

Purchase a $100 holiday gift certificate for Complementary Health services between November 25 and December 24 and receive a $20 gift certificate for free. Restrictions apply.
Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert
Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, common breastfeeding concerns and breast pumps.
Tuesdays, November 15, December 20, January 17 & February 21
6:30 – 9 p.m.
Shauck Auditorium; $30 per couple

Childbirth and Baby Basics
This class prepares you for labor, postpartum and baby care.
Sundays, November 13, December 11, January 8 & February 12
1:30 – 4:30 p.m.
Shauck Auditorium; $25 per couple

Family Birthplace Tours
Tours 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 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 1, 3 & 8; December 6, 8 & 13
January 3, 5 & 10; February 7, 9 & 14
Shauck Auditorium; $70 per couple

Prepared Childbirth Education (One day)
Saturdays, December 10 & February 11
9 a.m. – 6 p.m.
Shauck Auditorium; $70 per couple

Prepared Childbirth Weekend (Two days)
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
November 25 & 26; January 27 & 28
Shauck Auditorium
$100 per couple, includes lunch voucher on Saturday

Safe Start
Learn about infant safety including childproofing, 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 15 & February 16
6:30 – 9 p.m., Shauck Auditorium
$50 per couple, includes infant CPR kit

Healthy Living

AARP Senior Safe Driving Course
Thursday, November 10, 10 a.m. – 3:30 p.m.
$15 for AARP members; $20 for nonmembers
Lunch provided.

Bariatric Seminar
Hosted by a bariatric surgeon, this information session is for those who want to learn if bariatric surgery is the right option for them.
Second Tuesday of each month
5:30 – 6:30 p.m.
Free; Shauck Auditorium
For more information or to register, call 866-404-DOCS (3627).

Date Night: Heart Health
Presented by Radhika Kuna, M.D., cardiology
Thursday, February 9, 6 – 7:30 p.m.
Mt. Airy Health & Wellness Pavilion
504 East Ridgeville Blvd., Mt. Airy
Free, includes dinner and door prizes
Registration required.

Healthy Holiday Challenge
Mondays, November 21 – January 9
$20 per person; For more information or to register, call 410-871-6646.

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

Screenings

Blood Pressure Screenings
Free; Registration not required.
Westminster Post Office
Mondays, November 7, December 5 & February 6
1 – 2 p.m.
Kennie’s Market, Taneytown
Thursdays, November 17, December 22, January 26 & February 23
10:45 – 11:45 a.m.
Martin’s Food Market, Eldersburg
Mondays, November 28, January 30 & February 27 (no December screening)
11 a.m. – noon

Body Composition Analysis
Call 410-871-7000 for dates and times.
Tevis Center for Wellness; Free

Health Assessments: Know Your Numbers
Saturday, November 5
$20 per person; By appointment only.
*This health assessment is not meant to take the place of regular preventative health care visits. The assessment is for adults ages 21-79 due to the chronic disease risk report. An email account is required.

Hearing Screening
Saturday, November 5; By appointment only.
Tevis Center for Wellness; Free

One-On-One Breast Health Consultation and Clinical Breast Exam
Conducted by Dona Hobart, M.D., breast surgeon
Thursday, November 3
North Carroll Senior and Community Center
2328 Hanover Pike, Hampstead
Free; By appointment only.
Certified CPR

**Health Care Provider CPR – Initial**
This class is for health care professionals and professional rescuers.
Call 410-871-7000 for dates and times.
Shauck Auditorium; $75 per person

**Health Care Provider CPR – Renewal**
Must have a current AHA Healthcare Provider Card to register
Call 410-871-7000 for dates and times.
Shauck Auditorium

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.

Special Events

**A Season to Remember**
To benefit Carroll Hospice
Monday, November 28 – Tuesday, December 6
Festivities include Tree of Lights, Tree Auction & Memorial Tree Ceremony
Call the Carroll Hospice Development Office at 410-871-7220 or visit CarrollHospice.org for more information.

**Auxiliary Books Are Fun & Electronics Sale**
Thursday, December 22, 10 a.m. – 5 p.m.
Friday, December 23, 7 a.m. – 4 p.m.
Carroll Hospital Main Lobby

**Auxiliary Gala**
To benefit emerging diagnostic and treatment technology systems at Carroll Hospital.
Saturday, November 5, 6:30 p.m. – midnight
Martin’s Westminster
For sponsorships, tickets, donations or more information visit CHCGala.org or call 410-871-7280.

**Auxiliary Charity Day & Gala After-Party**
Wednesday, November 9, Begins at 11 a.m.
Maggie’s Restaurant, 310 E. Green St., Westminster
Includes a 50/50 raffle and more. Reservations recommended for lunch/dinner.
For reservations, call 410-848-1441.

**Carroll Hospice We Honor Veterans Breakfast**
Sponsored by Carroll Hospice and Koons Westminster Toyota
Thursday, November 10, 9 –11 a.m.
Shauck Auditorium
Free breakfast for one veteran and one guest. Limited seating. Call 410-871-7205 to RSVP beginning October 10.

**Total Health Expo**
Saturday, October 29, 10 a.m. – 2 p.m.
East Pavilion at Carroll Hospital
291 Stoner Ave., Westminster
Free; No registration required to attend, though some screenings require registration.
For more information, call 410-871-7000.

**Turkey Trot Charity 5K**
Sponsored by LifeBridge Health
Thursday, November 24, 8:30 a.m.
For more information or to register, visit YMaryland.org.

**Veteran’s Day Flag Ceremony**
Friday, 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.
**THE 7TH ANNUAL TOTAL HEALTH EXPO**

**A MONSTER-SIZED DAY OF HEALTHY FUN**

**COME DRESSED IN YOUR HALLOWEEN COSTUME AND RECEIVE FREE FACE PAINTING AND PRIZES!**

**SATURDAY, OCTOBER 29**

10 A.M. – 2 P.M.

THE TEVIS CENTER FOR WELLNESS

EAST PAVILION | 291 STONER AVENUE

FAMILY FUN & ACTIVITIES

FREE & LOW-COST HEALTH SCREENINGS
FREE SNACKS, PRIZES & GIVEAWAYS!

FOR MORE INFORMATION, CALL 410-871-7000 OR VISIT CARROLLHOSPITALCENTER.ORG