Caring Callbacks:
Follow-up phone calls from Emergency Department providers extend quality of care

Also in this issue:
Caring for an Aging Parent
Family Birthplace Expansion
The Role of Hospitalists
Dear Friends,

Health care is part of every stage of life. And whether you’re starting a new family or caring for an aging parent, we’re constantly working to improve your health care experience each step of the way.

One way we’re doing this is with our emergency department’s Caring Callbacks program. You wouldn’t believe what a difference one phone call can make in someone’s health. From answering medication questions to encouraging follow-up appointments, these simple calls ensure that our recently discharged emergency department patients have the tools they need to stay healthy.

We’re also excited to give you a sneak peek into the expansion of our Family Birthplace. Carroll Hospital will soon be the first hospital in Maryland to provide couplet care for babies who require extra observation. This means that infants who are born prematurely or with other complications will remain in the same room as their mother, rather than the traditional neonatal care unit—an approach that is shown to have tremendous benefits on the health of the baby and the family.

In this issue, you’ll also find insights into a challenge that, at some point, many of us will face: caring for our aging parents. I think you’ll find our physicians’ suggestions are as important to your own health as they are to the health of your loved one.

Wherever you are on your journey—from naming your first born to accompanying a parent to a doctor’s visit—we are there for you. We are working hard to make our already outstanding hospital even better for you and your family.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President, Carroll Hospital
Senior Vice President, LifeBridge Health
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Emergency department providers are extending the quality of care with the Caring Callbacks program.

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Carroll Hospital is set to become the first hospital in Maryland—and only the second hospital in the nation—to offer couplet care, delivering an extra level of care to infants and their families.

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ON THE COVER: Mark Goldstein, M.D., interim chief of emergency medicine, in the hospital’s emergency department
When Kathleen Shanks of Westminster received an unexpected phone call from Carroll Hospital's emergency department, she was concerned. On the line was Christopher Szlezak, M.D., the physician who had treated her 2-year-old daughter, Jane, the day before.

Jane’s rare bone marrow disease and other health issues had caused many hospital visits—and a call from the hospital could be worrisome.

But Dr. Szlezak had simply phoned to see how Jane was feeling and to make sure a good follow-up plan was in place for her.

*Top: Mark Goldstein, M.D. Left: Jane Shanks*
“It was a big relief,” Shanks says. “Usually, when the hospital calls you, they’re not checking up on you; they’re telling you terrible news. That was my anticipation, and it was quite a relief when I found out that was not the case.”

Carroll Hospital’s emergency medicine providers have been making more of these follow-up type calls in the last three years as part of its Caring Callbacks program.

“The idea behind the callbacks is improving the continuity of care,” says emergency medicine physician Christopher Lemon, M.D., who serves on the hospital’s Patient Experience committee. “They’re a good way to make sure patients have scheduled a follow-up appointment with their primary care provider or a specialist or to encourage them to make one if they haven’t already.”

The calls also are a way for patients to receive clarification on medications and discharge instructions and to ask questions. “The emergency department can be a dizzying experience for patients,” says Mark Goldstein, M.D., interim chief of emergency medicine, “so this is another opportunity for us to sharpen the quality of care we provide.”

After the Hospital

Whether it’s an inpatient stay or a visit to the emergency department, after you are discharged you should:

• Make a follow-up appointment with your primary care provider or specialist. Make sure you let the office staff know that you were just in the hospital.

• Review your discharge instructions carefully. You also will receive a printed copy to take home for your reference and for your follow-up doctors’ appointments.

• Fill your prescriptions and take medications as instructed. In addition to your discharge instructions, you may receive a list of medications, some of which may be new, and their purpose, as well as information on any side effects.

• Once you are home from the hospital, call your physician if you have any questions about your discharge instructions or medications.

• If you would like to speak to someone who can help you find health resources and services, call 410-871-7000 and ask for a health navigator.
James Clement, M.D.,
Named 2017 Physician of the Year

Adult hospitalist James Clement, M.D., was named Carroll Hospital’s 2017 Physician of the Year during the hospital’s Doctors Day celebration on March 28. Affiliated with the hospital since June 2016, Dr. Clement was chosen for his compassionate and extraordinary care of patients.

