A Healthy Dose
A magazine for the community of Carroll Hospital
Fall 2019

Breaking New Ground
Building projects continue to transform health care at Carroll Hospital

Also in this issue:
- Cancer & Wellness Centers Celebrate 5 Years
- #1 Cleanest Hospital in Maryland
- Stopping Mental Health Stigma
President’s Letter | Leslie Simmons

Dear Friends,

Have you heard the news? Carroll Hospital was named among the best hospitals in Maryland by U.S. News & World Report! I am pleased to share that we were ranked seventh in the state and in the Baltimore region in the Best Hospitals listing. This exciting announcement is a testament to the quality care our staff provides around the clock to ensure our patients’ needs are addressed with compassion and respect. It is an honor for us to serve you, and we take that responsibility very seriously.

A Greek philosopher once said that the only thing constant in life is change. For Carroll Hospital, change is helping us raise the bar in care and achieve our Vision 2020 commitment to our community. You may have noticed major construction projects happening throughout our campus. These projects include expanding our Critical Care Unit, building a skilled nursing and rehabilitation facility, and renovating areas of the hospital to align nursing units and enhance the visitor and patient experience. All of these projects are intended to meet your growing health care needs, for today and for the future.

Carroll Hospital is also celebrating the five-year anniversaries of the William E. Kahlert Regional Cancer Center and the Tevis Center for Wellness. The growth that each of the centers has seen is remarkable and is directly related to the quality care and exceptional service they offer. Today, the William E. Kahlert Regional Cancer Center has nearly 22,000 patient encounters yearly, while the Tevis Center for Wellness offers innovative programs, including hands-on cooking classes, relaxing and restorative complementary health treatments, and timely screenings and support groups, just to name a few.

And, I’m excited to share a dynamic new program with the mission to change the way people with mental health and substance abuse concerns are viewed. The Carroll Anti-Stigma Resilience Effort (C.A.R.E.) aims to end that stigma so that treatment is accessible, safe and immediate. Learn more about the program inside these pages and at HealthyCarroll.org/C-A-R-E.

At Carroll Hospital, we are embracing change—and all it has to offer—as we strive to be the trusted resource of health and wellness in our community.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.  
President, Carroll Hospital  
Executive 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!

432-846-3000  |  TTY: 410-873-7588  |  CarrollHospitalCenter.org

Features

2 From Vision to Reality  
Expanding services on the hospital campus is just one of the ways our Vision 2020 strategic plan outlines our continuing efforts to enhance quality care.

12 Vital Services in Your Backyard  
Learn how the Tevis Center for Wellness and the William E. Kahlert Regional Cancer Center have grown and are meeting the needs of the community.

ON THE COVER: Delegate Susan Krebs, Senator Justin Ready, Delegate April Rosario and Delegate Hoon Shoemaker at the construction site of the hospital’s new patient care tower
Carroll Hospital launches three major construction projects as part of its Vision 2020 strategic plan

Many hospitals speak metaphorically about creating a “blueprint for better health.” Carroll Hospital, however, is literally drafting one.

It’s all part of Vision 2020, the hospital’s seven-year strategic plan that was launched in 2013. Now in its final phases, the plan is ushering in a host of major construction projects that will reshape the hospital’s physical footprint and its ability to care for the community.

“Our goal with this construction phase is to expand and streamline our services and modernize our facilities,” explains Leslie Simmons, president of Carroll Hospital and executive vice president of LifeBridge Health. “Ultimately, that means a better workflow for our teams and a better experience for our patients and families.”

The hospital isn’t wasting time either. Ground has already broken on the two largest projects: a $15 million newly constructed skilled nursing and rehabilitation center, located at Gist and Washington roads, and a $54 million main campus expansion, which will be anchored by an all-new critical care unit (CCU). Construction on a third project—the $3.5 million expansion of Carroll Hospice’s inpatient facility, Dove House—is set to begin in June 2020. (See pages 4-5 for details on each project.)

Not all of these projects were part of the original plan. Simmons says the hospital’s strategy has continuously evolved to meet the changing needs of the community and capitalize on new opportunities to better serve patients.

“When we started Vision 2020, a skilled nursing facility was not on our list,” she explains. “LifeBridge Health leadership actually brought the concept to us after we joined forces [in 2015]. And we were just over-the-moon excited about it. We knew that having a facility right here on campus would give our community an unprecedented level of access to more convenient, more coordinated short- and long-term care.”

