Prepped for Success

New Workforce Training Program

Also in this issue:
- NEW Mt. Airy Health & Wellness Pavilion
- Expanded Cardiovascular Care
- Vision 2020 Update
- And much more!
President’s Letter | Leslie Simmons

Dear Friends,

In every issue of *A Healthy Dose*, I get the honor of introducing you to all the ways we’re growing to better serve you. And this issue is no exception. In here, you’ll see stories of our new Mt. Airy Health & Wellness Pavilion, our inspiring new workforce readiness partnership, our growing cardiology treatment options and much more.

With all this talk of growth, you may be wondering how we identify our strategic priorities. In other words, how do we decide where to grow and why? The answer is actually pretty simple: we turn to you. It starts with our Community Health Needs Assessment (CHNA), which we conduct every three years in collaboration with The Partnership for a Healthier Carroll County. Through surveys and focus groups, we hear directly from you what your health concerns are. Your concerns become our priorities.

For instance, heart disease was identified in the last two needs assessments. We were able to expand our Vision 2020 strategic plan to be able to offer additional cardiovascular services, like elective percutaneous coronary interventions (PCI). (You can get a detailed progress report on Vision 2020 on page 12.)

Our last needs assessment revealed another concern from the community: caring for our older population, especially those with dementia and Alzheimer’s Disease. In response to this need, we have added senior care suites in our Emergency Department, offering specialized care with a host of amenities in a quieter area there, and we are exploring other opportunities to expand services for the seniors in our community.

But you don’t have to wait for the next CHNA to speak up. If you come in for care, take our patient satisfaction survey. Stop us in the halls to share your thoughts. Or drop us a note online at CarrollHospitalCenter.org/AskLeslie. We are always listening—and you always have a voice here.

Sincerely,

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

“A Healthy Dose is published by the Marketing Department at Carroll Hospital

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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!**
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ON THE COVER: Capree Brown, a student of the TE@CH workforce readiness program, is now a full-time employee at Carroll Hospital.
The NEW Mt. Airy Health & Wellness Pavilion

This July, Carroll Hospital will unveil the region’s latest innovation in health care convenience: the Mt. Airy Health & Wellness Pavilion.
Mt. Airy has always been unique in that it is situated in four counties, which makes it an ideal access point for health care.

“Mt. Airy has always been unique in that it is situated in four counties, which makes it an ideal access point for health care,” says Ellen Finnerty Myers, Carroll Hospital’s vice president of corporate development and a Mt. Airy resident. “I am so excited to have taken part in planning this top-notch center and bringing the best health care services—and more—to my friends and neighbors.”
Carroll Hospice has been recognized for its outstanding efforts in addressing the specialized needs of veteran patients after achieving level three status in the We Honor Veterans program.

The program, developed by the National Hospice and Palliative Care Organization in collaboration with the U.S. Department of Veterans Affairs, promotes services, education and recognition for veterans and their families.

This status is the second highest in the We Honor Veterans program. In order to achieve this recognition, Carroll Hospice implemented a variety of programs to educate staff and the community about the needs of veterans and to recognize their contributions.

One that has had a tremendous impact is the Vet-to-Vet program. Military veteran volunteers present veteran patients with a certificate, pin and salute to honor their service to our country. This usually sparks a life review, in which both veterans and the family participate in sharing stories of the patient’s time in service.

For some veterans, this may be the first time that they are properly thanked for what they have done for our country. For others, it may provide closure and ease their final journey. This honor is available to anyone who served in the military in any branch of service, as all military service is a sacrifice for our freedoms.

“I am extremely proud of this accomplishment,” said Regina Bodnar, executive director of Carroll Hospice. “We’ve always been committed to caring for our veterans and ensuring they are honored and celebrated in life, but now our outstanding efforts are being formally recognized, and I am delighted.”
Gabriel Del Corral, M.D., named 2016 Physician of the Year

Plastic and microvascular surgeon Gabriel Del Corral, M.D., was recently named Carroll Hospital’s 2016 Physician of the Year during the hospital’s Doctors Day celebration on March 22. Affiliated with the hospital for three years, Dr. Del Corral was chosen for his exceptional dedication to his patients.

