Back in the Saddle
Surgical experts help patients return to pain-free living

Also in this issue:
Couplet Care Construction Update
Outpatient Programs Relocate
New Telemonitoring Program
President’s Letter | Leslie Simmons

Dear Friends,

As our institution grows, I am honored to grow with it. In July, I was promoted to executive vice president of LifeBridge Health, a position in which I will oversee both Carroll Hospital and Levindale Hebrew and Geriatric Hospital, along with LifeBridge Health’s Post-Acute Division and a host of other systemwide services. I am excited for this new chapter and confident of a future of continued excellence.

While Carroll Hospital and LifeBridge Health work to improve the health and well-being of our communities, please know that my focus on and involvement in Carroll Hospital and the Carroll County community will not waver.

Being part of a hospital that is as cutting-edge and innovative as Carroll Hospital is a source of great pride for all who work here. The technology that has grown and flourished not only within our walls but out in the community is changing so many lives. Our remote telemonitoring program (page 12) has brought state-of-the-art health care into people’s homes. We have surgeons performing minimally invasive and hidden scar surgeries with incredible outcomes (pages 2 and 8). We help people improve their quality of life each day through our outpatient services (page 10). And we’re there to care for individuals and their families at Carroll Hospice when a loved one is nearing the end of life (page 15).

We are embracing the future of medicine while still preserving our community atmosphere that puts patients above all else. But as we welcome these technological advances, please know that this growth and advancement never replaces the personalized care we provide to you and your family.

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  General, Yet Extraordinary
Surgical specialists blend advances in technology with personalized care.

8  Minimizing Reminders
A new technique called Hidden Scar™ helps lessen the reminder of breast surgery.

10 New Location, Same Great Services
Our outpatient services have a new location, but continue to provide the best in high-quality care.

12 Always Available
New telehealth equipment allows health care professionals to monitor patients’ health remotely both in the hospital and in private residences.

In Brief

Simmons Promoted to Executive Vice President  5

Construction Update  6

New Board Members Welcomed  7

Welcome, Dr. Gai  14

Understanding Hospice Care  15

Specialized Care for Pediatric Patients  16

Calendar & Support Groups  18

ON THE COVER: After surgery, Gary Belk is back to caring for his horses at his Taylorsville home.
For 20 years, Gary Belk, of Taylorsville, suffered from diverticulitis, an inflammation of pouches that form in the wall of the colon. Eventually, the pain became so severe it started interrupting his life.

Instead of spending his time doing things he loved, like fishing, canoeing and caring for his four horses, he spent weeks sitting on the couch or sleeping. "It felt like someone was stabbing me with knives," he remembers.

The pain was later met with fear when Belk was rushed to the emergency department at Carroll Hospital and was told he needed surgery. General surgeon Tiffany Stoddard, M.D., performed the operation, which consisted of open abdominal surgery because of the scar tissue that had built up over the years.

"It was Dr. Stoddard that put us at ease," says Belk. "She understood our concerns, respected our fears and educated us. She even prayed with us before the surgery."

His wife, Shelley, agrees. "Dr. Stoddard gave me back my husband," she says. "She gave our kids their father back. It’s like he’s 10 years younger."

Positive outcomes like Belk’s are common at Carroll Hospital, thanks to the hospital’s exceptionally trained and experienced general surgery team that tailors the care they provide to each patient’s specific needs. Today, the staff performs minimally invasive, laparoscopic surgeries at a rate seldom seen at community hospitals.

“We very rarely do open abdominal surgery anymore,” says John A. Steers, M.D., director of minimally invasive general surgery and vice chief of surgery at Carroll Hospital. "We’ve evolved over the years to where we’re almost a completely laparoscopic practice. That’s still not true at all hospitals. We’re on the leading edge of that. There are many days that our general surgeons will each do five or six major surgeries, and none of them will involve an open incision.”

"We do everything that they do at the big hospitals—all the minimally invasive surgeries, and more.”

Laparoscopic surgery uses very small incisions as entry points into the body. This method, which is a specialty of Carroll Hospital’s general surgeons, can significantly reduce pain, scarring, operating times and recovery periods for patients.