The expansions of Carroll Hospital’s main campus and Carroll Hospice’s Dove House were always part of the plan, however. Both projects caught the attention of Maryland State Delegate Susan Krebs, who sits on the Carroll Hospital Foundation board and chairs the Carroll Hospice board.

She immediately set to work in Annapolis to help secure funding.

“Carroll Hospital is very good at fundraising,” says Del. Krebs, “but I saw such a need for these projects. And I know what a visionary organization the hospital is. I have sat on the state’s health committee for 11 years, and I can say without a doubt that Carroll Hospital is leading the curve in health care.”

She and her District 5 colleagues—Senator Justin Ready, Delegate April Rose and Delegate Haven Shoemaker—succeeded in securing $800,000 for the CCU renovation from the state’s Hospital Bond Program. The delegation also successfully petitioned Governor Larry Hogan and Budget Secretary David Brinkley for funding for Carroll Hospice’s Dove House expansion and was able to secure an additional allocation from Capital Budget Chair Adrienne Jones for a total of $650,000 toward the project.

“The governor, secretary and District 5 legislators have been integral in helping us make these projects feasible,” adds Simmons. “We owe them—and everyone who has donated to these projects thus far—a debt of gratitude for being champions for us. We all listen to our community. We hear what the community needs. And it’s pretty awesome to have the support and strength to answer the call.”

Visit CarrollHospitalCenter.org/Expansion for regular updates and photos from the hospital’s Vision 2020 construction projects.
A ROAD MAP TO Vision 2020 Construction Projects

Over the next few years, Carroll Hospital’s campus will evolve to ensure we’re providing the highest quality care to you and your family. Here are some of the changes you can expect to see.

**Atlee Hill, a NEW Skilled Nursing & Rehabilitation Center**
- Brinton Woods at Winfield will be relocated to this new short- and long-term care center for patients recovering from illness, injury or surgery
- 40 private rooms
- 10 semi-private rooms
- Coordinated, convenient care with all Carroll Hospital and LifeBridge Health specialists and services

**Carroll Hospital Main Campus Expansion**
- Critical Care Unit (CCU) Expansion
  - A newly redesigned unit dedicated to caring for the sickest of the sick patients, such as those recovering from a car accident, stroke or heart attack
  - All private rooms
  - Glass front walls for constant nurse monitoring and faster response times
  - Double the room size to allow loved ones to be more involved in the patient’s care

**Carroll Hospice Dove House Expansion**
- 6 NEW inpatient beds (taking the total from 8 to 14) to ensure more patients can get the highest level of hospice care when needed
- A family lounge for loved ones to gather
- An enhanced nursing station and welcome desk for optimized workflow
- Expanded bereavement support for families, a non-reimbursable service that’s provided for 13 months after a family’s loss

**Additional Expansion Features**
- A dedicated observation unit for Emergency Department (ED) patients who require extended medical evaluation
- A NEW specialized Pediatric ED and inpatient unit, streamlining care for our youngest patients
- A more accessible cafeteria, which will be relocated from the basement to the hospital’s main level for a better visitor experience
- A relocated and expanded imaging suite
- Consolidation of our peri-operative and post-operative areas

**White Rabbit Thrift Shop**
- Opening late 2019 at 555 South Center Street in Westminster

**Estimated Projected Completion: Spring 2021**

**Estimated Projected Completion: Winter 2022**

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- Opening late 2019 at 555 South Center Street in Westminster

**NEW Location!**

MORE VISION 2020 Success Stories

Here are just some of the highlights of what Carroll Hospital has accomplished this year alone. For a complete update on Vision 2020’s progress, go to CarrollHospitalCenter.org/Vision2020 and download our latest report.
Kiran Kuna, M.D., was named Carroll Hospital’s 2019 Physician of the Year. Affiliated with the hospital for more than 13 years, Dr. Kuna is the chief of anesthesiology. He serves as a medical staff officer and as a member of the Carroll Hospital Foundation’s Board of Trustees. He’s been described as an outstanding team player and a dependable colleague.

Kevin Walsh, P.A.-C., was named Advanced Practice Provider of the Year. Walsh has worked at the hospital for five years and currently serves as chair of the Advanced Practice Providers Committee and as the medical staff’s secretary/treasurer. He was recognized for his positive attitude, his reassuring demeanor with patients and his willingness to go the extra mile for them.