Since joining the organization, Dr. Del Corral has been instrumental in bringing a range of advanced microsurgical procedures to the hospital, such as flap procedures for breast reconstruction. He also has been repeatedly recognized for his outstanding efforts in following up with his patients and for his extraordinary teamwork.

“Dr. Del Corral is an exceptional plastic surgeon who always goes above and beyond his duties to provide high quality, personalized care,” says Leslie Simmons, president of Carroll Hospital. “He exemplifies collaboration and teamwork and, no matter the situation, he always remains professional and upbeat. His patients can always rely on him.”

Leslie Simmons, president of Carroll Hospital and senior vice president of LifeBridge Health, was recently named one of The Daily Record’s Top 100 Women for the second time.

A resident of Westminster, Simmons is the past president of the Maryland Organization of Nurse Executives and also served a five-year term as a commissioner on the Maryland Governor’s Taskforce for the Nursing Commission. She is a board member of the Y in Central Maryland and a Fellow of the American College of Healthcare Executives.

In addition, Simmons is a board member of Roland Park Place, a continuing care retirement community, and chair of its strategic planning committee. She also is a member of the Maryland Hospital Association, Clinical and Quality Council and a board member of the Maryland Hospital Association Executive Committee.

Stephanie Reid, vice president of patient care services and chief nursing officer at Carroll Hospital, was honored for her exceptional management qualities with the 2016 Executive Management Award by Baltimore SmartCEO. She was chosen for her ability to uphold the highest ethics, lead collaboratively and creatively, and enhance and support Carroll Hospital’s mission.

An associate at Carroll Hospital for close to 30 years, Reid is a member of the Maryland Organization of Nurse Executives, board member for Carroll County Advocacy and Investigation Center, Maryland Nursing Workforce Commission, Maryland Nurses Association, and American College of Surgeons, Commission on Cancer, the American Organization of Nurse Executives, and she serves on numerous advisory boards for nursing programs.
TE@CH Program

Prepares Students with Disabilities for Employment
Every workday is busy for Capree Brown. During his shifts as an environmental services technician, he is constantly on the move, visiting each floor of the hospital to remove and sort bins of trash and recycling.

Although Capree’s job is physically demanding, he always shares a smile and a warm greeting to the visitors and employees he encounters in his travels. “The people here are so nice,” he says.

Capree is one of four students in the TE@CH program, a partnership among Carroll Hospital, The Arc Carroll County and Carroll County Public Schools. The program, launched in September 2015, was created to prepare students with disabilities for the workforce and provide on-the-job experience.

During their time in the program, students work in a variety of departments, then take part in onsite career education, such as interviewing techniques, career searches and resume writing.

The Arc Carroll County recently honored Carroll Hospital with its Public Service award for its involvement in the TE@CH program. “The students are thrilled,” says Donald Rowe, executive director of The Arc Carroll County. “They’ve learned how to navigate the hospital setting, so they have a sense of independence, and the supervisors at the hospital have just been amazing in the training and support they’ve provided.”

And Capree is in good company—each of the other students has found jobs in the community after graduating from the program. Because of its success, TE@CH will continue this upcoming school year.

“These work-based experiences offer opportunities for our postsecondary students to learn the needed skills to succeed in the workplace,” says Mary Pat Dye, program coordinator of postsecondary programs at Carroll County Public Schools. “We are extremely happy and impressed with how much these students have truly enjoyed their experiences at Carroll Hospital.”
The Friedman Charitable Foundation recently made a major gift to Carroll Hospital to dedicate the board room in honor of Martha and Harry Cole.

Friedman Charitable Foundation trustees Phyllis Cole Friedman and Louis F. Friedman, a loyal board member of LifeBridge Health, decided to make the gift to honor Mrs. Friedman’s parents, Martha and Harry Cole, because of her mother’s connection to Carroll County. Martha Sommers Cole was raised on a family farm in Taneytown and moved to Baltimore in her late teens, where she met her husband, Harry.