“We do everything that they do at the big hospitals—all the minimally invasive surgeries, and more,” says general surgeon Sarah Lentz, M.D., who is also vice president of the hospital’s medical staff. “We were the first hospital in the state with seed localization [a breast cancer surgical advancement that enables surgeons to precisely navigate to
a tumor during surgery]. We have a very accomplished team, from the operating room nurses to the anesthesiologists. Together, we can offer as good, if not better, surgical experiences as anywhere else.”

The surgeons also take pride in their bedside manner. With resident and fellowship training from top-tier schools, working at a community hospital over the larger university hospitals is a choice that has made their careers that much more rewarding.

“Carroll Hospital is great because it’s community-focused, and everyone knows everybody,” says Dr. Stoddard. “It’s like a family. Every member of our team wants that personal involvement with the patients and spends a lot of time at the bedside.”

“Carroll Hospital is really a gem,” adds Dr. Steers. “We do modern techniques and advanced surgeries, but we do them in a community setting. We care for the same families over and over and can grow with the patients, which is a neat thing you get in a community practice versus a university or urban setting.”

The general surgery team at Carroll Hospital aims to make surgery a positive experience for their patients. Patients, like Belk, leave feeling healthier as well as respected and cared for.

“We’re incredibly grateful for Dr. Stoddard’s good work,” says Belk. “It reinforced for us that the only place we’ll go is Carroll Hospital from here on.”

Before you have surgery, know your options! Go to CarrollHospitalCenter.org/Surgical to explore your minimally invasive treatment choices and meet our surgeons.

Pre-Operative Patient Education Program

Are you scheduled for surgery? Join our surgical team for a free pre-operative patient education class. During the program, individuals will learn how to prepare for surgery, what to expect at the hospital, and information about post-operative care.

The class takes place the first and third Monday of each month from 6 to 7:30 p.m. in the hospital’s Shauck Auditorium. No registration is required. For more information, call 410-871-6100.
Carroll Hospital President Leslie Simmons was recently named an executive vice president for LifeBridge Health.

Simmons will continue to provide oversight of Carroll Hospital and will now be leading Levindale Hebrew Geriatric Center and Hospital, along with the LifeBridge Health Post-Acute Division. She will also assume systemwide responsibility for Hospice and Palliative Care, Pharmacy, Laboratory/Pathology, Transport and LifeBridge Health’s Food and Nutrition and Environmental Services Divisions.

“At LifeBridge Health, we have experienced tremendous growth in the past few years, expanding our organization to be much more than a group of hospitals. We have become a fully integrated health care delivery system,” says Neil Meltzer, president and CEO of LifeBridge Health. “With this growth comes more complexity, so we felt it was important to reorganize to respond to our rapidly changing environment. We know positioning key leaders in the right roles provides us a strong foundation for the future, and I look forward to the growth and progress that Leslie’s leadership skills will provide our health care system and the patients we serve.”

Along with Simmons, LifeBridge Health senior executives Brian M. White and David Krajewski were named as executive vice presidents of the system.

“I look forward to the growth and progress that Leslie’s leadership skills will provide our health care system and the patients we serve.”

Neil Meltzer, president and CEO of LifeBridge Health
Construction is going well and on schedule for the hospital’s renovation and expansion of The Family Birthplace to house our new Neonatal Family Centered Couplet Care program.

The first construction phase is underway at the former Outpatient Center on campus. Once this phase is completed by early 2018, The Family Birthplace will have a dedicated entrance and parking lot for patients. The new entrance also will include a waiting room and six-bed triage area.

When fully complete in 2019, the $13.5 million project will expand The Family Birthplace to more than 20,000 square feet, consisting of all new, beautifully appointed patient rooms, a family room for parents staying with their newborns and new operating rooms.

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.

Limited disruption is anticipated for both patients and visitors during construction, and we appreciate your understanding as we expand our services for the community.

Numerous community members, hospital board members and organizations, including the Kahlert Foundation and the Carroll Hospital Auxiliary, have made significant philanthropic gifts to help fund this project. If you would like to contribute, please visit CarrollHospitalCenter.org/Giving
Carroll Hospital recently announced the appointment of Jeffrey Wothers (pictured above) as the new chair of the hospital’s Board of Directors.

Wothers has been a member of the Board since 2009 and was previously the Board’s vice chair. A lawyer practicing for nearly 30 years, Wothers is a partner at Niles, Barton & Wilmer, LLP. As chair of the hospital’s Board of Directors, he also will serve on the Carroll Hospital Foundation Board of Trustees.

