Also in this issue:
Revolutionary Simple Prostatectomy Surgery
Working at Carroll Hospital
Stroke Education

A New Family Birthplace is Born
Introducing Neonatal Couplet Care
Dear Friends,

Spring is a time of renewal, and a renewal is what is happening at Carroll Hospital. I’m pleased to announce that our 3-year, $13.5 million renovation and expansion of The Family Birthplace is nearing completion.

This project has allowed us to start a new way of caring for babies born early or who require extra medical attention. Neonatal Couplet Care has the parents providing the care for their newborns and the nurses serving as coaches.

Research has shown that Neonatal Couplet Care positively impacts the health of both mother and baby, and I’m delighted our hospital is among the first in the nation to implement this innovative approach. The Hale family of Taneytown was the first to experience couplet care in our hospital when twin boys Ryder and Ryker were born at 34 weeks.

But our hospital expansion doesn’t stop there. Soon, you’ll see construction starting on other areas of the campus—along Washington Road, where the Brinton Woods Health & Rehabilitation Center will be relocated from Winfield, and facing Center Street, where we will begin building our expanded Critical Care Unit and many other services.

On top of all that, innovation is also taking place inside our operating rooms. I’m excited to share with you the latest surgical option for men who have an enlarged prostate not related to cancer. Urologic surgeon Andrew Harbin, M.D., has performed more simple prostatectomies than any other surgeon in Maryland, using robotics to lessen recovery time and complications. I am proud his preferred location to perform this surgery is Carroll Hospital.

All of these changes are done for the health of our community. We are privileged to be your health care provider, and we are growing with your needs.

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!**
410-848-3000 | TTY: 410-871-7186 | CarrollHospitalCenter.org
Features

2 Simple Relief
Urologic surgeon Andrew Harbin, M.D., brings the revolutionary simple prostatectomy procedure to Carroll County, helping men regain their quality of life.

4 A Critical Expansion
An upcoming renovation of the hospital’s Critical Care Unit will create larger rooms and provide a better care experience for our sickest patients and their families.

8 The Birth of a New Family Birthplace
Carroll Hospital is now one of the first hospitals in the nation to implement Neonatal Couplet Care for babies who are born early or require extra care.

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ON THE COVER: Diana Hale of Taneytown with her twin boys, Ryder and Ryker, in a new neonatal couplet care suite.
For men who suffer from large gland benign prostatic hyperplasia (BPH)—an enlargement of the prostate that is not linked to cancer—surgery to alleviate the symptoms has traditionally come with a list of unfavorable risks: urinary incontinence, impotence and urinary tract infections, to name a few.

“For the longest time, this procedure was not elective,” says Andrew Harbin, M.D., urologist with Chesapeake Urology and urologic surgeon at Carroll Hospital. “Most of the time we were doing it, we had no other choice. The patient had to have some emergency related to their enlarged prostate. Until it reached emergent levels, they would just suffer in silence since there was no easy surgical option that could treat them.”

Now, all of that is changing. A new procedure, the simple prostatectomy, has revolutionized the treatment of enlarged prostates—and Dr. Harbin is Maryland’s leader in this procedure, having performed more than any other surgeon in the state.

“The simple prostatectomy is a robotic approach to the procedure,” explains Dr. Harbin. “But it’s different than the traditional robotic procedure that’s performed on cancerous prostates. This approach uses the robot to remove the central portion of the prostate while leaving the shell and nerves intact. The way I like to describe it to patients is if you think of the prostate like an orange, I’m removing the pulp of the orange, but I leave the rind behind.”

William Boone was one of the patients that Dr. Harbin described: living with the discomfort of an enlarged prostate because he was fearful of the risks that came with surgery.

“My whole life was revolving around my bladder,” says Boone. “Whenever I wanted to go somewhere, even just to the store, I had to think about when I last had something to drink, how long it was going to take to get there and if there was a bathroom in between in case I didn’t make it. It seemed like my bladder and its function was the first priority in anything I did outside of the home.”

When Dr. Harbin explained the simple prostatectomy, Boone took some time to think about it and ultimately decided to undergo the procedure. He made an appointment at Dr. Harbin’s preferred location: Carroll Hospital.

“The morning of the procedure I went to the hospital and got prepped,” remembers Boone. “I was put to sleep with anesthesia, and the next thing I know I’m sitting up in the room. The procedure was done.”

With the traditional approach, recovery was much more involved. Patients faced long hospital stays, greater amounts of blood loss and large incision sites that required significant time to heal. The simple prostatectomy, however, is performed through four very small incisions, leading to a much easier recovery and lower complication rate.

“When the second day after the procedure, the pain was already lessening,” says Boone. “I could manage it with ibuprofen or acetaminophen. I went back to see Dr. Harbin six days after the surgery, and I have been doing extremely well ever since. It changed my life.”