Lisa Robinson was named Patient Care Tech of the Year. An associate for 14 years, Robinson was chosen for her exceptional patient care and outstanding teamwork skills. Several of her peers nominated her for being extremely efficient and compassionate and for always going above and beyond to care for patients.

Ashley Keating, R.N., was named Nurse of the Year. A nurse at the hospital for five years, Keating cares for patients in the cardiovascular lab. She was nominated by her peers for her calm demeanor in urgent situations, superior patient care and being a great resource to her colleagues.

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The hospital’s Medical Executive Committee recently gave members of our environmental services team fleece jackets in recognition of this outstanding achievement.

Carroll Hospital Rated #1 Cleanest in Maryland

Carroll Hospital has been rated number one in Maryland for being the cleanest hospital after achieving the highest cleanliness scores in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey required by the Centers for Medicare and Medicaid Services (CMS).

Carroll Hospital ranked the highest out of Maryland’s 47 hospitals, with 80 percent of patients rating the hospital the highest in HCAHPS’s cleanliness of hospital environment measure for 2017. CMS is one year behind in its HCAHPS data reporting.

Celebrating Quality Patient Care

Congratulations are in order for employees and members of our medical staff in recognition of their outstanding accomplishments and care of our patients:

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For the past 10 years, Carroll Hospital’s Total Health Expo has been a health and wellness event for the entire family.

This year’s event, slated for Saturday, October 26, is no different! Join us for a variety of health screenings, educational offerings and fun as we celebrate a decade of healthy fun at the expo.

Free health screenings include balance, blood pressure, body fat analysis, oral/dental health, pre-diabetes/diabetes, pulmonary and more.

Family fun and activities for 2019 include interactive educational displays, including a 3D lung exhibit; free mini complementary health treatments; kids’ activities; healthy food samples and recipes; and guided tours of the William E. Kahlert Regional Cancer Center as it celebrates five years of service.

Don’t forget to wear your Halloween costume!

Call 410-871-7000 to register for a screening or for more information.

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Fun Expo Facts

• More than 4,000 screenings and complementary health treatments have been given in the event’s 10-year history.
• The Oriole Bird brought fun and smiles when he visited the expo in 2017.
• The expo has been hosted in various locations on the hospital campus over the years, including the main lobby, the Dixon Building, the Charles O. Fisher Building and, for the past five years, in the East Pavilion.
• In the early years, the expo was hosted at the end of summer, but was moved to the fall to accommodate more families’ schedules.
• Children have been encouraged to wear their Halloween costumes the past few years to add to the festive fun!

Call 410-871-7000 to register for a screening or for more information.

Saturday, October 26
10 a.m. - 1 p.m.

Carroll Hospital East Pavilion
291 Stoner Ave., Westminster
Event is free, but some screenings require registration.

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A Decade of Healthy Fun

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Carroll Hospice
Now Providing End-of-Life Care to Residents in Pennsylvania

Exciting news! Carroll Hospice is now able to provide hospice and bereavement services to residents in Pennsylvania. The Pennsylvania Department of Health granted Carroll Hospice license to serve patients earlier this year, and Carroll Hospice is focusing on Adams and York counties.

“We are very pleased to be able to offer our services to residents in Pennsylvania. We are eager to provide the same level of high quality, end-of-life care that we are well known for in Carroll, Baltimore and Frederick counties,” says Regina Bodnar, executive director of Carroll Hospice.

Nationally acclaimed and accredited by the Community Health Accreditation Program (CHAP), and a 2019 Hospice Honors recipient by HEALTHCAREfirst four years running for exceeding all national and state benchmarks, Carroll Hospice’s program also offers counseling, spiritual and bereavement support for family and friends.

According to Ellen Finnerty Myers, chief development officer and vice president of corporate development, one reason Carroll Hospice sought to expand care to those in Pennsylvania was to address the needs of Carroll Hospital associates who live in the state. “They often wanted to have their loved ones receive the exceptional care offered by Carroll Hospice staff but were unable to because they lived in Pennsylvania,” she says.

Carroll Hospice, a LifeBridge Health Partner, has a 30-year history of providing end-of-life care in Maryland’s Carroll, Baltimore and Frederick counties. It is Medicare certified and a member of the Hospice and Palliative Care Network of Maryland and the National Hospice and Palliative Care Organization.