In addition to Wothers, several individuals were appointed to the Carroll Hospital Board of Directors and the Carroll Hospital Foundation Board of Trustees:

**On the Carroll Hospital Board of Directors:**
- **Martin K.P. Hill (A)** has been appointed interim vice chair. A member of the Board since 2011, Hill is president of Woodhaven Building & Development, Inc.
- **Barry Levin (B)** has been appointed as a Board member. He is chair of the LifeBridge Health Board of Directors and the managing partner and CEO of Saul Ewing, LLP.
- **Stanley H. (Jack) Tevis III (C)** has been appointed as a new member. A longtime supporter of Carroll Hospital, Tevis is the owner of S.H. Tevis and Son, Inc., and has previously served as chair of the Carroll Hospital Foundation Board of Trustees.
- **Helen W. Whitehead (D)** has been appointed secretary. She is currently the president of Whitehead Coaching, LLC, and previously served as the hospital’s Board chair.
- **Alec Yeo (E)** has been appointed as a new member. He is the owner of The Goddard School in Eldersburg.
- **Tom Zirpoli, Ph.D. (F)** has been appointed as a new member. He is president and CEO of Target Community and Educational Services and a professor at McDaniel College.

**On the Carroll Hospital Foundation Board of Trustees:**
- **Terri Lyons (G)** has been appointed as a Board member. She is the vice president of Tipco Technologies, Inc., and has supported the hospital since 2005.
When it comes down to it, a bug bite helped detect Gayla Fulcher’s breast cancer. In August 2016, Fulcher noticed the redness from a bug bite moving up her arm. She visited her primary care doctor, who advised her to get a sonogram of the bite area—and also encouraged her to get the mammogram Fulcher had been putting off.

The 3D mammogram she had at Advanced Radiology a few days later revealed a small lesion in her breast. She sought the services of breast surgeon Dona Hobart, M.D., and the Center for Breast Health at Carroll Hospital for her care. “I wanted to go to the breast center because I liked the value of a coordinated center for breast care,” says Fulcher.
After a biopsy determined it was cancer, Dr. Hobart, medical director of the Center for Breast Health, performed a lumpectomy using the Hidden Scar™ technique. This approach gives surgeons the ability to perform lumpectomies and nipple-sparing mastectomies with less visible scarring. Dr. Hobart also has pioneered using this approach in placing ports in patients’ chests to administer chemotherapy, which has the potential to help more than just breast cancer patients. She will be presenting a video on Hidden Scar port placements at a meeting of the American College of Surgeons in San Diego this fall.

“At my age, I wasn’t as concerned with the cosmetic appearance at the time,” says Fulcher, 75. “But once I realized I was going to have surgery I started to think differently.”

After recovering from her surgery, Fulcher had to put on her reading glasses to see the mark from the incision. “It was just a faint little red scar,” she remembers. “I was absolutely amazed that that’s all it was.”

As a cancer survivor herself, Dr. Hobart understands the importance of Hidden Scar breast surgery. “It’s an interesting thing. It’s not about the scar,” she says. “It’s the fact that every time you look at yourself, you have this reminder of the cancer. It’s similar with losing your hair from chemotherapy. Most of the time it really isn’t that you lost your hair. It’s the fact that you are labeled a cancer patient everywhere you go.”

This surgery may require a bit more recovery time, says Dr. Hobart, and those with other health conditions or who are not concerned about scarring might benefit from other traditional surgical methods.

Fulcher is pleased with her decision. “I’m very blessed to have had Dr. Hobart do the surgery and to have had this caught as early as it was with Advanced Radiology,” she says. And now she’s not shy to remind the women in her life to get regular exams. “Every time I talk to somebody, I’m sure they’re getting tired of hearing me ask ‘Have you had your 3D mammogram yet?’ It’s really that important.”

With breast cancer, early detection can be key. Schedule a mammogram* during LifeBridge Health’s second annual Mammothon on Thursday, November 16. For more information or to make an appointment, call 1-888-601-WELL(9355).