Family and staff have recognized Dr. Clement for his consistent high quality patient care. He was named November’s Physician of the Month for going above and beyond his duties to comfort and educate a distraught family about their loved one’s declining health and the need for hospice services. He also was commended for valuing the opinion of his colleagues, repeatedly following up with patients and responding to their concerns.

“Dr. Clement consistently puts the needs of his patients first and foremost,” said Leslie Simmons, president of Carroll Hospital. “He has set the bar high for our employees through his professionalism, attentiveness and true dedication to delivering outstanding care.”

“This is really an honor, and I thank the Lord for the opportunity to bring high quality care and evidence-based medicine to Carroll Hospital,” said Dr. Clement. “For me, being a doctor is a privilege, and you should be humble and understand that you should always give 200 percent effort to make patients feel better.”

A Lasting Tribute

Would you like to honor or memorialize a loved one or special person who has passed away or made a significant difference in your life? The Carroll Hospital Foundation offers a range of opportunities to do so through its Commemorative Brick Program.

You may purchase an engraved brick to be placed in various areas throughout the hospital campus, and all purchases benefit the hospital’s programs and services.

“Inscriptions can simply include the name of the person they want to honor or memorialize or can be customized with a personal message of their choosing,” says Brenda Frazier, director of development at the Carroll Hospital Foundation. “These bricks provide a touching way to recognize someone while also supporting the hospital’s many programs and services.”

All brick purchases are tax deductible.

For more information on the Commemorative Brick Program and other ways you can honor or memorialize a special person, please visit CarrollHospitalCenter.org/Bricks or call the Carroll Hospital Foundation at 410-871-6200.
A Lasting Tribute

With the need for more specialized and coordinated care for hospitalized patients today, hospitalists and intensivists are changing the way patients are cared for in the hospital setting. Mark Olszyk, M.D., vice president of medical affairs and chief medical officer, explains how these providers coordinate your care at the hospital.

What is a hospitalist?
A hospitalist is a health care provider who specializes in the care of patients in the hospital. This can be a physician, physician assistant or nurse practitioner.

What is an intensivist?
An intensivist is a physician (M.D. or D.O.) who specializes in the care of critically ill patients, most often in the critical care unit. They can be internists or internal medicine sub-specialists (most often pulmonologists), anesthesiologists, emergency medicine physicians, pediatricians (including neonatologists) or surgeons who have completed a fellowship in critical care medicine. An intensivist must be competent in a broad spectrum of conditions common among critically ill patients and procedures used in the intensive care setting.

How do these in-house providers work with my family doctor?
Hospitalists coordinate the care of patients in the hospital and organize communication between the various doctors caring for a patient.

Hospitalists communicate with your personal physician during a hospitalization, usually once upon admission and again prior to discharge from the hospital.

Why did the hospital move toward this model of care?
Hospitalists are experts in caring for complicated hospitalized patients on a daily basis. They also are more available to meet with family members, follow-up on tests, answer nurses’ questions and deal with problems that may arise on the spot.

Because hospitalists are always available, we have seen shorter lengths of stay, better communication, efficient discharges, and fewer complications and readmissions, which helps reduce overall costs to the patient and to the health care system.
The Family Birthplace Expansion

NEW Couplet Care Program will be first in the state
When Deanna Dobry went to Carroll Hospital for a routine test one Friday afternoon, she had no idea she wouldn’t be going home that day.

Seven months pregnant—and with her blood pressure rising—the test revealed she had preeclampsia, a serious pregnancy complication. Dobry remained in the hospital over the weekend until they couldn’t wait any more. That Monday, doctors decided to induce her in order to protect her health and the health of her baby.

Born just shy of four pounds, Dobry’s son, Jamonte, remained in the hospital for nearly two weeks. Dobry, who had been discharged before her son, visited him daily.

“I couldn’t leave him all day. I just couldn’t do it,” she says. “Fortunately, I live close to the hospital, so I could visit him at least four or five times a day. But it was definitely a lot, especially with my blood pressure still being up and down.”

All the stress led her to wonder if there was some way that would allow her to be with her son during this difficult time. Soon, there will be.

As part of its upcoming Family Birthplace expansion, Carroll Hospital is set to become the first hospital in Maryland and only the second hospital in the nation to offer families couplet care for babies requiring extra care.