For more information, please visit CarrollHospice.org or call 410-871-8000. Stay current on the latest news with Carroll Hospice’s blog at blog.CarrollHospice.org
Temilolu Aje, M.D.
Board certified by the American Board of Internal Medicine, Dr. Aje earned his medical degree from the University of Maryland School of Medicine in Baltimore. He completed his residency and fellowship at the University of Maryland Medical Center in Baltimore.

Dr. Aje sees patients in the Westminster office. Please call 410-871-9800 to schedule an appointment.

Crystal Riley, P.A.-C.
Crystal Riley earned her Master of Science degree in Physician Assistant Studies from South College in Knoxville, Tennessee, and her Bachelor of Science degree in Biological Science at the University of Maryland in Baltimore County. During her career, she has worked in the fields of primary care, neurology and women’s health.

Ms. Riley sees patients in Westminster. Please call 410-871-2204 to schedule an appointment.

Lucas Couch, D.O.
Board certified by the American Board of Family Medicine, Dr. Couch received his osteopathic degree from Edward Via College of Osteopathic Medicine in Spartanburg, South Carolina. He completed his residency at the Mountain Area Health Education Center (MAHEC) Family Medicine Residency Program in Asheville, North Carolina.

Dr. Couch sees patients in the Westminster-College Square office. Please call 410-751-2595 to schedule an appointment.

Jessica Medani, M.D.
Jessica Medani, M.D., earned her medical degree from the University of Maryland School of Medicine in Baltimore. She completed her internal medicine residency at the University of Maryland Medical Center in Baltimore.

Dr. Medani sees patients in the Mt. Airy Health & Wellness Pavilion. Please call 301-829-5906 to schedule an appointment.

Rebecca Rubin, C.R.N.P.
With nearly 10 years of experience, Rebecca Rubin earned her Master of Science in Nursing, Family Nurse Practitioner degree from Drexel University in Philadelphia. She received her Bachelor of Science in Nursing from Johns Hopkins University in Baltimore and her Bachelor of Science in Public and Community Health from the University of Maryland in College Park.

Ms. Rubin sees patients in the Eldersburg office. Please call 410-795-0257 to schedule an appointment.

Visit CarrollHealthGroup.com to see a list of all Carroll Health Group providers.
Tradition says that a fifth anniversary should be marked with gifts of wood. But for the Tevis Center for Wellness and the William E. Kahlert Regional Cancer Center—now both celebrating five years of operation—patients come bearing a more tempting variety of gifts.

“We get so many cakes and cookies from our patients,” Kathleen Erbacher, executive director of the William E. Kahlert Regional Cancer Center, says with a warm laugh. “A patient’s husband baked us a cake from scratch every week during his wife’s treatment. Caring for our patients is an honor and a gift to all of us in the cancer center. Our incredibly kind and competent staff truly enjoys coming to work every day. The care we give really comes from the heart.”

Indeed, it takes a special kind of person to work at the two centers, and both have seen a jump in staffing as the demand for services has increased. The Tevis Center for Wellness has expanded from 10 to 30 full-time employees since its inception as patient volume in the center’s programs, care navigation, screenings and support groups has increased 102 percent. Likewise, the William E. Kahlert Regional Cancer Center has added new oncology specialists and a board-certified oncology pharmacist—one of only 63 in the state—as patient visits have increased 24 percent.

One explanation for the increase in demand is the centers’ physical proximity to one another in the hospital’s East Pavilion. This makes it easy for staff from each center to collaborate and connect patients to the other’s services.

“I wish more places had these resources. Patients should have all these options on the table,” says Kestle. “It’s not just about adding acupuncture to your treatment plan. It’s also about having more people to care for you hands-on, telling you that they love you and encouraging you to get through this. Healing takes a community of people.”
New Board Members Appointed

Carroll Hospital’s Board of Directors and Carroll Hospital Foundation’s Board of Trustees recently welcomed new members effective July 1.

Mark Debinski was appointed vice chair of the Foundation’s Board of Trustees. Debinski, who has been a member of the Foundation’s board since 2014, is the founder and president of Bluewater Advisory and managing director of Bluewater Search, an award-winning retained recruitment division of Bluewater Advisory. Mark lives in Sykesville with his wife, Janet, and they have two grown daughters.

