President’s Letter | John M. Sernulka

Dear Friends,

The hammocks are hung. The swimming pools are filled. And the beach chairs and umbrellas are set up along the shoreline. The signs are clear: the season of rest and relaxation is upon us.

It’s vacation time—but at Carroll Hospital Center, we’re still hard at work, every day, around the clock. That’s because the health needs of our community never rest, and therefore neither will we. It’s our commitment to provide you with care and comfort, always.

Our hospitalists are an incredible example of this commitment. This team of hospital-based physicians and staff works 24 hours a day, seven days a week to provide continuous, quality care for patients admitted to Carroll Hospital Center.

And we’re always working overtime to achieve new levels of quality in our care. Our recent designation as a Cardiac Interventional Center, for example, means that heart attack patients can continue to come to us directly for superior emergency cardiac care.

You can read about all of these offerings and more in this issue of Hospital News. I think you’ll find that there’s one more thing you can relax about this summer: your health care needs. You can rest assured that, no matter what, we’ll be right here, hard at work, whenever you need us.

Sincerely,

John M. Sernulka
President and CEO, F.A.C.H.E.
Carroll Hospital Center

Join Us for Pink Fling!

On Sunday, October 2, bring your mothers, sisters and friends to Piney Branch Golf Club for this year’s Pink Fling, our fun-filled luncheon and silent auction benefiting the Women’s Initiative Supporting Health (WISH) Fund. The WISH Fund supports The Breast Center and Women’s Place at Carroll Hospital Center. For more information about sponsorships, call 410-871-6200 or visit www.CarrollHospitalCenter.org, and click on 'Events'.
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ON THE COVER: Amandeep Singh, M.D., director of adult hospitalist program, and Cynthia Roldan, M.D., director of pediatric hospitalist program.
Who will care for you while you’re in the hospital?

If you are admitted as an inpatient to Carroll Hospital Center, a physician known as a hospitalist may coordinate your care. Hospitalists, or hospital-based physicians, are medical experts who specialize in the care of hospitalized patients.

A Collaborative Approach

“Hospital-based physicians provide a bridge between outpatient and inpatient care,” explains Kevin Smothers, M.D., chief medical officer and senior vice president of medical affairs. “Hospitalists offer you immediate physician access and personalized care while you are in the hospital, but they are not a replacement for your primary care physician or specialist.”

During your stay, you can rest assured that your regular doctor will be informed of your treatment and progress. Both parties may consult regularly, and if your case calls for increased access to your primary care physician or specialist, it will be coordinated.

A Range of Specialists

Several types of hospitalists provide care at Carroll Hospital Center, including internal medicine, critical care, pediatrics and obstetrics and gynecology. Our hospitalist team also includes physician assistants who work in close collaboration with our physicians to provide another layer of effective, high-quality care.

Hospital-based physicians often admit patients who were first seen in the emergency department. “There is an inherent advantage to having a doctor right here,” says Timothy Hsu, M.D., chief of emergency medicine. “This can expedite tests, make sure orders are completed promptly and that patients are seen quickly.”

In addition, hospitalists are on staff in the pediatric unit. “Our hospital-based pediatricians specialize in treating children who have serious or complex conditions and illnesses. This requires a special set of skills,” explains Linda Grogan, executive director of women’s and children’s services. “All of our hospital-based pediatricians have expertise and training in a university setting. We have dedicated hospitalists for the special care nursery as well as pediatrics. On the maternity unit, hospital-based obstetricians also make initial assessments, communicate directly with the patients’ doctors, help monitor patients through labor and delivery and assist with C-sections.”

A 24/7 Service

No matter the time of day, hospitalists are always available. They work on site at Carroll Hospital Center 24 hours a day, seven days a week. They do not have outside practices and are always available at the hospital in case of an emergency.

Hospitalists only work with patients while they are hospitalized. Once you are discharged, you will return to the care of your primary care physician. Our hospitalists keep your doctor well informed of your condition, treatment and discharge plan to promote a seamless continuity of care.