Developed by the Karolinska Institute in Sweden, couplet care is designed to keep babies who are born prematurely or who require specialized care together with their mothers for as long as the baby is hospitalized.

This model of care delivers numerous benefits, including decreased length of stays, faster recovery for the infant and stronger family bonds.

“When parents can stay with their baby 24/7, they are much more comfortable when it’s time to take them home,” says Linda Grogan, executive director of women’s, children’s and surgical services at Carroll Hospital. “Nurses become the coaches, and parents become the caregivers.”

In addition to adopting the couplet care model, the expansion and renovation will include all new, beautifully appointed rooms, a family room for parents staying with their newborns and new operating rooms. A dedicated entrance and parking lot for The Family Birthplace is also part of the $13.5 million project.

The expansion is expected to be completed in the next two years and has already generated more than $3.6 million, with contributions from the Kahlert Foundation, the Carroll Hospital Auxiliary and a State of Maryland grant administered by the Maryland Hospital Association.

For Dobry, the couplet care expansion is exactly the solution she imagined all those days she was apart from her son. “Luckily, Jamonte didn’t have any real problems, aside from being born early,” she says. “He’s doing great, he’s gaining weight and growing. He’s a happy, healthy baby.”

Support our community’s littlest ones.
Go to CarrollHospitalCenter.org/Giving to make a gift to The Family Birthplace expansion project.
The Mt. Airy Health & Wellness Pavilion

Community Radiology Associates:
imaging services including open wide-bore MRI, digital and 3-D mammography, CT, X-ray, ultrasound and more

Outpatient Laboratory:
- blood draws
- cholesterol testing
- diabetes testing
- urinalysis and more

Pivot Physical Therapy:
- physical, occupational and sports medicine services

ExpressCare Urgent Care Center:
immediate care for anything from sore throats to sprained ankles. ExpressCare also treats children. No appointments are necessary.

A range of primary care providers and specialists
- in cardiology, general surgery, gastroenterology, OB/GYN, neurology, orthopaedics and pediatrics

The Mt. Airy Health & Wellness Pavilion houses a range of services to meet the needs of the Mt. Airy community—all in one location.

For more information about the Mt. Airy Health & Wellness Pavilion, please visit MtAiryHealth.org
Communicating important health topics to a variety of audiences is one of the daily challenges of a hospital’s marketing team. Students in McDaniel College’s Health Communication class embraced this challenge as they spent a semester acting as consultants to Carroll Hospital’s Marketing & Public Relations department.

“I am always looking for opportunities to provide experiential learning for the students, and the best way to do that is to step into the real world,” says McDaniel College Professor Robert Lemieux, Ph.D. “The experiences allow students to take ownership of a project, to problem-solve and to apply their analytical and creative skills.”

Through research and site visits, students worked in teams to create marketing plans for the hospital’s wellness and maternity service lines, which were presented to the hospital’s marketing staff on May 3.

“From what I observed, it took the students about a month to figure out their plans of action, and it was evident they enjoyed it,” says Dr. Lemieux. “My role in the process is to challenge their ideas, while also applauding their efforts.”

For Ellen Finnerty Myers, the hospital’s vice president of corporate development and chief development officer, it was a natural collaboration. “We are fortunate to have McDaniel College in our backyard, and it is exciting to work with students in our community,” she says.

She especially loved the students’ innovative approach to marketing health care. “It was fun working with Dr. Lemieux and his class,” says Myers. “They brought a fresh point of view to these vital services and had many exceptional ideas.”
Caring for an Aging Parent

Tips for managing a loved one’s health—without sacrificing your own

Many challenges arise when it comes to caring for an aging parent, but thankfully you are not alone. Your parent’s primary care provider is your main ally—the coach shouting from the sidelines, ensuring everyone on your team is doing what they are supposed to do.
Whether it is managing the magnitude of medications or the assortment of recommendations from various specialists, a primary care provider will be there every step of the way, ensuring you are on the right track.

“A large part of my responsibility is seeing patients on a regular basis, coordinating their care, writing their prescriptions and overseeing the implementation of their specialists’ recommendations,” says Michael Eyer, D.O., a Carroll Health Group primary care provider based in Hampstead. “As the physician who is seeing the patient most frequently, I am on the front line.”