Deborah Seidel was appointed as a new member of the Carroll Hospital Board of Directors. She lives in Reisterstown with her husband, Doug, and, most importantly, you will have the satisfaction of knowing that you have supported Carroll Hospital's or Carroll Hospice's mission of quality health care in our community.

The Carroll Hospital Foundation appointed Christine Gerstmyer of CAS Severn as its new chair of the Foundation’s Board of Trustees.

A longtime supporter of the hospital, Gerstmyer has been a member of the Foundation’s board since 2011. She was previously vice chair of the board and served on various Foundation committees. As chair, Gerstmyer also serves on Carroll Hospital’s Board of Directors. She lives in Reisterstown with her husband, Doug.

If you would like more information about charitable gift annuities, please contact the Carroll Hospital Foundation at 410-871-6200 or Foundation@CarrollHospitalCenter.org.

Begin by taking a careful look at the standard deduction:
• $12,200 for single filers
• $24,400 for married couples filing jointly

Not sure whether to itemize or take the standard deduction? A charitable gift annuity, available to those at least 65 years old, may lower your tax bill this year and increase your income. It gives you:
• fixed lifetime payments at rates as high as 9.5%
• an income tax deduction this year for part of the funding amount
• capital gains benefits when you transfer appreciated stock to fund it
• benefits for you and your spouse when you fund it for two lives

And, most importantly, you will have the satisfaction of knowing that you have supported Carroll Hospital’s or Carroll Hospice’s mission of quality health care in our community.

For additional information on how to support our mission, please visit CarrollHospitalCenter.org/Giving

CARROLL HOSPITAL FOUNDATION
GIVE BRAVELY

For more information, visit HealthyCarroll.org/C-A-R-E

Stopping Mental Health Stigma Through
C.A.R.E.
Carroll Anti-Stigma Resiliency Effort

The Partnership for a Healthier Carroll County implements new initiative to address behavioral health issues in the county

If you saw a friend who you know has a health issue, such as cancer, would you feel comfortable asking, “How are you doing?”

If that same person had a mental health or substance abuse issue, would you still ask?

The Partnership for a Healthier Carroll County, in collaboration with Carroll Hospital and the Carroll County Health Department, has launched the Carroll Anti-Stigma Resiliency Effort (C.A.R.E.) to stop the stigma that revolves around behavioral health issues.

According to Dorothy Fox, executive director and CEO of The Partnership, the stigma associated with mental health and substance abuse issues is a serious barrier to seeking treatment—a fact that was revealed in The Partnership’s 2018 Community Health Needs Assessment for Carroll County.

“We formed C.A.R.E. to address this need in the community. We want to raise awareness in the county about mental health issues and encourage acceptance and understanding of those living with mental health conditions,” says Fox.

As part of the campaign, public service announcements, printed materials, resource guides and billboard ads are located throughout the community encouraging people to speak up, teaching them how to communicate effectively about behavioral health concerns and educating them on where to seek help.

“Providing conversation starters is an important element to the campaign. “These are tips so people aren’t confronting others. They are just really lending an ear and letting people express what they really need to express,” says Fox.

Fox says the key is to not be afraid to ask how someone is really doing. It might seem like a simple question, but it could make an enormous difference in someone’s life.

“We want people to be more comfortable receiving services that they need due to the reduced stigma in the community, so there is not an end date to this campaign,” she says. “I think this will be ongoing for the foreseeable future.”

Some conversation starters include:

You haven’t been yourself lately—can you tell me what’s going on?
When you’re ready to talk, I’m happy to listen.

Do you want to go for a cup of tea or a walk?

You haven’t been yourself lately—can you tell me what’s going on?
When you’re ready to talk, I’m happy to listen.

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For more information, visit HealthyCarroll.org/C-A-R-E

For additional information on how to support our mission, please visit CarrollHospitalCenter.org/Giving

CARROLL HOSPITAL FOUNDATION
GIVE BRAVELY

For more information, visit HealthyCarroll.org/C-A-R-E

Some conversation starters include:
Achieving and maintaining health goes beyond checkups, medicine and exercise. Our environment is also important to our well-being. We need to live, work and play in healthy surroundings every day to thrive physically, psychologically and socially.

That’s why the LifeBridge Health Clean & Green Team, the result of a partnership between LifeBridge Health and Park Heights Renaissance, takes a “rakes on the ground” approach to improving the lives of people and communities. The Clean & Green Team helps people with landscaping, lawn care, litter removal, painting and minor repairs in Carroll County, Baltimore City and Baltimore County. The team has cleared vacant lots, cleaned up parks and maintained green, safe playing fields for children’s sports leagues.