“Hospitalists are an integral part of the medical team. Overall, studies have shown that hospitalist-treated patients often receive more efficient treatment, have shorter length of stay and decreased medical costs,” Dr. Smothers says. “We are proud that our hospital-based physicians also participate in important performance improvement efforts and other special projects that promote a higher level of service and patient safety.”

Need a Primary Care Physician?

Call our physician referral line at 410-871-7000 from 8:30 a.m. to 4:30 p.m., Monday through Friday, to be referred to any of our more than 400 affiliated physicians in over 38 medical specialties.
Above, from left to right: Ajay Behari, M.D., director of intensivist program; Dee Hubbard, M.D., director of OB hospitalist program; and Cynthia Roldan, M.D., director of pediatric hospitalist program.

Right: Amandeep Singh, M.D., director of adult hospitalist program.
Carroll Hospital Center is introducing a new program that focuses on the powerful combination that fitness and nutrition can have on overall health. Called Fitness with the Doc, the FREE series will be held in partnership with Carroll Hospital Center and several community businesses, including Health Unlimited Family Fitness & Aquatic Center in Mt. Airy and Martin’s Food Market in Eldersburg.

“Fitness plays an important role in good health across the spectrum—from prevention and control, to maintenance and getting back into shape,” says Eileen Overfelt, R.N., B.S.N., manager of The Women’s Place. “We feel it’s important for us to build awareness of other partners who are committed to improving the health of our community.”

Sports Injuries and Sports Nutrition for Adolescents and Adults
Tuesday, August 16, 6 – 8 p.m., free
During this program—led by Yatin Patel, M.D., (left) orthopaedic surgeon; Lisa Coleman, M.S., R.D., L.D.N., nutritionist at Martin’s Food Market; and Dan Strayton, M.A., of Health Unlimited Family Fitness & Aquatic Center—you’ll learn how to prevent and treat common sports injuries, gain tips for healthy sports nutrition and discuss techniques for staying in shape. This session is appropriate for ages 12 and up (children ages 12 to 17 must be accompanied by an adult).

Diabetes: The Importance of Diet and Exercise
Tuesday, September 27, 9 – 11:30 a.m., free
In this session—presented by Kiarash Zarbalian, M.D., (left) endocrinologist, and Susan Steinweg, R.N., B.S.N., C.D.E., of The Diabetes Center at Carroll Hospital Center, you’ll learn about the role that healthy food choices, portion control and exercise play in the management of diabetes and control of pre-diabetes.

Both presentations will be held at Health Unlimited Family Fitness & Aquatic Center, 103 Century Drive, Mt. Airy, MD, and followed by a question and answer session, and an optional tour of the facility. Registration is required by calling 410-871-7000 or visit www.CarrollHospitalCenter.org.
During the March 22 Doctor’s Day celebration, Carroll Hospital Center named otolaryngologist Jed Rosen, M.D., 2011 Physician of the Year. Chosen from 12 physician of the month candidates, Dr. Rosen was presented with the award for playing an integral role in supporting medical staff members during the transition to Computerized Provider Order Entry (CPOE), a program that allows health care providers to enter medication orders and physician instructions electronically instead of on paper.

“Dr. Rosen demonstrated outstanding leadership as co-chair of the CPOE governance implementation team,” said John M. Sernulka, F.A.C.H.E., president and CEO. “Launching an electronic order entry system was a critical and extremely complex undertaking for our organization and required an exceptional person to lead the way for the medical staff. Dr. Rosen’s dedication, initiative and hard work ensured that our hospital’s efforts to continue to improve patient safety and efficiency through technology were successful.”

Affiliated with Carroll Hospital Center for 18 years, Dr. Rosen is chief of surgery at Carroll Hospital Center and previously served as secretary/treasurer of the medical staff.

On April 28—modeling pumps, purses, dresses and jewels—dozens of Carroll Hospital Center staff members, volunteers, physicians, Auxiliary members and friends strutted their stuff on the Martin’s Westminster catwalk in fashions by Belk, Jos. A. Bank Clothiers, DeMario Formal & Bridal, The Hickory Stick and Shipley’s Fine Jewelry. It was all part of “The Fashion Network,” Carroll Hospital Center’s Annual Spring Luncheon and Fashion Show, sponsored by the Carroll Hospital Center Auxiliary.