Quality of life has improved tremendously for William Boone after having a simple prostatectomy. One of his pastimes is leading a trivia group at the Westminster Senior & Community Center where participants test their memory while enjoying each other’s company.
I went back to see Dr. Harbin six days after the surgery, and I have been doing extremely well ever since. It changed my life.

Don’t suffer in silence.
If you’re experiencing difficulty urinating due to an enlarged prostate, call Dr. Harbin’s Westminster office at 410-876-1633 to make an appointment.
View a video of Dr. Harbin discussing the surgical procedure at CarrollHospitalCenter.org/prostate
The Critical Care Unit (CCU) at Carroll Hospital plays a vital role: to treat patients who are the sickest of the sick, whether they are recovering from a heart attack, just had life-saving emergency surgery or are unable to breathe on their own without a ventilator. Now, thanks to an $800,000 grant from the State of Maryland and early fundraising efforts of the Carroll Hospital Foundation, construction will soon begin to expand the unit, improving the offerings—and the outcomes—for these patients.

“Because CCU patients are so critically ill, often times their care comes with a lot of medical equipment involved,” explains Jim Ridge, executive director of cardiovascular and diagnostic imaging services. “It is vital that the rooms in this unit have the space necessary to accommodate the ventilators, IV pumps and monitors, while also allowing for our nursing staff and physicians to have full access to the patient.”

The entire unit will be expanded so that each room can be bigger. The new rooms will feature a glass front wall for maximum visibility of the patients from the nursing station. This improved visibility means constant monitoring of a patient’s vitals and allows for a quicker response time should the patient go into cardiac arrest or face other emergency situations.

The larger rooms also will offer more space for families and loved ones to comfortably join the patient during his or her care.
“With our current room sizes, we can’t allow more than two visitors in a patient room at a time,” says Nicole Anthony, clinical nurse manager for the CCU. “This growth will allow families to be more directly involved in the care and progression of our patients. We can include them more in the process and the rehab of their loved one and hold family meetings right in the room to discuss the care plan.”

Although the rooms will be larger, there is one thing that will not change: the level of care that Carroll Hospital offers its patients.

“We’re really proud of our ability to support our local community and provide great, extensive care at this critical level,” continues Anthony. “Being so deeply rooted in the community, our nurses take care of patients as if they are members of their own family. We really look out for our patients and value the long-term relationships we’ve developed with our community members.”

What is a Critical Care Unit?
The Critical Care Unit (CCU) is for patients who require intensive care, observation and monitoring. It’s the unit that cares for those with life-threatening injuries and illnesses, including car accidents, major infections, severe breathing problems, strokes and heart attacks.

Continue our Growth.
Visit CarrollHospitalCenter.org/Giving to make a donation to the Critical Care Unit in support of the life-saving care they provide to our community.
2018 SuperStar of the Year: Herbert Johnson Jr.

Congratulations to Herbert Johnson Jr., who was chosen as Carroll Hospital’s SuperStar of the Year during the hospital’s annual Associate Recognition dinner at Martin’s Westminster.

Johnson, a computed tomography technologist, has worked at Carroll Hospital for 12 years. He was chosen for his dedication to patient care, friendly personality and outstanding support of the hospital.

“Herbert is truly a SuperStar in our hospital family. He always goes the extra mile in everything he does, brightens coworkers’ lives with his infectious positive attitude, provides exceptional patient care and strongly supports our hospital’s programs and services as co-chair of the Get in the Game fundraising campaign,” said Leslie Simmons, president of Carroll Hospital, as she announced him as the recipient.

“I’m really excited to be a part of the Carroll Hospital team. The opportunity to serve is awesome,” said Johnson.

2018 Patient Safety Hero of the Year: Kim Murphy, R.N.

Registered nurse Kim Murphy was honored with Carroll Hospital’s Patient Safety Hero of the Year award at the hospital’s annual Associate Recognition dinner.

A registered nurse at the hospital for 24 years, Murphy was awarded for her attention to detail and diligence that aided in a patient’s care.

“Kim is an extraordinary nurse who is willing to go above and beyond to ensure our patients’ safety and provide them with the highest quality care,” said Dwayne Richardson, senior vice president of operations at Carroll Hospital, as he presented her with the honor.

“To receive an award like this, especially from those that I respect so much, seems to validate and confirm that I’ve done the right thing,” said Murphy. “Our patients count on us on a daily basis to do what’s right, and keeping them safe should be first and foremost.”
Having Your Say

It’s never too early to make your health care preferences known. Outpatient palliative care nurse Laurie Luellen, R.N., explains the importance of advance directives.

**What is an advance directive?**
An advance directive is a legal document that states a person’s wishes regarding medical treatment. This includes assigning someone as the person’s medical power of attorney and a living will that outlines what specific measures you would want taken if you are unable to make medical decisions.