The team visited New Windsor resident Gary Miller (pictured below) after he was worried a hospitalization wouldn’t allow him to maintain his property. But, with the generosity and support from the Clean & Green Team, his yard was cared for.

Another Clean & Green Team client and Eldersburg resident Shirley Mawrow, 88, says, “I am thankful that the LifeBridge Health Clean & Green Team can help take care of my yard work. There is no way I could do it, and it helps me out a lot.”
Special Services

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

**Acupuncture**
- By appointment only
- Private acupuncture 90-minute initial consultation & treatment, $135
- Private acupuncture 65-minute follow-up visits, $80

Community acupuncture 90-minute initial consultation & treatment, $70
- Community follow-up visits up to 1 hour, $30

**Auricular (Ear) Acupuncture**
- acupuncture trial sessions 30-minute trial sessions in group setting, $15 Pre-payment is required.

**Facials**
- Gentleman’s facial (1 hour): $60
- Full facial (1½ hours): $90
- Massage oil and book

**Community Acupuncture**
- 1½ hour visits, $80
- 90-minute initial consultation & treatment, $135

**Reiki**
- 30-minute session, $50; 1-hour session, $75

**Massage**
- General, pregnancy, cancer and mastectomy massage
  - By appointment only
  - 15 minutes: $20
  - 30 minutes: $50
  - 1 hour: $75
  - 1½ hours: $95 (includes Reiki)
  - 2 hours: $125

**Consultation & Treatment**
- 15 minutes, $20; 30 minutes, $50
- 1 hour, $75
- 1½ hours (includes Reiki), $95

**Education**

**AARP Senior Safe Driving Course**
- Thursday, October 17, 10 a.m. – 3:30 p.m.
- $45 for AARP members; $50 for non-members

**Shaun’s Audiatorium**

**Diabetes Resources**

**Pediatric Diabetes Program**
- First Tuesday of each month, 5 – 6:30 p.m.
- Tevix Center for Wellness

**Free**
- For more information or to register, call 410-601-9355.

**Carroll’s Cooking for Wellness**
- Join community nutrition educator Barb Walsh, R.D., to prepare healthy recipes and learn cooking skills
  - Class for various
  - Call 410-871-7000 for information on upcoming classes or visit CarrollHospitalCenter.org/Tevis

**Care Connect Navigation Services**
- Provides guided support from a licensed nurse and/or social worker specially trained in chronic and complex health issues
- Call 410-871-7000 for more information or to speak with a navigator.

**Center for Breast Health**
- Provides ongoing education, support and resources for cancer patients and those at risk for the disease.
- A physician referral is required.
- Call 410-871-7000 for more information.

**Healthful Living**
- A comprehensive resource for people pending a cancer diagnosis or in any stage of breast cancer.
- Call 410-871-7000 for more information.

**Mind and Body**

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

**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.

**Certified CPR**
- A Blueprint of Hope BLS
  - This 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.

**Auricular (Ear) Acupuncture Trial Sessions**
- 30-minute trial sessions in group setting, $15 Pre-payment is required.

**Auricular (Ear) Acupuncture for Weight Loss and Addictions**
- This program is designed to help people lose weight, quit smoking and curb addictions.
- Includes 10 sessions
  - $135 if paid in full

- Call 410-871-7000 for more information or to register.

**Reiki**
- 30-minute session, $50; 1-hour session, $75

**Tevis Center for Wellness**
- 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, featuring a wide selection of support items, including wigs and head coverings for those with cancer and medical hair loss; mastectomy bras and breast prostheses; and more.
- Call 410-871-7000 for information on upcoming classes or visit CarrollHospitalCenter.org/Tevis

**Living Healthy, Living Well with Chronic Conditions, Diabetes and Chronic Pain**
- A six-week workshop for people with chronic conditions, diabetes, pre-diabetes or chronic pain and their family and caregivers
- Dates and locations vary
- Free Registration required
- For more information or to register, call 410-601-9355 or email livinghealthy@carrollcountyemd.com

**Kidney Smart**
- An educational program for people who have been diagnosed with chronic kidney disease
- First Friday of each month, 5 – 6:30 p.m.
- Carroll County Home Dialysis Clinic
- Fisher Medical Building
- 191 Stoner Ave., Suite 120, Westminster
- Free
- For more information, call 1-888-695-4363 or 410-751-3785 or visit KidneySmart.org

**Mending Hearts**
- Open to those who have experienced a death of a child or any age. This group addresses emotional issues surrounding the loss and offers coping strategies.
- Third Monday of each month, 6:30 – 8 p.m.