More than 350 fashion-forward community members flocked to the festivities to enjoy the show, as well as a gourmet lunch, door prizes, raffles and items for purchase from The Candy Striper Gift Shop. This year’s event raised a record-breaking $10,000 to support the emergency department at Carroll Hospital Center.

Pictured left to right: Emily Buell, Elizabeth Seeley and Madison Strong.
Carroll Hospital Center was recently designated as a Cardiac Interventional Center by the Maryland Institute for Emergency Medical Services Systems (MIEMSS), the state agency that coordinates Maryland’s emergency medical services (EMS). The designation recognizes the hospital for meeting the highest standards of quality care for patients.

With this newly established designation in place in Maryland, EMS providers now transport patients with the most common type of heart attack—called an ST-elevation myocardial infarction, or STEMI—directly to Cardiac Interventional Centers like Carroll Hospital Center, instead of to the closest hospital. This allows these patients to receive the most appropriate and timely medications, emergency angioplasty and other cardiac care in a skilled facility. A Maryland hospital must have this unique designation to have STEMI patients transported to their facility by ambulance.
Designating specialty centers to treat heart attack patients is a nationwide initiative supported by the American Heart Association (AHA), which suggests that many more people could potentially survive cardiac arrest if regional systems of cardiac resuscitation, like Carroll Hospital Center, were established. The AHA estimates that approximately 5,600 patients in Maryland experience a STEMI each year.

To achieve the designation, the entire care process at Carroll Hospital Center was reviewed by MIEMSS during a site visit in November 2010. Trained surveyors toured the hospital’s emergency department and cardiovascular lab, as well as walked through the entire process for receiving and treating emergency angioplasty patients.

Most important, the hospital’s “door to balloon” time—the time from which the patient enters the emergency department to the time when emergency angioplasty begins—was found to be substantially better than the designation standard of 90 minutes or less. Since October 2008, when Carroll Hospital Center began providing emergency angioplasty, through May 2011, 202 patients have been treated within an average time of 68 minutes.

Reducing the time between the onset of symptoms and treatment requires patients to call 9-1-1 as soon as they experience symptoms. In doing so, they greatly increase their chances of survival and reduce the risk of damage to their hearts, according to Sharon Sanders, R.N., B.S.N., M.B.A., assistant vice president of service line management. That’s because, EMS providers are able to provide care immediately, while relaying information to the hospital, so the physicians and staff are prepared for the patient when he or she arrives. That saves significant time and heart muscle.

“We’re proud of our relationship with EMS and the way the entire hospital team pulls together to ensure that we’re one of the top centers to receive emergency cardiac care patients.”

Every Second Counts: Call 9-1-1 at the First Sign of a Heart Attack

If you or a loved one experiences the following symptoms of a heart attack, call 9-1-1 immediately.

- uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes, or that goes away and comes back
- pain or discomfort in one or both arms, the back, neck, jaw or stomach
- shortness of breath (with or without chest discomfort)
- sweating
- nausea
- lightheadedness
On April 15, the Carroll Hospital Center Foundation recognized those who have made significant contributions to the hospital with a special Founders Circle Dinner. The Founders Circle recognizes individuals who give annual gifts of $1,000 or more, and businesses that contribute $2,500 or more, to the Carroll Hospital Center Foundation, Carroll Hospice or the Auxiliary. Of the more than $2.8 million in charitable support gifted last year, more than 70 percent was contributed by Founders Circle members.

This year’s dinner offered guests a special personal touch. It was hosted at the home of Founders Circle members Chris and LaDawn McCoy. “It’s important for us to get the word out to the community about the importance of supporting the hospital,” says Chris, who serves on the Foundation Board of Trustees. “We want everyone to know the great potential for growth and the importance of quality health care services at the hospital.”

If you would like to learn more or become a Founders Circle member, call the Carroll Hospital Center Foundation at 410-871-6200 or visit www.CarrollHospitalCenter.org and click on “Ways to Give” or email foundation@CarrollHospitalCenter.org.