**Why are advance directives important?**
Advance directives are for a time when you are unable to speak for yourself to express your preference for medical treatment. Through this legal document, you are able to state your wishes and what is important to you, such as being free of pain, your treatment preferences and whom you would like to speak on your behalf about your medical care if you are unable. It takes the stress, guesswork and guilt away from your loved ones because they have instructions that tell them exactly what you want. Having an advance directive is the best gift an individual could give to his or her loved ones.

**Who should complete an advance directive?**
Anyone 18 years old or older should complete an advance directive, regardless of their current medical status.

**What do you do with it once it is complete?**
Once you have completed your advance directive, you should give a copy to your primary care provider as well as your local hospital. You should communicate your wishes to the person you have chosen as your medical power of attorney and give them a copy of the document as well.

**Where can individuals learn more about advance directives?**
Additional information about advance directives can be found online on the Maryland Attorney General’s website at marylandattorneygeneral.gov, at caringinfo.org or by consulting your local attorney. Advance directive forms also are available online at CarrollHospitalCenter.org/patient-forms.

Need help filling out an advance directive?
Call Care Connect at 410-871-7000 and ask to speak to a member of the palliative care team.
Carroll Hospital is among the first in the nation to introduce groundbreaking Neonatal Couplet Care program

Every mother-to-be dreams of the moment she can hold her new baby in her arms. But when a baby is born early or needs extra care, he or she is often whisked away from the mother to be treated.

Diana Hale, mother of six, understands the stress and fear that comes with this situation. Her twin boys, Ryder and Ryker, were born premature at 34 weeks.

“This was my fifth pregnancy, so I thought I knew what to expect,” says Hale. “But when you have premature babies, they’re usually taken away from you almost immediately to be cared for.”

Fortunately, Hale didn’t have to remain apart from her newborns for long. One week after Hale gave birth to her twins, Carroll Hospital launched its groundbreaking Neonatal Couplet Care program as part of its new Family Birthplace expansion. Instead of having to walk down the hall to visit her babies in an open nursery, Hale was able to move into a specialized, private suite where she could be with her babies at all times.

“With the expansion of The Family Birthplace, we became among the first in the nation to introduce the Neonatal Couplet Care model,” explains Linda Grogan, executive director for women’s, children’s and surgical services at Carroll Hospital. “This model is based on research done in Sweden that shows, with ongoing couplet care, moms recover better and babies thrive. If a baby is born sick and the mom is healthy, they get transferred to a couplet care room, where they are cared for together by the same nurse.”
This new model of care allows parents to be more active in the care of their babies. The nurse, who previously would be the main caretaker of the babies, acts as a coach for the parents so they can take on a more hands-on role. The couplet care suites also offer many amenities—such as breast milk refrigerators and laundry facilities—to make the longer stays easier for new moms.

“We were in The Family Birthplace for 15 days,” remembers Hale. “When the couplet care program started, I was able to move into a new suite and stay in the same room as the twins. It was such an amazing difference. I got to feel like a mom instead of a visitor.”

Along with the introduction of the Neonatal Couplet Care program, the newly expanded Family Birthplace now features a dedicated entrance open 24 hours a day for maternity patients and visitors, a triage area with all-private rooms and a stabilization suite for babies born critically ill. In addition, the renovation of the spacious Labor-Delivery-Recovery-Postpartum rooms are nearly complete. There are also special additions for the comfort of patients and their families, including around-the-clock security guards stationed at the new entrance, a family lounge and Kangaroo Chairs in the rooms that promote support and safety for mothers and their newborns.

“All six of my children were born at Carroll Hospital,” says Hale, whose twins have four older siblings at ages 9, 6, 4 and 2.

“I always thought Carroll Hospital had a great birthing center, but this was the first time I had premature babies. It was eye-opening to see what a difference the couplet care program really made on the experience.”

Ryder and Ryker were able to go home two weeks after they were born, and today they are healthy, happy and absolutely adorable.

“Do You Know What to Expect?”

“What to Expect During Your Hospital Stay in Family Birthplace: Triage to Discharge” is a free class to prepare you for giving birth at Carroll Hospital, covering topics from hospital admission to staff introductions to breast-feeding.

Register by visiting CarrollHospitalCenter.org and clicking on Class Registration.

“Take a Virtual Tour”

Visit CarrollHospitalCenter.org/CoupletCareTour to view one of our new neonatal couplet care suites.
The standard of care in most hospitals is to keep full-term (40 weeks gestation) healthy babies in the same room as their mothers, with hospital nurseries and rows of bassinets becoming a thing of the past.

However, when babies are born early or needing extra care, they are often cared for in a Neonatal Intensive Care Unit or other specialized nursing unit.

“This old model was used for years and is still the standard in almost every hospital,” explains Cynthia Roldan, M.D., chief of pediatrics and medical director of pediatric hospitalists at Carroll Hospital. “The model was effective in caring for the newborns, but new research suggested there were better options to consider.”

The Carroll Hospital team made a proactive decision to do away with its Special Care Nursery and adopt a new, groundbreaking model of care for premature and sick babies at 32 weeks gestation or greater: Neonatal Couplet Care. This model, backed by research done in Sweden, allows mothers and babies to stay together in the same room for the purpose of improving the recovery of both patients.