For more information about the Center for Breast Health or to speak to a breast health navigator, call 410-871-7080 or visit CarrollHospitalCenter.org/BreastHealth

*Normal insurance rates apply
Cardiac rehab coordinator Terry Mapp, R.N., checks David Krumpholz’s blood pressure.
In June, Carroll Hospital’s outpatient programs relocated to the second floor of the hospital’s East Pavilion at 291 Stoner Avenue in Westminster. The new location, on the side of the campus dedicated to outpatient services, features more accessible parking and separate areas for each program.

Although the location of these services has changed, the high-standing quality of care has not.

Our outpatient services include:

**Anticoagulation Clinic**
The Anticoagulation Clinic assists patients who take warfarin, a blood-thinning medication also known as Coumadin®. Most of our team of nurse practitioners, pharmacists and registered nurses are certified anticoagulation care providers. Staff monitor patients’ warfarin levels using a simple finger-stick blood test and adjust the medication’s dosage as necessary. The program has been named an Anticoagulation Clinic Center of Excellence by the Anticoagulation Forum.

**Cardiac Rehabilitation Program**
Designed for patients who have had a cardiovascular diagnosis or procedure—such as a heart attack, stent replacement, valve replacement or repair, heart bypass, heart transplant or congestive heart failure—the hospital’s Cardiovascular Rehabilitation Program provides a range of services to improve a patient’s quality of life. Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, the program offers patients an individualized and monitored exercise program along with educational and nutrition classes to help patients lead heart-healthy lifestyles.

**Pulmonary Rehabilitation Program**
Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, the hospital’s Pulmonary Rehabilitation Program assists people with chronic obstructive pulmonary disease (COPD) or other chronic lung conditions. Services offered include educational sessions, a customized exercise regimen and treatment plan, emotional support and more.

**Center for Wound Care and Hyperbaric Medicine**
For patients with chronic, non-healing wounds, the hospital’s Center for Wound Care and Hyperbaric Medicine offers the latest evaluation and care to address their needs. The center is staffed by a multispecialty team of physician specialists, nurses and educators who work together to provide a customized wound treatment plan. The center also offers hyperbaric oxygen therapy (HBOT), a medical treatment that uses pure oxygen to enhance the body’s natural ability to heal in the newest, most advanced chambers. The center is accredited by the Undersea and Hyperbaric Medical Society.

For more information, please call Carroll Hospital’s Outpatient Department at 410-871-6348.
When it comes to managing a chronic illness, timing is everything. That’s the wisdom behind the remote telemonitoring program at Carroll Hospital.

Instead of waiting for symptoms of chronic illnesses to worsen to the point of hospitalization, telemonitoring gives patients living with congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD) the ability to track and record their health information daily from the comfort of their home using wireless equipment such as blood pressure monitors and scales. The data is then transmitted to LifeBridge Health’s Cognizant Call Center, where nurses review it for any warning signs or abnormalities. If anything seems off, the nurses contact the patient and the patient’s provider immediately.

“It’s almost like an extension of the providers’ eyes on the patient when they’re at home,” says Melissa Jones-Holley, D.N.P., director of disease management and population health at Carroll Hospital. “Sometimes when patients have trouble with their symptoms at home, their first response is to call 911 and come to the emergency department. Our goal is to help them identify the signs early and then call their doctor.”

The telemonitoring program has been a huge success since it was adopted by Carroll Hospital. Health care providers are able to monitor any slight variations in vital signs, medications can be changed over the phone and symptoms can be stopped before they become severe. Of the patients in the program, only seven percent have had to return to the hospital within 30 days of their initial discharge.

Dale Keefer, an 85-year-old who has CHF, was brought into Carroll Hospital in January after complications from his illness. It has been more than six months since he was selected
for the telemonitoring program, and he has not needed to return to the hospital since.

“He seems stronger now,” says his wife, Madge. “It really has made me feel better to know all they’ve done for him.”

The telemonitoring program is just one of the many ways that Carroll Hospital is bringing remote technology into patient care. The new telesitter program that launched at the hospital in August allows a patient observer to monitor high-risk patients around the clock. If a monitored patient tries to get out of bed or otherwise needs assistance, the program’s patient observer can notify the nurse on duty and talk to the patient via the telesitter equipment until the nurse arrives.

Telestroke is another program that the hospital has ushered in with brilliant results. It allows the hospital’s stroke team to collaborate via real-time video with fellow specialists on highly complex stroke cases.