Clockwise from top left: Mark and Mary Darrell, Dr. Andrew and Vicky Campbell Green; Chris and LaDawn McCoy; Dale and Jeanne Bowman; Dr. John Steers, Mary Ann and Dr. Bertan Ozgun.

Give It Your Best Shot—
Tee Up for the 2011 Carroll Golf Classic—September 16

Golf season is in full swing! That means it’s time to sign on to support Carroll Hospital Center in its 21st annual Carroll Golf Classic, set for Friday, September 16, at Piney Branch Golf & Country Club in Hampstead, Maryland.

Last year’s event netted a record $250,000. With your continuing support, we can make an even greater impact in 2011. Proceeds benefit Carroll Hospital Center’s many innovative services, such as the efficient high quality Emergency Department, nationally accredited cancer care, advanced cardiac resources, state-of-the-art surgical services, award-winning orthopaedic services and much more.

This year’s tournament will feature an exciting format change and give golfers lots of opportunities to win prizes, including the coveted Wampler Cup. Sponsorship opportunities are available for groups of two or more golfers. Promotional sponsorships without golf also are offered. Be sure to register early, as space and sponsorship are limited!

For more information or to participate, visit www.CarrollGolfClassic.org or call the Carroll Hospital Center Foundation at 410-871-6200 or email foundation@CarrollHospitalCenter.org.
William Gavin
Honored with SPIRIT Award

During this year’s Founders Circle Dinner, the Carroll Hospital Center Foundation awarded its highest honor—the Founders Community SPIRIT Award—to William “Bill” Gavin. The award is given every other year to a community member who has demonstrated ongoing dedication to improving the health and livelihood of Carroll County residents.

For more than 20 years, Gavin has played an integral role in board leadership for Carroll Hospital Center, including several years as president and chairman. He served through three major campus expansions, saw the medical staff grow significantly and was instrumental in securing funding for the Dixon Ambulatory Care Center and The Women’s Place.

“He was a tremendous mentor to me,” said hospital president and CEO John M. Sernulka in a commemorative video made especially for the event. “The things I learned from Bill were the ability to be decisive yet fair in decision-making, and to be visionary without losing sight of what you’re doing day to day.”

Gavin also is a three-time winner of the Wampler Cup at the Carroll Golf Classic and, along with dear friend Skip Amass, has even found ways to use his skills as a model train enthusiast to enhance Carroll Hospice’s Season to Remember event.

To see a video tribute to Bill Gavin visit www.CarrollHospitalCenter.org and click on the video library.
Swimming and other aquatic exercises can help you do more than cool off on a hot summer day. Being in the water offers many health benefits for people who are recovering from injury, dealing with an illness, suffering from joint pain or simply looking to get or stay in shape.

According to physical therapist Todd Herring, inpatient rehabilitation services provider for Carroll Hospital Center and president of Central Maryland Rehabilitation Services, Inc., aquatics are good for just about everyone—regardless of age or even the ability to swim. “Aquatics can rehabilitate, strengthen and condition your body without the impact of some other forms of exercise,” Herring explains. “It’s a great choice for cardiovascular and resistance training, especially for those who may have physical conditions that make exercise difficult or uncomfortable.”

And adding aquatics to your routine couldn’t be easier. You don’t need any special equipment—just your home or community pool.
1 Buoyancy
Water cushions stiff joints and fragile bones that are more prone to injury. When immersed to the waist, your body bears just 50 percent of its weight. This means aquatics is a great option for people with arthritis, healing fractures or who are overweight.

2 Pressure
The hydrostatic pressure created by water can decrease swelling following orthopaedic surgery and after injuries including ankle strains and torn ligaments. Some facilities even offer activities like underwater treadmills to get patients back to running or walking more quickly and safely.

3 Resistance
Water provides a natural level of resistance for muscle strengthening and conditioning—12 times the resistance of air in every direction. It also can help people with certain injuries, such as a rotator cuff tear, more safely improve their range of motion.