“Medically speaking, there is nothing wrong with the old model of neonatal care,” says Dr. Roldan. “But we realized there was a barrier to the comfort level of the patients. Having all the babies in the same room, separated only by curtains, minimized the privacy available to families and made for a very noisy, high-traffic environment.”

In order to make the change to Neonatal Couplet Care, the entire Family Birthplace had to be renovated. Each suite in the Neonatal Couplet Care area needed to be both private and fully equipped with the necessary technology for the babies to be monitored at all times—which required a lot more space.

“The new suites are much larger,” says Dr. Roldan. “There is space for the whole family to be together. Each room is fully enclosed as well, so there’s far less noise to stimulate the babies, and families can feel much more comfortable speaking openly about personal medical information.”

In addition to increasing patient comfort, this new care model is proven to reduce recovery time for both mom and baby, allowing them both to go home sooner.

“Having moms more involved in the care process is so important,” she explains. “When babies have regular skin-to-skin contact with mom, their temperatures are better regulated, their vitals are more steady and they breastfeed more easily.”

Carroll Hospital is among the first in the nation to adopt Neonatal Couplet Care for premature and sick babies, and it is the first hospital in Maryland. Implementing this program not only means improving the conditions for families at Carroll Hospital, but influencing other hospitals to follow suit.

“Our surrounding hospitals are looking to us to see how it works,” says Dr. Roldan. “I’m very proud of this program, and there’s a real sense of excitement throughout the hospital. We’ve already seen how the program has decreased anxiety levels for new moms and provided a more peaceful environment for families, so we’re all very pleased with this monumental change.”
Working at Carroll Hospital

Carroll Hospital’s mission is to be the heart of health care in our communities. Meet four of our associates and learn why they enjoy working at Carroll Hospital.

**Tim Wu | Pharmacy Operations Manager | Years worked at Carroll Hospital: 2**

My amazing colleagues provide patients with the best care possible. I appreciate the strong leadership and teamwork among hospital and pharmacy leadership and the ease of collaborating with other departments in completing initiatives needed to achieve our goals.

There is so much to learn at a community hospital, as we cover a large amount of services. Always keep a positive attitude, and it will get you far in your career. And ask questions, as we are all willing to help each other out!

**Jordan Trumpower | Registered Nurse Health Navigator | Years worked at Carroll Hospital: 1½**

I work with such a great team. They make coming to work enjoyable! Carroll Hospital has a very friendly and welcoming environment. There are familiar faces everywhere, and someone will always smile or say hi to you when you walk through the hallways. I felt welcome here as soon as I started. We also have many opportunities to interact with leadership and are able to ask questions openly. I've lived in Carroll County my entire life, so I really enjoy working with and helping people in our community.

**Xavier Douglas | Food Service Aide | Years worked at Carroll Hospital: 2**

I was in a post-secondary program for people with disabilities, and they help people get jobs. I was a part of the TE@CH program, and that's how I got my job here.

It's a friendly community, it's a good place to work, and you get to meet people. I like the people who work with me.

**Melissa Delbusso | Social Worker | Years worked at Carroll Hospital: 17**

I consider myself so fortunate to work within the community in which I reside, and I have learned so much through our patients and families as well as my fellow co-workers throughout the years. I have had the pleasure of working alongside the most talented, supportive and caring health care team.

My advice for others starting their career at Carroll Hospital is to share their thoughts and talents, as their input is valued. All questions they may have are important ones, so please ask, as we have such a supportive team.

Interested in working at Carroll Hospital?
Visit CarrollHospitalCenter.org/Careers to view open positions.
Every 40 seconds, someone in the United States has a stroke, making it the fifth leading cause of death in the country, according to the National Stroke Association. Knowing the signs and symptoms of a stroke and how to react to it can be lifesaving.

“Most people know what to do if they’re having cardiac symptoms, meaning they’re having a heart attack,” explains Krista Johnson, stroke coordinator at Carroll Hospital. “They recognize it as an emergency and call 9-1-1. But when people are having stroke-like symptoms, it is a brain attack. It’s just as important that you act quickly and seek treatment.”

As part of the stroke team at Carroll Hospital, Johnson visits different community groups and hosts free events to educate people on the signs and symptoms of a stroke—from the commonly recognized symptoms to the often overlooked.

“A lot of people would recognize symptoms such as the facial droop, slurred speech and arm weakness,” says Johnson. “But one thing people don’t always take into consideration is that a stroke can appear much less prominently, such as loss or change in your vision or just being unsteady on your feet. Making sure people understand that even those small changes need immediate attention can be very impactful.”
Just as important as knowing the signs of a stroke is knowing how to react. Because a stroke is a blood clot in your brain, a faster response time means less time that your brain is deprived of oxygen—and a greater chance of a long-term recovery.