And while a primary care provider can help handle a lot of the logistics of caring for an aging parent, you can do certain things to make sure you and your loved one are getting the most out of each visit.

“Bring in medications and be sure to write down things that are concerning or need to be addressed between visits,” says Wendy Miller, M.D., who sees Carroll Health Group patients in Eldersburg. “Having a list of questions and medications allows us to have a more productive conversation.”

During the visit, be sure to take notes and let your parent speak for himself or herself. If your parent is uncomfortable discussing some aspect of his or her health in front of you, excuse yourself from the examination room momentarily.

It is also important to have regular family meetings so that everyone is on the same page. These meetings should include discussions of difficult topics, such as health care and end-of-life directives.

Finally, it is important to remember to take care of yourself. Caring for an aging parent often involves a reversal of the parent-child role, which can cause stress to the caregiver.

“You can’t take care of anyone else if you are not in the proper state,” says John Wah, M.D., who sees patients in one of Carroll Health Group’s Westminster offices. “That means taking care of your mental and emotional health as much as your physical health. Something as simple as joining a caregiver support group can take a tremendous burden off of you.”

“Bring in medications and be sure to write down things that are concerning or need to be addressed between visits,” says Wendy Miller, M.D., who sees Carroll Health Group patients in Eldersburg. “Having a list of questions and medications allows us to have a more productive conversation.”

You are not alone!
To find a primary care doctor that can help you care for your loved one, go to CarrollHealthGroup.com. Plus, join Carroll Hospital for a free monthly Caregiver Support Group the second Tuesday of every month from 4 – 5:30 p.m. at the Carroll County Bureau of Aging and Disabilities.

Five Tips for Caring for an Aging Parent
1. Have regular family meetings so everyone is on the same page.
2. Don’t wait until the last moment to have difficult discussions.
3. Bring medications and a list of questions and concerns to doctor visits.
4. Give your parent space if he or she asks for it.
5. Remember to take care of yourself.
The Krieger Eye Institute

Historic Highlights

1989
The Krieger Eye Institute (KEI) is conceived by Dr. Irvin Pollack and local philanthropist Zanvyl Krieger to advance ophthalmic care and education in the community.

1991
KEI opens its doors in Sinai Hospital’s brand-new Morton Mower Medical Office Building.

1997
KEI establishes a joint residency program with Johns Hopkins University/Wilmer Eye Institute.
Having good vision is something many people take for granted until it’s too late. That’s why the Krieger Eye Institute (KEI) has been working to advance ophthalmic care and education in the community for more than 25 years.

Conceptualized in 1989 by philanthropist Zanvyl Krieger and Irvin Pollack, M.D., then chair of the Department of Ophthalmology at Sinai Hospital, KEI has gone on to be a leader in eye care, offering patients expert service at Sinai and Northwest hospitals and the LifeBridge Health Pavilion at Quarry Lake.

"Here at the Krieger Eye Institute, we have a phenomenal faculty and a great teaching program," says Donald Abrams, M.D., chair of the Department of Ophthalmology at Sinai Hospital. "We’re structured differently from other academic ophthalmology programs, with all of us working on-site together, so patients with complicated cases can still be in and out in a couple of hours. We are efficient like a private practice, but patients can access multidisciplinary specialists and ancillary care."

This breadth of expertise makes it possible for patients to make appointments for everything from routine eye exams to subspecialty care, such as glaucoma laser treatment, pediatric ophthalmology, cataract surgery and more. In addition to its comprehensive line of services, KEI also offers same-day appointments and the latest diagnostic and therapeutic equipment.

For those who need to purchase frames, sunglasses or contact lenses, retail optical services are available at all KEI locations, including top-of-the-line optical shops at Quarry Lake and Northwest Hospital. With experienced opticians and the state-of-the-art M’eye Fit digital measuring system to ensure lens-fitting accuracy, there’s no better place to fulfill all your optical needs.

As a nonprofit organization, it’s easy to forget that KEI’s success relies not only on its expert physicians, but also on the generosity of donors.

"Whenever we receive a gift, it reminds me that I’m a part of something that’s much bigger than me. Every donation allows us to expand our reach, recruit faculty, acquire state-of-the-art equipment, and grow and advance our care," says Dr. Abrams. "We want to get more people in here before it’s too late, and our community helps us do that."