4 Temperature
The warmth of a heated pool opens blood vessels and increases circulation, which eases soreness in the muscles and joints. Rehab facility pools are typically heated to a comfortable 93 degrees, which makes them ideal to treat arthritis, sports injuries, post-surgical issues and fibromyalgia.

Carroll Hospital Center offers Arthritis Foundation Aquatic Programs year-round. Call 410-871-7000 for dates and registration.
Creating a safe and productive work environment is important to any organization’s success. But often, companies don’t have the internal resources to handle all of their employee health and worker’s compensation needs. That’s where Carroll Occupational Health comes in.

Located near the Westminster airport, Carroll Occupational Health is operated by Carroll Hospital Center. Its team of physicians, physical therapists, occupational therapists, medical technicians, medical review officers and industrial hygienists bring community businesses years of experience and special certification to perform OSHA exams, drug testing, workplace assessments and other health-related services.

“Our clients’ workplaces and employees are our only business,” says medical director Stephan Mann, M.D., M.P.H. “This is our area of specialty, and thousands of employers have benefited from our expertise. We are familiar with OSHA regulations and worker’s compensation requirements, and understand the importance of employees returning to work safely following an injury.”

Comprehensive employee health services are offered in Carroll Occupational Health’s state-of-the-art facility, as well as on-site at area workplaces. Its staff often collaborates with companies on policy development, extensive surveillance examinations and travel-related issues.

The goal is to help employees achieve peak job performance—safely, efficiently and affordably. Dr. Mann explains, “As we work with organizations to keep their employees healthy, we also safeguard the financial health of their business, with emphasis on productivity, return-to-work and well-managed care for worker’s compensation cases.”

For more information or to schedule an appointment, contact Carroll Occupational Health at 410-871-0470.

Promoting Safety & Well-Being in the Workplace

Services provided by Carroll Occupational Health include:

- treatment and follow-up care for work-related injuries
- employment physicals
- drivers’ physical exams
- flight physicals for pilots
- drug testing
- corporate wellness programs
- international travel preparation services, including immunizations
- workplace safety assessments for noise level, air quality and chemical exposure
- on-site screenings and vaccinations
- ergonomic assessments
- and more.
Kelly Hill
Joins Foundation Board of Trustees

On her 40th birthday, Kelly Hill threw a party at the Antrim 1844 Inn and told her guests that, in lieu of gifts, they should make a donation to breast cancer services at The Women’s Place at Carroll Hospital Center. The party raised more than $20,000. It was a special tribute to Hill’s stepmother, who had passed away from the disease, and also a milestone in Hill’s involvement with the hospital.

For the past 10 years, Hill has been a member of the Carroll Hospital Center Auxiliary and, this year, became president. As part of this role, she also joins the Carroll Hospital Center Foundation Board of Trustees. Hill serves on the Carroll Community College Foundation Board and chaired its Partners Campaign, which raised more than $4 million for the college and scholarships.

“I am excited to follow in the footsteps of two outstanding Auxiliary presidents, Dottie Cole and Vicky Campbell Green, and hope to build on the enthusiasm they generated for the many wonderful things happening at the hospital,” Hill says. “I especially look forward to meeting our fundraising goal of $325,000 for the Emergency Department (ED). Since most admissions to the hospital occur through the ED, it’s important that it continues to offer efficient top-notch care.”

Are You Ready for a Vacation? Estate Planning Tips

Planning a vacation is exciting. Experiencing it is even more exciting. Before you leave there are important things to remember—stop the newspaper, arrange for yard care, turn the hot water heater to its vacation setting, adjust the blinds, set up the security lighting and alarm systems, be sure transportation is arranged, pack the right clothes and so on.

Before leaving home there is one more thing you should not forget: Is your will or living trust ready for a vacation? If you can check off each item on this estate planning checklist, you really are ready for a time away from home.