“Telemedicine is a hugely developing capability in health care today,” says Stephanie Reid, vice president of patient care services and chief nursing officer. “Virtual monitoring and assessing of patients gives us another avenue to promote our patients’ wellness and health outside of the hospital doors.”

Need assistance managing your chronic illness? We can help. Visit CarrollHospitalCenter.org/CareConnect
Time for a Year-End Review

You’ve worked hard for years, saving and investing to grow your estate. With all of the time and effort you’ve put into this endeavor, it makes sense to plan for its eventual distribution and the legacy you would like to leave behind.

The end of the year is a perfect time to review your estate plans. If you are thinking about your philanthropic intentions and elect to update your will or the beneficiaries of your life insurance policy, IRA, 401(k) or other retirement vehicle, remember that, by including Carroll Hospital or Carroll Hospice, you will be creating a meaningful legacy while supporting the health of your community—all without affecting your current assets or cash flow.

Learn more by contacting the Carroll Hospital Foundation at 410-871-6200, foundation@CarrollHospitalCenter.org, or by visiting CarrollHospitalCenter.org/Giving

Welcome, Dr. Gai

Carroll Hospital is pleased to welcome Bill Gai, M.D., Ph.D., hematology and oncology, to the William E. Kahlert Regional Cancer Center.

Board certified by the American Board of Internal Medicine in hematology, oncology and internal medicine, Dr. Gai earned his medical degree from Shandong Medical University in Shandong, China, and his doctorate degree in molecular and cell biology from Ohio University. He completed his residency in internal medicine at St. Luke’s Hospital in St. Louis, Missouri, and his fellowship in hematology and oncology at the University of Maryland Greenebaum Comprehensive Cancer Center in Baltimore.

In clinical practice in medical oncology and hematology since 2010, Dr. Gai’s interests include solid tumors such as breast cancer, lung cancer and lymphoma, as well as blood disorders including leukemia and anemia.

Dr. Gai is accepting new patients at the William E. Kahlert Regional Cancer Center. The center is located in Carroll Hospital’s East Pavilion at 291 Stoner Avenue in Westminster. To make an appointment, please call 410-871-6400.
Regina Bodnar (right), executive director of Carroll Hospice, answers some frequently asked questions about hospice care.

**How does a family know when a loved one is ready for hospice care?**

This is perhaps one of the most difficult questions to answer. Some illnesses progress slowly, while others behave very differently. Some clues that might suggest a loved one is eligible for hospice care are recent hospitalizations or frequent visits to the doctor, a change in the ability to complete daily living tasks or a decrease in appetite. Symptoms such as pain, nausea or shortness of breath in the seriously ill or frail elderly should prompt a referral for evaluation by the hospice team.

**How soon could hospice care start when a person is diagnosed with a life-limiting illness?**

An individual is eligible for hospice care when his or her physician certifies that there is a diagnosis present that he or she believes will contribute to the patient’s death within six months. This life-limiting prognosis is based solely on the patient’s clinical condition. Many patients receive hospice care for a short few days or weeks—despite being entitled to the comprehensive care months earlier. If you suspect a loved one would benefit from hospice care and support, you are encouraged to request an evaluation. Admittedly, there are many who live with a serious illness each day who do not qualify for hospice care but may certainly benefit from the support of palliative care professionals.

**Where does the care occur?**

The overwhelming majority of care is provided in the patient’s choice of residence. This may be a private home, a nursing facility or an assisted living community. Hospice professionals and volunteers excel at care coordination and welcome the opportunity to partner with other providers to ensure comprehensive care tailored to meet the individual needs of patients and those who love them.

A small percentage of care is provided in our inpatient facility, Dove House. This care setting is reserved primarily for those individuals who are experiencing symptoms related to their illness and cannot be cared for in less specialized settings.

**Who provides the care?**

Hospice care is provided by an interdisciplinary team of professionals and volunteers who bring services to the patient and family. Physicians, registered nurses, social workers, hospice aides, chaplains and bereavement professionals work collaboratively to meet the needs and respect the preferences of the patient and family. Hospice professionals are supported by a group of volunteers who do those things that may not require a professional touch. How often a team member may visit the patient in his or her choice of residence is based on clinical findings as well as the preferences of the patient and family.