The Friedmans’ gift was also made as part of their long-standing support of LifeBridge Health, which partnered with Carroll Hospital last April.

“My mother grew up in Taneytown, and I have been looking for an opportunity to do something in my parents’ name,” said Phyllis Friedman. “So when LifeBridge Health became involved with Carroll Hospital, it was almost like an ‘aha’ moment that this would be a great place to do something to reflect my mother’s childhood.”

As philanthropic and community leaders, the Friedmans recognize the important role the board of directors, administrative and medical staff leadership play in governing and operating a high quality, efficient hospital. Dedicated on April 1, 2016, the Martha and Harry Cole Board Room is used to hold the most important meetings concerning the health and medical care for the community, and, as such, it will provide an atmosphere appropriate for those discussions.

“The Carroll Hospital board of directors and executive team are honored to receive this generous gift. It is an amazing tribute and further evidence of the commitment the LifeBridge Health family has toward ensuring quality, compassionate care in Carroll County and the surrounding communities,” says Ellen Finnerty Myers, Carroll Hospital’s vice president of corporate development and chief development officer.

The Friedmans, both attorneys, have a long-standing history of philanthropic giving to LifeBridge Health to enhance the delivery of health care in Baltimore and the surrounding area. They have made many significant gifts to Sinai Hospital and various charities in Baltimore and now, as a part of LifeBridge Health, Phyllis Friedman hopes to continue this legacy with Carroll Hospital.

“This gift was a coming together of our interest in LifeBridge, Sinai, this marriage with Carroll County and then my family’s relationship there,” she said. “It was serendipitous, where everything came together. Something I wanted to do, something I had been waiting to do, and then this wonderful opportunity to bond somewhere where my mother had these deep roots.”

The Friedman Charitable Foundation is pleased to welcome Joan Develin Coley to its Board of Trustees.

A longtime resident of Westminster, Coley was president of McDaniel College for a decade before retiring in 2010.

As a member of the Foundation’s Board of Trustees, Coley aims to use her leadership skills to help further the mission of Carroll Hospital; she developed close ties with the organization during her time as president of McDaniel College.

“I think the hospital is one of the most important organizations in the community. As part of the Foundation’s board, I hope to advocate for the hospital within the community and help the organization fulfill its goals,” she says.

Although retired, Coley remains very active in the community, with a particular focus on assisting non-profit businesses with leadership training and coaching, and volunteers at the House of Ruth Maryland. She also has served as a board member at Target Community & Educational Services, Inc., in Carroll and Montgomery counties, and at the American Red Cross in Maryland.
What is advance care planning?
Advance care planning is basically a way to plan for the “what ifs” of life that occur across your entire life span. We tend to focus on this over the age of 65, but even those who are 22 or 40 should start thinking about it. Tomorrow is not promised to any of us, so we really need to start planning ahead.

What are some things to consider?
You should think about who you would want to be your health care power of attorney, your financial power of attorney and what actions you want taken for your health care in the event that you are no longer able to make decisions due to illness or incapacity.

Why is advance care planning important?
So often in life we tend to be reactionary, and this is an area in which we need to be proactive. That way, when emotions are running high and all these options are being thrown at you, there’s some type of plan in place for who will be making decisions for you and what type of care you want.

What are some ways to get this conversation started with family?
There really is no easy way to start the conversation. I would say avoid approaching the subject during the holiday season, but it’s good to discuss as a family unit. If you have brothers or sisters, include them in the conversation. Frame the talk with your parents as: ‘What do we do as a family if you’re not able to speak for yourself?’ If other family members can’t be present when these decisions are made, make sure that you inform them so that there are no surprises. That can cause strife between family members.

Once you have made these plans, inform your health care provider and make sure he or she has a copy of your plan of care on record. Although completing these forms with your physician isn’t necessary, some patients find it helpful. We can clarify information, or tailor our conversations to a specific patient, so he or she can make a well-informed decision.

Kharia Holmes, M.D., of Carroll Health Group Primary Care, explains the importance of advance care planning.