- I have a will or living trust.
- My immediate survivors know where to find my will or trust.
- My executor and alternate executors are still capable and qualified to serve.
- I have appointed qualified guardians and alternate guardians for my minor children.
- My executor knows how to find the information necessary to settle my estate.
- My attorney has recently reviewed my will or trust to ensure its compliance with tax changes.
- My survivors’ financial needs have been reviewed and addressed.
- My minor children’s financial benefits will be provided for in a trust.
- My survivors know key people they could consult in decision-making situations.
- I have made my specific charitable wishes and bequests known.

Giving your will or trust this check up is an excellent annual practice—even if your vacation doesn’t involve travel this year. With changes in legislation, your health and personal situation, you want to make sure that your planning adequately reflects your desires. Appropriate attention to these issues today can help avoid stress, heartache, and unnecessary expense so that you can experience an enjoyable and relaxing vacation. For more information visit www.CarrollHospitalCenter.org, or call Jenny Gambino, director of philanthropic planning, at 410-871-6200.
Nationally ranked for
quality emergency care and
patient satisfaction.

Emergency care that's nationally ranked in the top 5% for patient satisfaction.

There's a reason patients—and leading independent health care ratings organizations—rank our Emergency Department among the best in the nation: Here, emergency care is not just high quality. It's personal.

Our skilled emergency medicine specialists, physicians and staff rely on more than the most advanced lifesaving technology. We also know that compassion and listening ensure you get the best, most efficient care possible. And we do everything we can to keep you well informed and comfortable during your stay in our spacious, private treatment rooms. The result: Better patient outcomes and happier patients.

To learn more about our Emergency Department, visit us at www.CarrollHospitalCenter.org.
Support Groups

**A.W.A.K.E. Network**
Celebrating 15 years
For individuals affected with sleep apnea.
Wednesday, September 7
7 – 9 p.m., The Learning Center

**Adult Diabetes**
Monday, October 3
7 – 8 p.m., The Women’s Place
Registration required.

**Breast Cancer**
Second Tuesday of each month
7 – 8 p.m.
The Women’s Place

**Breastfeeding Support**
Thursdays, 12:30 – 1:30 p.m.
The Women’s Place

**Cancer**
Mondays (except holidays), 7 – 8:30 p.m.
Westminster United Methodist Church
162 East Main Street, Westminster

**Caregivers: To Whom it Matters**
Second Tuesday of each month
(except January & July) 4 – 5:30 p.m.
The Women’s Place

**Crohn’s and Colitis**
Co-sponsored by the Crohn’s & Colitis Foundation of America.
Tuesday, September 13, 7 – 8 p.m.
The Learning Center

**Depression & Bipolar Support Group**
Mondays, 6:30 – 8 p.m.
Westminster Senior Activities Center

**Fibromyalgia & Arthritis**
Call 410-871-6161 for more information.

**Gluten Free & You**
Tuesday, October 18
6:30 – 8 p.m.
The Learning Center
Registration required.

**Heart Disease**
Sponsored by WomenHeart—The National coalition for women with heart disease
Tuesdays, August 9, October 11, 8 – 8:30 p.m.
The Learning Center
Follows the “Heart of the Matter” education program. See Health Living programs for more information.

**Lymphedema**
Call 410-871-6161 for more information.

**Multiple Sclerosis**
Second Monday of each month
(except Dec.), 10 a.m. – 12:30 p.m.
The Women’s Place

**Ostomy**
Second Wednesday of each month
(except August), 7 – 8 p.m.
The Outpatient Center

**Parkinson’s Disease**
Co-sponsored by the Carroll County Bureau of Aging and the Morris K. Udall Parkinson’s Disease Research Center of Excellence at Johns Hopkins University.
Fourth Tuesday of every month
(except January & July), 2 – 3:30 p.m.
Westminster Senior Activities Center

**NEW! Pregnancy & Depression**
A support group for depression during and after pregnancy
Second Wednesday of each month
6:30 – 8 p.m.
Carroll Hospital Center
4 North Conference Room

**Prostate Cancer: Man to Man**
Co-sponsored by the American Cancer Society
Second Wednesday of every other month
July 13 & September 14, 6 – 8 p.m.
The Learning Center

**CPR**

**Healthcare Provider CPR – Initial**
This class is for health care professionals and professional rescuers.
Monday, August 1, October 3
8 a.m. – 1 p.m.
The Learning Center
$78 per person

**Healthcare Provider CPR – Renewal**
Must have a current AHA Healthcare Provider Card to register.
Wednesday, September 21, 8 – 11:30 a.m.
The Learning Center
$62 per person

Bereavement Support Groups

**Bereavement Luncheon**
Open to any adult who has experienced the death of a loved one.
Last Tuesday of each month, Noon
Bullock’s Restaurant
Call 410-871-7231 for more information.