To learn more about Carroll Hospice and hospice care, please call 410-871-8000. For more information about Carroll Hospital’s palliative care program, please call 410-871-7000.
Pediatric Specialists Bring Advanced Care to Mt. Airy Health & Wellness Pavilion
For our youngest patients needing expert care, pediatric specialists are now seeing patients at the Mt. Airy Health & Wellness Pavilion, bringing with them many years of experience.

**Gia M. Bradley, M.D.** a LifeBridge Health pediatric gastroenterology specialist, completed her residency and fellowship at Johns Hopkins Hospital and has been practicing for more than five years. Dr. Bradley can help children experiencing symptoms such as abdominal pain, vomiting, diarrhea, constipation, feeding problems and poor weight gain, as well as treat conditions like celiac disease and inflammatory bowel disease.

**Christina Shuja, C.R.N.P.** a certified registered nurse practitioner specializing in pediatric gastroenterology, also sees patients at the Mt. Airy Health & Wellness Pavilion.

**To schedule an appointment with Dr. Bradley or Ms. Shuja, please call 410-601-8663.**

**Debra R. Counts, M.D.**, the division head of pediatric endocrinology for LifeBridge Health with 30 years of experience, sees patients in Mt. Airy several times a month. Dr. Counts can treat a range of issues, including growth disorders, puberty issues and thyroid problems.

**To schedule an appointment with Dr. Counts, please call 410-601-8331.**

**Aziza Shad, M.D.**, the Ellen W.P. Wasserman Chair of Pediatrics at The Herman and Walter Samuelson Children’s Hospital at Sinai and attending physician in the division of pediatric hematology oncology for LifeBridge Health, is one of the specialists scheduled to start seeing patients at Mt. Airy in the new year. With 30 years of experience, Dr. Shad, together with her colleagues, will provide outpatient care to patients facing a variety of hematological conditions, such as anemia, low white blood cell counts, bleeding and clotting disorders, low platelets and pediatric cancer.

**To schedule an appointment with Dr. Shad, please call 410-601-5864.**

"More and more in the Baltimore/Washington area, it’s getting difficult for patients to get to centers that specialize in pediatric sub-specialties," says Dr. Shad. "We want to make our services that don't require hospitalization available closer to home. We’re focused on bringing services to our patients versus having families travel miles and miles for the care that they need."

For these specialists, a point of pride is that they hail from a teaching hospital; Sinai Hospital is home to a nationally acclaimed pediatric residency program. As such, the doctors are constantly teaching, learning and growing their expertise.

"Being part of a teaching hospital is what keeps us current in our specialty and on top of what’s newest in our field," says Dr. Counts. "It makes it possible for us to bring the latest advances to our patients."

"Our commitment to teaching extends to our patients," says Dr. Bradley. "We all believe in taking the time to educate our patients and their families on their disease processes and treatment plans. It’s a very patient-focused, family-focused approach to care."
Support Groups
All support groups are provided free of charge.

A.W.A.K.E. Network
A sleep disorders support group
Wednesdays, November 8 & March 14
7 – 9 p.m.
Shauck Auditorium
Registration required

Adult Diabetes
Mondays, November 6 & December 4
7 – 8 p.m.
Shauck Auditorium
Registration required

Breast Cancer
Second Tuesday of every 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, November 16, December 21, January 18, February 15 & March 15
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, November 14
7 – 8 p.m.
Shauck Auditorium

Gather & Connect
A group for people living with cancer and their families to share their experiences
Mondays, October 23, November 20, December 18, January 22, February 26 & March 26
4:30 – 6 p.m.
Tevis Center for Wellness

Multiple Sclerosis
Mondays, January 15, February 19 & March 19
10 a.m. – 12:30 p.m.
Shauck Auditorium

Ostomy
Wednesday, December 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
Thursdays, October 26, November 16, February 22 & March 22
2 – 3:30 p.m.
Shauck Auditorium

Postpartum
A group for new moms who are feeling overwhelmed, hopeless, sad or out of control.
Participants can share experiences, connect with needed resources and get support.
Thursdays, November 16, December 21, January 18, February 15 & March 15
1 – 2 p.m.
Tevis Center for Wellness
For more information, call 410-871-7403.