To make an appointment with the Krieger Eye Institute, call 410-601-2020 or visit KriegerEye.org

### Celebrating more than 25 years of cutting-edge ophthalmology

- **2007**
  KEI re-establishes an independent residency program with full ACGME accreditation and expands to the LifeBridge Health Pavilion at Quarry Lake, with new clinical space and an optical shop.

- **2009**
  The Sinai location continues to grow with the addition of clinical space and retina division offices.

- **2014**
  KEI opens clinical offices and an optical shop at Northwest Hospital.

- **2016**
  KEI doubles its space at Quarry Lake.
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](http://CarrollHospitalCenter.org). All fees are non-refundable.

### Support Groups

*All support groups are provided free of charge.*

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<th>Support Group</th>
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| **A.W.A.K.E. Network**        | *A sleep disorders support group*  
Wednesday, September 13  
7 – 9 p.m.; Shauck Auditorium  
Registration required           |
| **Adult Diabetes**            | *Monday, October 2*  
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)**  
Thursdays, July 20, September 21  
(no August meeting)  
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*  
Tuesday, September 12  
7 – 8 p.m.; Shauck Auditorium  
**Gather & Connect**           | *A group for people living with cancer and their families to share their experiences*  
Mondays, July 24, August 28 & September 25  
4:30 – 6 p.m.; Tevis Center for Wellness  
**Multiple Sclerosis**         | *Mondays, July 17, August 21 & September 18*  
10 a.m. – 12:30 p.m.; Shauck Auditorium  
**Ostomy**                     | *Wednesday, September 13*  
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*  
Thurdays, August 24, September 28 & October 26  
2 – 3:30 p.m.; Shauck Auditorium  
**Prostate Cancer**            | *Wednesday, September 13*  
6 – 8 p.m.; Shauck Auditorium  
**Stroke Survivors**           | *Tuesdays, August 1, September 5 & October 3*  
2:30 – 3:30 p.m.; Shauck Auditorium  
Registration required           |
| **Weight Management**         | *Wednesdays, August 9, September 13 & October 11*  
5 – 6 p.m.; Tevis Center for Wellness  
Registration required           |

### Healthy Living

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| **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.; Free  
Carroll County Home Dialysis Clinic  
Fisher Medical Building  
193 Stoner Ave., Suite 120, Westminster  
For more information, call 1-888-695-4363 or 410-751-3785 or visit KidneySmart.org |
| **Look Good…Feel Better**     | *Program to help women cope with the appearance-related side effects of chemotherapy*  
Mondays, July 10, August 14, September 11 & October 9  
9 – 11 a.m.; Tevis Center for Wellness; Free |
| **National Falls Prevention Awareness Day** | *For older adults*  
Friday, September 22, 9 a.m. – noon  
Y in Central Maryland, Hill Family Center  
Free  
Call 410-848-3660 for more information. |
| **Tobacco Cessation**         | *Learn strategies to stop using tobacco and developing new habits.* Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.*  
Thursdays, September 14 – October 12  
6 – 8 p.m.; Shauck Auditorium; Free  
For more information, call 410-876-4443. |
| **Walk-in Tobacco Cessation Clinics** | *Free individual counseling offered to help with your quit smoking plans. Participants may be eligible for vouchers for Chantix (with a physician’s prescription) and nicotine replacement.*  
Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.  
Carroll County Health Department  
290 S. Center St., Westminster  
For more information, call Barbara White at 410-876-4443. |

### Certified CPR

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| **Basic Life Support (BLS) Providers** | *This class is for health care professionals and professional rescuers. It supports both the initial and the renewal requirements for CPR certification and follows American Heart Association guidelines.*  
Wednesday, August 9, noon – 4 p.m.  
Wednesday, September 27, 8 a.m. – noon  
Shauck Auditorium; $75 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. |
Bereavement Support Groups

Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs. Groups meet at Carroll Hospice, 292 Stoner Ave., Westminster, unless otherwise noted.

Bereavement Luncheon
Open to any adult who has experienced the death of a loved one
Last Tuesday of each month, noon
Baugher’s Restaurant
289 W. Main St., Westminster

Grief Support After a Substance Abuse Loss
First Tuesday of each month
5 – 6:30 p.m.
Registration required

Mending Hearts
Open to anyone whose child has died; group addresses emotional issues surrounding the loss and offers coping strategies
Third Monday of each month
6:30 – 8 p.m.