**Healing Hearts Day Camp**
A grief day camp for children ages 7 - 13 who have experienced the death of a loved one.
Friday, August 26, 10 a.m. – 3:30 p.m.
Landon C. Burns Park (pond near the Farm Museum)
Call 410-871-7231 for more information or to register.

**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
Call 410-871-7231 for more information.

**Pet Loss**
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, October 15, 10:30 a.m. – Noon
Carroll Hospice
Call 410-751-7231 for more information.

**Where Is God? Grief Support**
Addressing the religious perspectives surrounding a death.
Thursdays, July 14, September 8, 6:30 – 8 p.m.
Carroll Hospice
Call 410-871-7234 for more information.

**Widows**
Open to women whose spouse has died.
First Tuesday of each month, 6:30 – 8 p.m.
Carroll Hospice
Call 410-871-7231 for more information.

**Widowers**
Open to men whose spouse has died.
First Tuesday of each month, 6:30 – 8 p.m.
Carroll Hospice
Call 410-871-7231 for more information.
Calendar & Support Groups

**Planning for Parenthood**

**Breastfeeding**
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesday, July 19, September 20
7 – 9:30 p.m., $30 per couple

**Childbirth Review**
For couples who have previously attended a childbirth preparation class and need review of labor and delivery, including coping techniques.
Call 410-871-7000 for more information.

**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 Health Access at 410-871-7000 for dates and times.

**Prepared Childbirth Class**
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 and Thursdays, 6 – 9 p.m. (3 nights)
August 2 – 9, September 6 – 13, October 4 – 11
$70 per couple

**Prepared Childbirth Weekend**
Expectant parents with busy schedules may want to attend a weekend of childbirth preparation.
Friday, 6 – 9:30 p.m./Saturday, 9 a.m. – 3 p.m.
(Includes lunch voucher on Saturday.)
August 26 & 27; October 21 & 22
The Learning Center
$100 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. Not a certification class.
Thursday, July 21, September 22
6:30 – 9 p.m.
$40 per couple, includes Infant CPR Anytime Kit

**Just for Kids**

**Babysitting & CPR**
In this two-part course, participants will learn how to create a safe environment for children, plus appropriate ways to keep children occupied. Instruction on how to handle emergencies, as well as training in CPR for all ages is included.
Participants must be at least 12 years old.
Saturday, August 3, 9 a.m. – 2 p.m.
and Thursday, August 4, 9 a.m. – Noon
The Learning Center
$60 per person

**I Am Special**
(Sibling Preparation Program)
Offers children ages 3 to 7 an opportunity to prepare for the arrival of a new baby in your family and to feel special about becoming a big brother or sister.
Sunday, August 28, October 23, 1:30 – 3 p.m.
$15 per child

**Mind and Body**

**All Mind and Body classes and programs are held at The Women’s Place.**

**Continuing Yoga Practice & Review (4 weeks)**
Thursdays, June 30 – July 28 (skip July 14)
6 – 7:15 p.m.
$45 per person

**Easing through Menopause with Acupuncture (4 weeks)**
Wednesday, October 19 - November 9
6 – 7:30 p.m.
$90 per person
The Women’s Place

**Mini Massage Day**
Wednesday, July 27, August 31, September 28 & October 26
15 minutes - $20; 30 minutes - $45
By appointment only.