“We want people to call 9-1-1 and come to the Emergency Department as quickly as possible,” she continues. “There are treatments that we can offer most stroke patients depending upon how quickly they come in. One effective treatment for certain types of stroke is a medication option that must be administered within four-and-a-half hours of the symptoms’ onset. It is a pretty small window of time, so patients should not wait if they’re showing symptoms.”

**What is a stroke?**
A stroke occurs when blood vessels that supply oxygen to the brain are blocked or leaking. Similar to a heart attack, your chances of recovery greatly improve when you seek immediate care. Call 9-1-1 if you or someone around you experience symptoms of a stroke.

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**Stroke Warning Signs**

**BE FAST!**

**B - BALANCE:** Does the person have a sudden loss of balance or coordination?

**E - EYES:** Is the person experiencing double vision or are they unable to see out of one eye?

**F - FACE:** Ask the person to smile. Does one side of the face droop?

**A - ARMS:** Ask the person to raise both arms. Does one side drift downward?

**S - SPEECH:** Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

**T - TIME:** If you observe any of these signs, call 9-1-1 immediately.

*Every second counts—your quick response may save a life.*

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At Carroll Hospital, we’re working every day to bring compassionate, personalized health care to all of our friends, families and neighbors who live in Carroll County. That’s why we worked hard in 2018 to bring more than $15,781,944 in much-needed health and wellness services to our community. Every life we touch makes our community stronger.

**Financial Assistance**
Free or Reduced-Cost Care, Medicaid Expansion Fees ...................................................$ 1,335,847

**Mission-Driven Health Services**
Physician Access, Hospital-Based Services ......................$ 9,140,485
Access Carroll, Free Clinic for the Uninsured ..........$ 408,895
Community Benefit Operations .................................$ 214,380

**Community Health Services**
Education, Screenings, Support Groups,
Health Navigation, Medicaid Enrollment Support .......$ 2,935,368

**Community Building Activities**
The Partnership for a Healthier Carroll County, Inc....$ 620,064

**Education—Health Professionals**
Nurses, Physicians, Allied Health .....................................$ 555,978

**Community Contributions**
Cash and In-Kind ................................................................$ 421,836

**Research**
Community Health Research ............................................$ 149,091

**Total Community Benefit**
$15,781,944
Getting & Giving the Most from Your Assets

When most people think about making a charitable gift, they think of giving cash. While we appreciate gifts of any kind to help support our cause, there are many ways that you can give and benefit from making a gift of other assets to Carroll Hospital and Carroll Hospice.

ASK ME HOW.
Contact Joe Weikel, Carroll Hospital Foundation’s director of major and planned giving, at 410-871-6200 or foundation@CarrollHospitalCenter.org today.

Aging with Grace: A Discussion of Health & Home Considerations

Monday, May 20 | Shauck Auditorium | Free
Check-in begins at 4:45 p.m. Program begins at 5:15 p.m. and ends at 6:30 p.m.

Join the Carroll Hospital Foundation for a panel discussion featuring hospital and local experts who will share tips and resources about housing and health as we age. A question-and-answer session will follow the discussion.

Registration required by Friday, May 10. Call 410-871-6196 or email foundation@CarrollHospitalCenter.org to register.

Two Join Foundation Board

The Carroll Hospital Foundation welcomes two new members to its Board of Trustees.

Christopher D. Holt is the BB&T Regional President for Maryland and has more than 30 years of commercial banking experience. He is very active in community and professional organizations, serving as a board member on the Maryland Bankers Association, Maryland Council on Economic Education, St. Mary’s College Alumni Council, Maryland Zoo in Baltimore and the Greater Baltimore Committee. He and his wife, Terry, live in Finksburg.

Karen Durilla was appointed as Carroll Hospital Auxiliary president in January and represents the Auxiliary on the Foundation board. She began volunteering at the hospital in 2013 after retiring from the National Security Agency after a 34-year career. She volunteers with the hospital’s Patient Relations office, assists with the hospital’s pet therapy program, helps manage The Candy Striper Gift Shop inventory, volunteers in the Carroll Hospital Foundation office and has previously served as the vice president and corresponding secretary for the Auxiliary. She leads the Auxiliary’s Fundraising Committee and serves on the Fashion Show and annual Ball committees. She and her husband, Frank, live on a small farm in Mount Airy.
New Brinton Woods Facility
Coming to Carroll Hospital Campus in 2021

Expanding short- and long-term care service for patients

Construction is set to begin on a new Brinton Woods Health & Rehabilitation Center on the Carroll Hospital campus this spring. The skilled nursing facility will provide patients with short-term rehabilitation and long-term nursing care.

“We are very excited to relocate Brinton Woods to Carroll Hospital’s campus. The facility is a great complement to the hospital’s range of comprehensive services,” says David Krajewksi, LifeBridge Health executive vice president and chief financial officer. Krajewski is also president of LifeBridge Health Partners, a division of LifeBridge Health.