Prostate Cancer
2017: Wednesday, November 8
2018: Thursday, February 8
6 – 8 p.m.
Chesapeake Urology
410 Malcolm Drive, Ste. A, Westminster

Stroke Survivors
Tuesdays, November 7 & December 5
2018: Thursdays, January 11, February 8 & March 8
2:30 – 3:30 p.m.
Shauck Auditorium
Registration required

Weight Management
Wednesdays, November 8 & December 13
5 – 6 p.m.
Tevis Center for Wellness
Registration required

Bereavement
Support Groups
Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs. No registration is required 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
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
For parents who have lost a child
Third Monday of each month
6:30 – 8 p.m.
Dove House chapel
292 Stoner Ave., Westminster

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

Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet
Saturdays, January 13 & March 10
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
Healthy Living

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

Gang Awareness
Thursday, November 2, 7:30 – 9:30 p.m.
Shauck Auditorium
Free; Registration required

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

Living Healthy, Living Well
A self-management program for people experiencing chronic conditions
Tuesdays, October 24 – November 28
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 LivingHealthy@ccg.carr.org or visit ccgovernment.carr.org/ccg/aging

Look Good…Feel Better
A program to help women cope with the appearance-related side effects of chemotherapy
Mondays, November 13, December 11, January 8, February 12 & March 12
9 – 11 a.m.
Tevis Center for Wellness; Free

Mindfulness Meditation (6 weeks)
Thursdays, January 4 – February 8
5 – 6 p.m.
Tevis Center for Wellness; $48 per person

National Healthcare Decisions Day
Monday, April 16
For more information, call 410-871-7000.

Zumba® Heart Party
Friday, February 16
Seated massage: 6 – 8 p.m.
Blood pressure screenings: 6 – 8 p.m.
Zumba® class: 7 – 8 p.m.
The Hill Y in Westminster
1719 Sykesville Road, Westminster
Free; 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

- 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 Comprehensive Cancer Center.
  Services are available for cancer patients and those at risk for the disease.
  Call 410-871-6161 for more information.

- 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
  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.
  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.
  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 Complementary Health services.
Purchase a $100 holiday gift certificate for Complementary Health services between November 24 and December 22 and receive a $20 gift certificate for free. Restrictions apply.
Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert

Certified CPR

- 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, November 8, 8 a.m. – noon
  Wednesday, December 13, noon – 4 p.m.
  Call 410-871-7000 for 2018 dates.
  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.
Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, November 21, December 19, January 16, February 20 & March 20 6:30 – 9 p.m.
Shauck Auditorium
$30 per couple

Prepared Childbirth Weekend
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
November 10 & 11; January 26 & 27; February 23 & 24; March 23 & 24
Shauck Auditorium
$100 per couple, includes lunch voucher on Saturday

Childbirth & Baby Basics
This class offers valuable information to help you prepare for labor, postpartum and baby care.

Sundays, November 12 & December 10 1:30 – 4:30 p.m.
Shauck Auditorium
$25 per couple

Baby Basics
This class offers valuable information on basic child care, including diaper changes, bathing, sleeping, finding health care providers and more.
Sundays, January 14, February 11 & March 11, 2 – 5 p.m.
Shauck Auditorium
$40 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.
November 7, 9 & 14; December 5, 7 & 12 January 2, 4 & 9; February 6, 8 & 13 March 6, 8 & 13
Shauck Auditorium; $70 per couple

Prepared Childbirth Education (One-day class)
Saturday, December 9, 9 a.m. – 6 p.m.
Shauck Auditorium; $70 per couple

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, December 21 & February 15 6 – 9 p.m., Shauck Auditorium
$50 per couple, includes infant CPR kit

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

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

Community Mixed Levels Yoga
Drop-in only (maximum 10 participants)
$6 per person (exact cash only)
Call 410-871-7000 to confirm class offering.

Gentle Vinyasa Flow Yoga
Call 410-871-7000 for more information.

Prenatal Yoga
Call 410-871-7000 for more information.

Prenatal Yoga Workshop
Saturday, October 7, 10 a.m. – noon
$10 per person
Tevis Center for Wellness
Physician consent required

Tobacco Cessation

Quit Together
Learn strategies to stop using tobacco and develop healthy new habits. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.
Call 410-876-4443 for more information.

Walk-in Tobacco Cessation Clinics
Free individual counseling to help with your quit smoking plans. Participants may be eligible for vouchers for Chantix® (with a physician’s prescription) and nicotine replacement. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.
Carroll County Health Department 290 S. Center St., Westminster
For more information, call Barbara White at 410-876-4443.