Pathways
Open to adults who have experienced the death of a loved one
Third Wednesday of each month
6:30 – 8 p.m.

Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet
Saturday, October 14, 10:30 a.m. – noon
Registration required

Widows/Widowers
Open to women and men whose spouse has died
First Tuesday of each month
6:30 – 8 p.m.

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

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

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

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

**Facials**
Full facial, 1.5 hours: $90
Mini facial, 1 hour: $50
Gentlemen’s facial, 1 hour: $50
Oncology facial (phys. 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.

**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**
30- to 40-minute session: $55
Three 30- to 40-minute sessions: $145

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

**The Wellness Boutique**
A boutique featuring health and wellness merchandise and other holistic items designed to bring comfort or promote a healthy lifestyle. Includes Studio YOU, a specialty area that features items to support people with cancer and medical hair loss, such as breast prostheses, mastectomy bras, wigs, hats, turbans and various comfort items.
Tevis Center for Wellness
Limited quantities of wigs and head coverings are available free of charge.
Appointments required for Studio YOU.
Call 410-871-6161 for more information or to schedule an appointment.

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

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**THE 8TH ANNUAL TOTAL HEALTH EXPO**

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

**SATURDAY, OCTOBER 28 | 10 A.M. – 1 P.M.**

**THE TEVIS CENTER FOR WELLNESS | EAST PAVILION AT CARROLL HOSPITAL**

**FAMILY FUN & ACTIVITIES | FREE & LOW-COST HEALTH SCREENINGS**

**FOR MORE INFORMATION, CALL 410-871-7000.**
Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, July 18, August 15, September 19 & October 17
6:30 – 9 p.m.; Shauck Auditorium
$30 per couple

Childbirth and Baby Basics
This class prepares you for labor, postpartum and baby care.
Sundays, August 13, September 10 & October 8
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 1, 3 & 8; September 5, 7 & 12; October 3, 5 & 10
Shauck Auditorium; $70 per couple

Prepared Childbirth Class (1 day)
Saturdays, August 12 & October 14
9 a.m. – 6 p.m.
Shauck Auditorium; $70 per couple

Prepared Childbirth Class (weekend)
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
July 28 & 29; September 29 & 30
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 17 & October 19
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 7, September 11 & October 2
1 – 2 p.m.
Kennie’s Market, Taneytown
Thursdays, July 27, August 24 & September 28
10:45 – 1:45 a.m.
Martin’s Food Market, Eldersburg
Mondays, July 31, August 28 & September 25
11 a.m. – noon

One-On-One Breast Health Consultation and Clinical Breast Exam
Conducted by Dona Hobart, M.D.
Call 410-871-7000 for dates
By appointment only; Free

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
1 & 1:30 p.m.
Call 410-871-7000 for dates.
$10 per person; No registration required

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

Introduction to Mindfulness Meditation (6 weeks)
Call 410-871-7000 for program dates.
7 – 7:45 p.m.; $60 per person

Community Mixed-Levels Yoga
Drop-in only (maximum 10 participants)
Fridays, beginning September 8
8 – 9 a.m.; $6 per person (exact cash only)
Call 410-871-7000 to confirm class offerings.

Gentle Vinyasa Flow Yoga (8 weeks)
Thursdays, September 7 – October 26
6 – 7:15 p.m.; $89 per person

Prenatal Yoga
Tuesdays, September 5 – October 24
5:30 – 6:30 p.m.; $88 per person
Physician consent required

Recognition You Deserve for the Legacy You Leave

Your legacy is important. If you’ve included Carroll Hospital or Carroll Hospice in your will, designated us as a beneficiary of an insurance policy or retirement account, or through other deferred giving arrangements, please let us know.

We want to honor you with membership in our Bridge Builders Society, and more importantly, we want to make sure you’re thanked today and your legacy is honored tomorrow.