The two-story building will be built just off Washington Road at Gist Road (where The White Rabbit Thrift Shop is currently located) and will consist of 40 private and 10 semi-private rooms—all with private bathrooms and showers.

The upper level will have spacious patient rooms, two day rooms, a living room and a large, centrally located dining and activity room with access to an exterior patio. It also will house the administrative offices and physical therapy space. The lower level will include a kitchen, laundry room, supply and storage area, along with a staff lounge and offices.

In November 2017, LifeBridge Health became a majority partner of Brinton Woods Health & Rehabilitation Center at Winfield. The facility provides a range of services to patients such as physical, occupational, speech and respiratory therapy, as well as wound and pulmonary care and care for patients recovering from surgery.

Once relocated to the hospital’s campus, Brinton Woods employees will continue to oversee the day-to-day operations of the facility. The approximately $15 million project is expected to be completed by 2021. During construction, Brinton Woods will remain open in Winfield.

“We are really excited about this partnership. We will have a brand new modern building in a more central location than before,” says Daren Cortese, president of Brinton Woods. “We are looking forward to being closer to the hospital and adding services in the future.”

"This project is a win-win for the hospital and patients,” says Leslie Simmons, president of Carroll Hospital and executive vice president of LifeBridge Health. “It will strengthen the continuity of care for both current and future Brinton Woods patients while also enhancing the quality of care by improving their access to clinical providers and specialized services located at the hospital.”
Carroll Hospital Auxiliary: Six Decades of Service

The Carroll Hospital Auxiliary is celebrating 60 years of service! The Auxiliary started as the brainchild of Westminster resident Gladys Wimert—before the hospital was ever built.

In the summer of 1958, fresh off the successful campaign to raise money for the county's first hospital, Gladys M. Wimert sat behind the wheel of her little yellow Opel, going from Hanover to Westminster, when she had an idea.

Wimert—the well-known Westminster civic leader, newspaper columnist and radio show host—turned to her road-trip companions and announced, “We’re going to have an Auxiliary for our hospital.”

Mabel S. Reese, her good friend with a kindred volunteer spirit, knew instantly that it would happen. Wimert was a “woman of action,” Reese once noted in an article for Heartbeat, the hospital’s quarterly publication. “She was a real go-getter. And everybody was enthusiastic.”

Older than the hospital itself, the Carroll County General Hospital Auxiliary officially organized on September 2, 1958, during a meeting in the auditorium at Westminster Elementary School. Wimert was elected the first president of the Auxiliary, along with Doris C. Pinckney, first vice president; Mrs. Katherine Lawyer, second vice president; Darthean Fox, recording secretary; and Mabel Reese, coordinator of volunteer workers.

Since its inception, the Auxiliary has raised more than $6.8 million in financial support of the hospital and provided countless hours of volunteer service.

In September 1959, the Auxiliary staged its first Silvery Moon Ball, an elegant affair that has become the group’s signature fundraising event. Charles O. Fisher Sr., a hospital founder, legal counsel and a member of the board of directors since 1961, never forgot the sheer magic the Auxiliary created for that first ball: “The Westminster Armory was draped in silk parachutes, creating billowing clouds overhead, and underneath, a sold-out crowd of enthusiastic revelers.”

While times have changed, the Auxiliary’s mission and dedication to the betterment of Carroll County’s only hospital...
Pictured above, left to right: The Auxiliary hosted a special anniversary celebration in September 2018. Pictured from left to right: Katherine Dukehart, Vicky Kyle, Fran Miller, Ginger Falcone and Thelma Coleman (seated); Westminster civic leader Gladys Wimert; Mabel Reese, the Auxiliary’s first volunteer; Auxiliary officers in the early 1960s; and participants in the 1960 Fashion Show.

have not. Today, more than 500 community members are part of the hospital Auxiliary, of which approximately 200 are active volunteers. The Auxiliary Ball is still the group’s signature fundraising event, and the annual Fashion Show & Luncheon is still going strong.

Another way the Auxiliary raises funds for hospital projects is through its retail operations—The Candy Striper Gift Shop, The Candy Striper Junior, the Wellness Boutique, the White Rabbit Thrift Shop and the Beasman Boutique at Integrace Fairhaven—operated completely through volunteer power.

Since its inception, the Auxiliary has raised more than $6.8 million in financial support of the hospital and provided countless hours of volunteer service. The organization’s latest efforts have focused on raising more than $1.1 million over three years for renovation and expansion of The Family Birthplace.

In addition to its 60th anniversary, the Auxiliary will have even more to celebrate when The White Rabbit Thrift Shop moves from its Washington Road location to a bigger location at 555 S. Center St. in Westminster later this year.

“The Auxiliary has been blessed throughout its 60-year history with dedicated and inventive members who volunteered their support to further the cause of health care and the hospital,” says Mary Richards, director of volunteer services. “Today, our members carry on this tradition with fresh fundraising activities and enhancing our five retail shops and boutiques. The upcoming move of The White Rabbit Thrift Shop will be an exciting project to showcase the Auxiliary’s talents as we transform the new location.”