**Pet Loss**
- Addressing the emotional issues and coping strategies concerning the death of a pet
- Saturdays, January 11 & April 11, 2020
- 10:30 a.m. – noon
- Registration required

**Widows of Widowers**
- Open to women and men whose spouses have died
- First Tuesday of each month, 6:30 – 8 p.m.
Planning for Parenthood

Registration is required for all classes and programs unless otherwise noted. 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.

Breastfeeding
Taught by a certified lactation consultant, this one-night class offers valuable information to help you prepare for a positive breastfeeding experience. This class covers the benefits of breastfeeding, techniques, common breastfeeding concerns, breastfeeding and the working mom, and more. A support person is encouraged to attend with you. Please bring a snack and a drink.

Tuesdays, November 19 & December 17
6 – 8:30 p.m.
Shauck Auditorium; $20 per couple

Prepared Childbirth Weekend
A weekend of childbirth preparation at Carroll Hospital for expectant parents with busy schedules

Friday, 6 – 8:30 p.m.; Saturday, 9 a.m. – 2 p.m.; November 22 & 23; December 27 & 28
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, CHF and choking; course is for infants less than one year of age. This is not a certification class.

Thursdays, October 17 & December 19
6 – 8:30 p.m.
Shauck Auditorium; $20 per couple

Prepared Childbirth Class
Taught by a certified instructor, this four-night program offers preparation for a meaningful and knowledgeable childbirth experience. You’ll receive pertinent information related to labor and delivery, as well as an introduction to infant care. The last night will include valuable information to help you prepare for a positive breastfeeding experience.

*Note: It is recommended to register for the childbirth session that finishes four to six weeks prior to your due date. Breastfeeding class is also included in the last night of Prepared Childbirth Education and Family Birthplace Tour program.

Tuesdays & Thursdays, 6 – 8:30 p.m.
November 7, 12, 14 & 19
November 3, 10, 12 & 17
Shauck Auditorium; $80 per couple

Special Events

Auxiliary 60th Spring Fashion Show & Luncheon
To benefit the renovation of The Family Birthplace at Carroll Hospital and the Neonatal Couplet Care program

Thursday, April 20, 2020, 6 – 9:30 p.m.
Shauck Auditorium
Call 410-871-7280 to register by Friday, January 10, 2020.

For more information or to purchase an ornament, call 410-871-7280 or visit CHCFashionShow.com

LifBridge Health Mammothon
In partnership with Advanced Radiology, the Mammothon is an annual all-day breast screening event that provides extended hours at multiple locations in an effort to reduce obstacles to regular screening that many women face.

Thursday, November 7
To learn more or to schedule an appointment, visit LBHMammothon.com or call 410-461-9355.

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.

Second & Fourth Thursday of each month (except holidays)
1 – 2 p.m.
Tevis Center for Wellness
For more information, call 410-871-7803.

Strokes Survivors
Thursdays in 2020 January 9, February 13, March 12, April 9
10 – 11 a.m.
Tevis Center for Wellness
Registration required

Weight Management
Designed for individuals who have begun a weight management program and are looking for peer support.

Third Wednesday of each month
5:15 – 6:15 p.m.
Tevis Center for Wellness

Screenings

For more information or to register, call Care Connect at 410-871-7000.

Blood Pressure Screenings
Third Tuesday of every month
Tevis Center for Wellness; Free
No registration required

Prepared Childbirth Class
For information or to register, call Care Connect at 410-871-7000.
When we set out to redesign the ALL-NEW Family Birthplace, we turned to the experts: moms like you. Guided by their wisdom, we created an experience you’ve always wanted. It starts with our groundbreaking Neonatal Couplet Care Suites, a model of care that is clinically proven to deliver shorter hospital stays for babies born as early as 32 weeks. From there, it only gets better: certified nurse midwives and obstetricians, the region’s most spacious guest suites and so much more.

See the mom-approved difference now at BornAtCarroll.org

• Take a virtual tour
• See the clinical benefits
• Meet our OB/GYN team