Please contact the Carroll Hospital Foundation office at 410-871-6200 or foundation@CarrollHospitalCenter.org to inform us that you have named us in your estate plans or to learn how you can help us continue to provide the highest quality health care in Carroll County.
Special Events

**Auxiliary Book Fair**
To benefit the renovations and Couplet Care program in The Family Birthplace at Carroll Hospital
Thursday, August 24, 10 a.m. – 5 p.m.
Friday, August 25, 7 a.m. – 4 p.m.
Carroll Hospital Main Lobby

**Auxiliary Membership Meeting & Luncheon**
Learn about the Carroll Hospital Auxiliary
Tuesday, September 19, 11 a.m. – 12:30 p.m.
Shauck Auditorium
Registration is required by September 11.
Call 410-871-7280 to register.

**Auxiliary Uniform Scrub Sale**
To benefit the renovations and Couplet Care program in The Family Birthplace at Carroll Hospital
Thursday, October 12, 7 a.m. – 4 p.m.
Friday, October 13, 7:30 a.m. – 2:30 p.m.
Carroll Hospital Main Lobby

**Bingo Dinner**
To support the Center for Breast Health.
Saturday, October 14, Doors open at 5 p.m.
$35 (includes bingo cards and dinner)
Sponsored by Greetings & Readings Keepsake Club
Theme: Halloween Party
Gamber Fire Hall
For tickets, call Herb Marquess at 410-356-7872 or Carroll Hospital Foundation at 410-871-6200.

**Carroll Golf Classic**
Friday, September 15
7:30 a.m. & 1 p.m. flights
Piney Branch Golf & Country Club
Register at CarrollGolfClassic.org or call 410-871-6200 for more information.

**Carroll Hospital Farmers Market**
Thursdays, June 22 – September 21
12:30 – 4:30 p.m.
Third level of hospital's parking garage

**Jalopyrama Hot Rod Show**
To benefit the William E. Kahlert Regional Cancer Center and The Arc Carroll County
Saturday, October 14, 8 a.m. – 5 p.m.
$10 donation
Carroll County Agriculture Center
Shipley Arena
706 Agriculture Center Dr., Westminster
For more information, visit Jalopyrama.com

**Pink Fling**
To support the Center for Breast Health
Saturday, October 21, 10 a.m. – 2 p.m.
Martin's Westminster
$55 per person
For more information, call the Carroll Hospital Foundation at 410-871-6200.

**13th Annual Race for Our Kids**
Professionally managed and timed 5K and 10K road races & 1-mile themed family fun walk
Sunday, September 17, 8 a.m.
Pimlico Parking Lot and Sinai Hospital, Baltimore
Call 410-601-4438 or visit RaceForOurKids.org for more information.

**12th Annual Save-A-Limb Fund Fest**
1-mile Make a Difference Walk and 2-mile Summit Challenge Hike
Saturday, October 14, 10 a.m.
Oregon Ridge Park, Cockeysville
Call 410-601-4438 or visit SaveALimb.org for more information.

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How can we build a healthier Carroll County now? You are the answer.
Take the online Community Health Survey between July 1 and August 31, and tell us what you need to live healthier today and every day.

1. Go to HealthyCarroll.org/Survey
2. Complete the quick online survey.
3. Be honest—your answers will help decide what health priorities need to be addressed by health care leaders in Carroll County.

**Auxiliary Ball**
To benefit the renovations and Couplet Care program in The Family Birthplace at Carroll Hospital
Saturday, November 4, 6:30 p.m. – midnight
Martin’s Westminster
Theme: A Night in Monte Carlo
For sponsorships, tickets, donations or more information visit CarrollAuxBall.org or call 410-871-7280.

**Being Mortal**
Free viewing and panel discussion around the documentary Being Mortal
Thursday, September 14, 5:30 – 7 p.m.
Community Room, Mt. Airy Health & Wellness Pavilion
Registration preferred, but not required; call 410-871-8000 to register.
There’s a lot of information out there. But there’s only one tool that gives you an accurate, clear picture of your health: an annual check-up with your primary care provider. It’s your key to early detection, disease prevention and healthier living. And studies show that people who have a primary care physician have 33 percent lower health care costs and a 19 percent lower mortality rate than those who don’t.

**Don’t Guess.**

Get an annual check-up.

**Schedule an appointment with your primary care provider now.**

Need help finding a provider? Call 410-871-7000 and request an appointment.

Or visit CarrollHospitalCenter.org/KnowYourHealth to search our provider directory.