Save the Date!
Auxiliary 60th Annual Ball
Saturday, November 2, 6:30 p.m. – midnight
Martin’s Westminster
For sponsorships, tickets or more information, visit CarrollAuxBall.org or call 410-871-7280.
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.

## Calendar & Support Groups

### Healthy Living

**AARP Senior Safe Driving Course**
Thursday, October 17
10 a.m. – 3:30 p.m.
$15 for AARP members; $20 for nonmembers
Shauck Auditorium

**Bariatric Seminar**
Second Tuesday of each month
5:30 – 6:30 p.m.
Tevis Center for Wellness
Free
For more information or to register, call 410-601-9355.

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

**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
Fisher Medical Building
193 Stoner Ave., Suite 120, Westminster
Free
For more information, call 1-888-695-4363 or 410-751-3875 or visit kidneysmart.org

**Living Healthy, Living Well with Chronic Conditions**
A self-management program for people with chronic conditions
Wednesdays, September 4 to October 9
12:30 – 3 p.m.
Mt. Airy Senior & Community Center
703 Ridge Ave., Mt. Airy

Tuesdays, September 17 to October 22
9 – 11:30 a.m.
Westminster Senior & Community Center
125 Stoner Ave., Westminster
Free; Registration required
For more information or to register, call 410-871-7000 or visit CarrollHospitalCenter.org/cooking

**Living Healthy, Living Well with Diabetes**
A self-management program for people with diabetes or pre-diabetes
Tuesdays, September 3 to October 8
12:30 – 3 p.m.
Taneytown Senior & Community Center
220 Roberts Mill Road, Taneytown

Thursdays, September 12 to October 17
12:30 – 7 p.m.
North Carroll Senior & Community Center
2328 Hanover Pike, Hampstead

Fridays, September 20 to October 25
9 – 11:30 a.m.
South Carroll Senior & Community Center
5928 Mineral Hill Road, Sykesville
Free; Registration required
For more information or to register, call 410-386-3818, email lwagner@carrollcounty.md.gov or visit ccgovernment.carr.org/ccg/aging

**Powerful Tools for Caregivers**
An evidence-based self-care workshop series that teaches you how to care for yourself while caring for someone else

Thursdays, May 16 to June 20
5:30 – 7 p.m.
Bureau of Aging & Disabilities
125 Stoner Ave., Westminster
Free; Registration required
For more information or to register, call 410-386-3818 or email lwagner@carrollcounty.md.gov or visit CarrollHospitalCenter.org/cooking

**Screenings**
For more information or to register, call 410-871-7000.

**Blood Pressure Screenings**
Third Tuesday of every month
10 – 11 a.m.
Free; Tevis Center for Wellness

### Bereavement Support Groups

**Bereavement Support Groups**
Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs. Registration is not required unless otherwise noted. Support groups take place at Carroll Hospice Dove House, 292 Stoner Ave.

**Bereavement Luncheon**
Open to adults suffering from the passing of someone close
Last Tuesday of each month
noon – 1:30 p.m.
Baugher’s Restaurant
289 W. Main St., Westminster

**Camp T.R.**
A children’s bereavement camp for ages 7 – 15
Friday, May 31 – Sunday, June 2
Hashawha Environmental Center
Registration is required, and a completed application is due by Wednesday, May 1.

**Grief Support After a Substance Abuse Loss**
A grief support group for adults who have lost a loved one from an overdose or addiction
First Tuesday of each month
5 – 6:30 p.m.
Carroll Hospice
292 Stoner Ave., Westminster

**Mending Hearts**
Open to those who have experienced a death of a child of any age. This group addresses emotional issues surrounding the loss and offers coping strategies.
Third Monday of each month
6:30 – 8 p.m.
Carroll Hospice, Dove House chapel
292 Stoner Ave., Westminster

**Pet Loss**
Addressing the emotional issues and coping strategies concerning the death of a pet
Saturdays, July 13 & October 12
10:30 a.m. – noon
Carroll Hospice
292 Stoner Ave., Westminster
Registration required.

**Widows & Widowers**
Open to women and men whose spouses have died
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
Special Services

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

**Acupuncture**
By appointment only

- **Private acupuncture** 2-hour initial consultation & treatment, $135
- **Private acupuncture** 1-hour follow-up visits, $80
- **Community acupuncture** 90-minute initial consultation & treatment, $70
- **Community follow-up** visits up to 1 hour, $30

**Auricular (Ear) Acupuncture Trial Sessions**
30-minute trial sessions in group setting, $15
No registration required; space is limited.