Screenings

Blood Pressure Screenings
Westminster Post Office; Free
Mondays, November 6 & December 4 1 – 2 p.m.
Kennie’s Market, Taneytown; Free
Thursdays, October 26, November 16 & December 28 10:45 – 11:45 a.m.
Martin’s Food Market, Eldersburg; Free
Mondays, October 30 & November 27 11 a.m. – noon

One-On-One Breast Health Consultation & Clinical Breast Exam
Conducted by Dona Hobart, M.D., breast surgeon
Call 410-871-7000 for dates.
Tevis Center for Wellness; Free
Special Events

**Auxiliary Book Fair**
*To benefit the renovations and Couplet Care program in The Family Birthplace at Carroll Hospital*
Thursday, December 21
10 a.m. – 4 p.m.
Carroll Hospital Main Lobby

**Pink Fling**
*To support the Center for Breast Health*
Saturday, October 21
10 a.m. – 2 p.m.
Martin’s Westminster
$55 per person
Call Carroll Hospital Foundation at 410-871-6200 for tickets or visit CarrollHospitalCenter.org/Pink-Fling

**Auxiliary Membership Meeting & Luncheon**
*Learn about Carroll Hospital Auxiliary.*
Tuesday, January 16
11 a.m. – 12:30 p.m.
Shauck Auditorium
Call 410-871-7280 to register by January 3.

**Turkey Trot Charity 5K**
*Thursday, November 23, 8:30 a.m.*
For more information or to register, visit YMDTurkeyTrot.org

**Total Health Expo**
*Health and wellness education, screenings and fun activities for the whole family*
Saturday, October 28
10 a.m. – 1 p.m.
East Pavilion at Carroll Hospital
291 Stoner Avenue, Westminster
Free
No registration required to attend, though some screenings require registration.
For more information, call 410-871-7000.

**“Being Mortal” Viewing & Panel Discussion**
*Thursday, October 19*
5 – 6:30 p.m.
St. Joseph Catholic Church, Community Room
915 Liberty Rd., Sykesville
Free
Light refreshments will be served.
Registration is preferred, but not required.
To register or for more information, please call 410-871-8000.

**Carroll Hospice We Honor Veterans Breakfast**
*Sponsored by Carroll Hospice and Koons Westminster Toyota. Free breakfast for one veteran and one guest.*
Wednesday, November 8
8 – 10 a.m.
Shauck Auditorium
Limited seating; Call 410-871-7205 to RSVP.

**Memorial Ornaments and Tree Ceremony**
*Monday, November 27 | 7 p.m. | Carroll Hospital’s Shauck Auditorium*
You may honor a loved one this holiday season by purchasing an ornament which will be inscribed with his or her name and placed on the Memorial Tree. Special ornaments for our Pet Tree are also available for purchase.
Call 410-871-7220 or visit CarrollHospice.org for more information.

**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
For sponsorships, tickets, donations or more information visit CarrollAuxBall.org or call 410-871-7280.

**Holiday Auction**
*Monday, November 27 – Monday, December 4, 8 a.m. to 8 p.m., Daily (Auction closes at 4 p.m. on December 4)*
Carroll Hospital campus and several locations in community
As part of A Season to Remember, holiday items are creatively decorated and generously donated to our holiday silent auction. Items will be on display and up for bid all week in the main lobby and East Pavilion at Carroll Hospital, Carroll Hospice’s Dove House and throughout the community. Come by to bid on items to take home for the holidays, get into the spirit of the season and enjoy the festivities.

**A Season to Remember**
*To Benefit Carroll Hospice*
*Holiday Auction · Memorial Tree*
**THE 8TH ANNUAL TOTAL HEALTH EXPO**

**A MONSTER-SIZED DAY OF HEALTHY FUN FOR THE ENTIRE FAMILY**

**SATURDAY, OCTOBER 28**

**10 A.M. – 1 P.M.**

**THE TEVIS CENTER FOR WELLNESS EAST PAVILION AT CARROLL HOSPITAL | 291 STONER AVENUE**

**FAMILY FUN & ACTIVITIES**

**FREE HEALTH SCREENINGS**

**FREE SNACKS, PRIZES & GIVEAWAYS!**

FOR MORE INFORMATION: CARROLLHOSPITALCENTER.ORG | 410-871-7000