For more information on advance care planning, visit MarylandMOLST.org
When Janis Wolf sat down to play bridge one Friday afternoon, she couldn’t shake the feeling that something wasn’t right. There was no tightness in her chest or pain in her arms. But her breathing felt...off. “You don’t know if it’s indigestion or what. You don’t want to think the worst,” the 81-year-old Eldersburg resident admits.
By the following Tuesday, the problem had become too big to ignore. "I couldn’t get my breath at all—it was terrifying," Wolf recalls. She called 911 and was taken by ambulance to Carroll Hospital, where doctors confirmed she was having an acute heart attack. An emergency angioplasty (or stenting) procedure was performed to open up her blocked arteries.

While recuperating in the hospital, Wolf was introduced to Carroll Health Group cardiologist Evan Selsky, M.D. Over the next several weeks, the two worked together to map out Wolf’s road to recovery. "After a heart attack, our follow-up appointments aren’t just to see how you’re doing in terms of pain, although that’s part of it,” says Dr. Selsky. "They’re an opportunity for us to get serious about issues like cholesterol, weight loss and cardiac rehabilitation. It’s our time to say, ‘Now that you’re better, how can we prevent this from happening again?’"

Under Dr. Selsky’s care, Wolf opted to have a second angioplasty procedure—this time on an elective basis—to treat another severe blockage that had been uncovered during testing. Carroll Hospital introduced this procedure, called elective percutaneous coronary intervention (PCI) to its award-winning cardiovascular program in 2015, something that Dr. Selsky has seen as a welcome addition for the community. "I used to tell patients ‘We can diagnose you here, but if you have a significant enough blockage, you have to go downtown for stenting.’ And everyone would say, ‘No! I don’t want to go downtown,’” Dr. Selsky explains. "Now it’s so much simpler—we can do it all here. Patients are thrilled."

The hospital’s partnership with LifeBridge Health has expanded patient options as well. Patients with highly complex heart conditions now have seamless access to groundbreaking advances such as cryoablation, which freezes the tissues that cause abnormal heart rhythms, and transcatheter aortic valve replacement, a minimally invasive alternative to heart valve replacement surgery.

Regardless of the complexity of the condition, Dr. Selsky points out that building a good treatment plan starts with building a good patient relationship. "Even with EKGs and other test results, a diagnosis and plan of attack is not always clear cut. You have to dig into a patient’s habits, his or her medical and family history, and really keep an eye on everything he or she is experiencing to make sure you land on the right answers.”

"I don’t think I could have gotten better care if I was the queen of England. Dr. Selsky and the entire Carroll Hospital team always listened to my concerns and worked with me." Wolf has seen that commitment reflected at every step of her journey. “I don’t think I could have gotten better care if I was the queen of England,” she says with a laugh. "Dr. Selsky and the entire Carroll Hospital team always listened to my concerns and worked with me. They never just said ‘This is how it’s going to be.’ It’s wonderful to feel that cared for.”

Evan Selsky, M.D., Carroll Health Group cardiologist

See how we’re expanding cardiovascular care for you at CarrollHospitalCenter.org/Heart
That’s the promise that Carroll Hospital made to the community in 2013 when it launched its strategic plan, Vision 2020.

Three years later, it’s safe to say the hospital is making good on its promise. Several of the Vision’s biggest goals already have been achieved. 2014 saw the opening of the state-of-the-art William E. Kahlert Regional Cancer Center and the forward-thinking Tevis Center for Wellness, as well as the addition of two new urgent care locations in the community. In 2015, the hospital was certified as an emergency stroke center and added elective percutaneous coronary intervention (PCI) to its cardiovascular program (page 10), two critical steps to bringing more life-saving care close to home. And this past fall, the emergency department introduced its new senior care suite, a dedicated area specially designed with the needs of older patients in mind.

2015 also brought another game-changer: the hospital’s partnership with LifeBridge Health. “Since day one, LifeBridge Health has been incredibly supportive of Vision 2020,” says Carroll Hospital President Leslie Simmons. “They looked at what we’d mapped out and said, ‘You can do all of this and so much more.’ They are fully committed to helping us take our Vision to the next level.”