**Auricular (Ear) Acupuncture for Weight Loss and Addictions**
This program is designed to help people lose weight, quit smoking and curb addictions.
Two-week classes (includes 10 sessions)
- $15 per session
- $135 if paid in full

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

**Facials**
Full facial (1½ hours): $90
Mini facial (1 hour): $60
Gentlemen’s facial (1 hour): $60
Oncology facial (physician referral required, 1½ hours): $90

**Genetic Counseling**
For cancer patients and those at risk for the disease. A physician referral is required.
Call 410-871-7000 for more information.

**Infant Massage**
For babies ages 3 weeks to 6 months and one or both parents
First session (1 hour): $75 includes instruction, massage oil and book
Follow-up 1-hour session: $65

**Integrative Reflexology®**
30-minute session, $50; 1-hour session, $75

**Japanese Hot Stone Facial Massage**
30-minute massage, $55

**Massage**
General, pregnancy, cancer and mastectomy massage
- By appointment only
- 15-minute, $20; 30-minute, $50
- 1-hour, $75 and 1½-hour (includes Reiki), $95

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

**Zero Balancing Treatments**
Individual 30- to 45-minute sessions available: $60
Package of three 30- to 45-minute sessions: $150

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

**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.
Tevis Center for Wellness
Limited quantities of wigs and head coverings are available free of charge.
Appointments required for Studio YOU.

**Certified CPR**

**Basic Life Support (BLS) Providers**
This American Heart Association class is for health care professionals and professional rescuers, and it supports both the initial and the renewal requirements of CPR certification.
- Tuesday, April 23, noon – 4 p.m.
- Friday, May 3, 8 a.m. – noon
- Thursday, June 20, noon – 4 p.m.
- Wednesday, July 17, 8 a.m. – noon
- Tuesday, August 27, noon – 4 p.m.
- Thursday, September 5, 8 a.m. – noon
- Thursday, October 10, noon – 4 p.m.
Shauck Auditorium
$80 per person

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

**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.; Free

Gift certificates available for all Complementary Health services
Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert
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 single-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, May 14, June 18, July 16, August 13, September 17 & October 15 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 Tours program.
Tuesdays & Thursdays, 6 – 8:30 p.m.
May 2, 7, 9, & 14; June 6, 11, 13 & 18; July 2, 9, 11, & 16; August 1, 6, 8 & 13; September 5, 10, 12 & 17; October 3, 8, 10 & 15
Shauck Auditorium, $80 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.
May 17 & 18, June 28 & 29, July 26 & 27, August 23 & 24, September 27 & 28, October 18 & 19
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, June 20, August 15 & October 17 6 – 8:30 p.m.
$60 per couple

What to Expect During Your Hospital Stay in The Family Birthplace: Triage to Discharge
A Family Birthplace tour will be given at the conclusion of the class.
Day Class:
First Monday of every other month (odd months except September 9) 10:15 a.m. – noon
Evening Class:
First Monday of each month (except September 9) 6 – 8 p.m.
Shauck Auditorium; Free

Special Events

Aging with Grace: A Discussion of Health & Home Considerations
Join the Carroll Hospital Foundation for a panel discussion featuring hospital and local experts who will share tips and resources about housing and health as we age.
Monday, May 20, 5:15 – 6:30 p.m.
Shauck Auditorium; Free Registration required by Friday, May 10. Call 410-871-6196 or email foundation@CarrollHospitalCenter.org to register.

Auxiliary 60th Annual Ball
To benefit the expansion, renovation and Couplet Care program in The Family Birthplace
Saturday, November 2, 6:30 p.m. – midnight
Martin’s Westminster
140 Village Shopping Center, Westminster
For sponsorships, tickets or more information, visit CarrollAuxBall.org or call 410-871-7280.
Support Groups

All support groups are provided free of charge and no registration is required unless otherwise noted.

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

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

**Breastfeeding Support (evenings)**
Third Thursday of each month (No April or August meeting)
6:15 – 7:15 p.m.; Shauck Auditorium

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

**Gather & Connect**
For those living with cancer (and their families) to share their experiences
Mondays, May 20, June 24, July 22, August 26, September 23 & October 28
4:30 – 6 p.m.
Tevis Center for Wellness

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

**Ostomy**
Wednesdays, June 12, September 11
6 – 7 p.m.; Shauck Auditorium

**Parkinson’s Disease**
Second Wednesday of every other month (except December)
1 – 2:30 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.
Second & fourth Thursday of each month (except holidays)
1 – 2 p.m.
Tevis Center for Wellness
For more information, call 410-871-7403.

**Sleep Disorders**
Tuesday, October 1, 5 – 8 p.m.
Shauck Auditorium
Registration required.

**Stroke Survivors**
Second Thursday of each month
2 – 3 p.m.
Shauck Auditorium
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

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**Benefiting Carroll Hospice**

**Monday, April 29 | 6 – 9 p.m.**
**Carroll Hospital East Pavilion**
Tickets are $100 per person and are available on a first-paid, first-served basis.
For more information or to purchase tickets, visit CarrollHospice.org/Taste-of-Carroll
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