Neil Meltzer, president and CEO of LifeBridge Health, agrees. “One of our main goals is to build upon the quality services provided at Carroll,” he says. “We are exploring new and innovative ways to advance the unparalleled care in our community.” Armed with that support, the hospital has broadened Vision 2020 to incorporate even more initiatives than originally planned.

Along with the new initiatives, the hospital is still steadfastly pursuing the rest of Vision 2020’s original to-do list. The recent addition of certified nurse midwives to the OB/GYN team kicked off the Vision’s plan to expand women’s and children’s services. And this July, the hospital will open the new Mt. Airy Health & Wellness Pavilion (page 2) as part of the Vision’s overall plan to deliver high quality, low cost next-generation care in the best and most convenient settings.
The hospital also recently partnered with LifeBridge Health’s Berman Brain & Spine Institute to bring epilepsy care and seizure management expertise to the community.

“Our partnership enables us to access LifeBridge Health’s academic expertise without adding huge costs to our community,” explains Simmons. “We couldn’t fund an epilepsy program alone, for example, but now we can offer one in a way that uses our resources efficiently.”

There are already signs that the Vision is making a difference. Simmons points to the hospital’s cancer program, which has seen a 20 percent increase in volume since the opening of the William E. Kahlert Regional Cancer Center. “It’s not necessarily because of a higher incidence of cancer; it’s that more people are electing to get their care locally,” she says. “Having everything you need to manage your health and live well right here—that’s the Vision’s gift to our community.”
Support Groups

All support groups are provided free of charge.

A.W.A.K.E. Network
A sleep disorders support group.
Wednesdays, September 14 & November 9
7 – 9 p.m.
Shauck Auditorium
Registration preferred.

Adult Diabetes
Mondays, October 3 & November 7
7 – 8 p.m.
Shauck Auditorium
Registration required.

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

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

Breastfeeding Support (evenings)
Third Thursday of each month
6:15 – 7:15 p.m.
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

Crohn’s & Colitis
Co-sponsored by the Crohn’s & Colitis Foundation of America.
Tuesdays, September 13 & November 8
7 – 8 p.m.
Shauck Auditorium

Gather & Connect
A group for people living with cancer and their families to share their experiences.
Fourth Monday of every month
4:30 – 6 p.m.
Tevis Center for Wellness

Gluten Free & You
Thursday, October 27
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, September 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, August 25, September 22 & October 27
2 – 3:30 p.m.
Shauck Auditorium

Prostate Cancer
Wednesdays, September 14 & November 9
6 – 8 p.m.
Shauck Auditorium

Stroke Survivors
Wednesdays, August 10 & October 12
6 – 7 p.m.
Shauck Auditorium
Registration required.

Weight Management
Call 410-871-7000 for dates and times.
Tevis Center for Wellness

Certified CPR

Healthcare 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

Healthcare Provider CPR – Renewal
Must have a current AHA Healthcare Provider Card to register.
Call 410-871-7000 for dates and times.
Shauck Auditorium; $75 per person

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.
1 p.m. and 1:30 p.m.
$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.

Mini Massage Day
By appointment only.
15 minutes, $20; 30 minutes, $45

Relaxation & Recovery Yoga
Wednesdays, August 24 – October 12 (session I)
Wednesdays, October 19 – December 14 (session II) (except November 23)
5:30 – 6:45 p.m.
$88 per person

Gentle Vinyasa Flow Yoga
Thursdays, August 25 – October 13 (session I)
Thursdays, October 20 – December 15 (session II) (except November 24)
6 – 7:15 p.m.
$88 per person

Yoga: Community Mixed Levels
Drop-in only (maximum 10 participants)
Fridays, September 9 – October 28
8 – 9 a.m.
$6 per person (exact cash only)
Bereavement Support Groups
Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs.

Bereavement Luncheon
Open to any adult who has experienced the death of a loved one.
Last Tuesday of each month, noon
Baughers Restaurant
289 W. Main St., Westminster
No registration required.

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
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
Registration required.

Pathways Bereavement
Open to adults who have experienced the death of a loved one.
Third Wednesday of each month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
Registration required.

Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, October 8
10:30 a.m. – noon
Carroll Hospice
292 Stoner Ave., Westminster
Registration required.

Widows
Open to women whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
No registration required.

Widowers
Open to men whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
No registration required.

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 hour: $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.
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 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. Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert

LifeBridge Health: The Future of Health Care is Here | 15
Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, August 16, September 20 & October 18
6:30 – 9 p.m.
Shauck Auditorium
$30 per couple

Childbirth and Baby Basics
This class offers valuable information to help you prepare for labor, postpartum and baby care.
Sundays, August 14, September 11 & October 9
1:30 – 4:30 p.m.
Shauck Auditorium
$25 per couple

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

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

Prepared Childbirth Education (One-day class)
Saturdays, August 13 & October 8
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.
September 23 & 24; November 25 & 26
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, August 18 & October 20
6 – 9 p.m., Shauck Auditorium
$50 per couple, includes infant CPR kit

Screenings

Blood Pressure Screenings
Free; Registration not required.
Westminster Post Office
Mondays, August 1, September 12 & October 3
1 – 2 p.m.

Hearing Screening
Saturday, November 5
By appointment only.
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.

Skin Cancer Screenings
Fridays, September 9 & 16
By appointment only.
Tevis Center for Wellness; Free

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

Look Good...Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
Tuesdays, August 9, September 13 & October 11
9 – 11 a.m.
Tevis Center for Wellness; Free

Lose to Win Wellness Challenge
Thursdays, beginning in September
For more information or to register, call 410-871-6646 or visit CarrollHospitalCenter.org/LoseToWin

Nutrition During Cancer Treatment
Call 410-871-7000 for dates and times.
Shauck Auditorium; Free

Nutrition for Disease Prevention
Call 410-871-7000 for dates and times.
Shauck Auditorium; Free

Tobacco Cessation

Quit Together
Learn strategies to stop using tobacco and develop new habits. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.
Thursdays, September 15 – October 12
6 – 8 p.m.; Free
Shauck Auditorium
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 Street, Westminster
For more information, call Barbara White at 410-876-4443.
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.

Bingo Dinner
To support the Center for Breast Health.
Saturday, October 15
Doors open at 5 p.m.
$35 (includes bingo cards and dinner)
Sponsored by Greetings & Readings Keepsake Club
Theme: $100,000 is so Grand!
Gamber Fire Hall
For tickets, call Herb Marquess at 410-356-7872 or the Carroll Hospital Foundation at 410-871-6200.

Carroll Golf Classic
Friday, September 16
7:30 a.m. and 1 p.m. flights
Piney Branch Golf Club
Register at CarrollGolfClassic.org or call 410-871-6200 for more information.

Pink Fling Luncheon
Saturday, October 15
Martin’s Westminster
10 a.m. – 1 p.m.
$50 per person
For more information, call the Carroll Hospital Foundation at 410-871-6200.

Race for Our Kids
To benefit the Herman & Walter Samuelson Children’s Hospital at Sinai.
Sunday, September 18, 8 a.m.
Pimlico Race Course and Sinai Hospital
For more information, visit raceforourkids.org or call 410-601-4438.

Save-A-Limb Fund Fest
To benefit the Save-A-Limb Fund at the Rabin Institute for Advanced Orthopedics at Sinai Hospital.
Saturday, September 24, 8 a.m.
Oregon Ridge Park
For more information, visit savealimb.org or call 410-601-9533.

Reggie Bodnar, executive director of Carroll Hospice, makes her way down the runway at the 2016 Spring Fashion Show, hosted by the Carroll Hospital Auxiliary. More than $15,000 was raised to benefit emerging diagnostic and treatment technology systems at Carroll Hospital.
Introducing the new team of certified nurse midwives at Carroll Hospital.
Trained as advanced-practice, evidence-based registered nurses, they have one goal: to provide you with the health care experience you’ve always wanted. From pregnancy and delivery to wellness care and menopause management, they work side-by-side with our physicians to provide a full range of health services that are always centered around you.

Visit CarrollHospitalCenter.org/MyChoice to meet our team and find the provider who’s the perfect fit for you.