**Reiki I**
Monday, September 12, 6:30 – 9 p.m.
$70 per person

**Reiki II**
Monday, October 10, 6:30 – 9 p.m.
$85 per person

**Yoga Session IV (8 weeks)**
Thursdays, September 8 – October 27
Prenatal Yoga*: 4:30 – 5:20 p.m.
*Physician consent required
Continuing Yoga: 5:30 – 6:45 p.m.
Beginning Yoga: 7 – 8:15 p.m.
$89 per person

**Screenings**

**Blood Pressure Screenings**
Registration not required.

**Carroll Hospital Center Main Lobby**
Mondays, August 1, September 12, October 3
3 – 4 p.m.

**New Windsor Post Office**
Tuesdays, August 2, September 6, October 4
9 – 10:30 a.m.

**Sykesville Post Office**
Mondays, July 25, September 26, October 31
11 a.m. – Noon

**Westminster Post Office**
Mondays, August 1, September 12, October 3
1 – 2 p.m.

**Joint (other than knee and hip)**
Conducted by Yatin Patel, M.D., orthopaedic surgeon
Tuesday, October 4
By appointment only.
Free

**Nutrition**
Wednesday, August 10, September 14 & October 12
By appointment only.
$25 per person

**Sports Nutrition**
Wednesday, August 10, September 14 & October 12
By appointment only.
$25 per person

**Vascular/Vein**
Thursdays, September 29
By appointment only.
$99 (for vascular screening)
Free (for vein screening)

**Tobacco Cessation**

**Stop Using Tobacco for Life (5 weeks)**
Learn strategies for quitting and developing healthy new habits. Co-sponsored by the Carroll County Health Department.
Mondays, July 11 – August 8; September 12 – October 10
7 – 9 p.m.
The Learning Center, Free.

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 Health Access at 410-871-7000, or register online at www.CarrollHospitalCenter.org

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**Special Services**

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

### Acupuncture

By appointment only.
- $130—initial treatment
- $75—follow-up visit

Community Acupuncture: Intake $40,
Follow-up visits $20

### The Boutique at the Women’s Place

A boutique specializing in merchandise for women with cancer.

The Women’s Place

Charges apply. Limited quantities of wigs and head coverings are available free of charge.

By appointment only.

Call 410-871-6161 for more information.

### Cancer Navigation Services

A free comprehensive resource for men and women pending a diagnosis, or in any stage of cancer.

Call 410-871-6161 for more information.

### 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.

### Integrative Reflexology®

Foot treatment

- 30-minute session, $45
- 60-minute session, $70

### IPL & Laser Services

Hair removal, treatment of Rosacea, spider veins on the face and skin pigmentation.

Call 410-871-6161 for more information.

### Lymphedema Treatment Services

Call 410-871-6161 for information and appointments.

### Massage

General, pregnancy, cancer and mastectomy massage.

By appointment only.

- 15-minutes, $20
- 30-minutes, $45
- 60-minutes, $70
- 90-minutes, $95

*Services are also available while patients are in the hospital with a physician order.

Call 410-871-6161 for more information.

### Reiki

One-hour, $70; 30-minute, $45

By appointment only.

$70–initial treatment; $75–follow-up visit

Community Acupuncture Intake $40,
Follow-up visits $20

### Community Acupuncture

Intake $40,
Follow-up visits $20

### The Resource Center

A comprehensive health library.

Open Monday – Friday, 8:30 a.m. – 5 p.m.

Call 410-871-6161 for more information.

Gift Certificates are available for all Special Services. Call 410-871-6161 for more information.

### Special Events

#### Auxiliary Used Book Sale

To benefit Emergency Department services

Tuesday, July 19, 9 a.m. – 3 p.m.

Carroll Hospital Center Main Lobby

#### Total Health Expo

Health and wellness education, screenings and fun activities for the whole family.

Saturday, August 27, 8 a.m. – Noon

Richard N. Dixon Building, 291 Stoner Ave.

Some screenings require registration.

For more information or to register, call 410-871-7000 or visit www.CarrollHospitalCenter.org

#### Carroll Golf Classic

Friday, September 16

7:30 a.m. & 1 p.m. flights

Piney Branch Golf & Country Club

Register at www.CarrollHospitalCenter.org or call 410-871-6200 for more information.

#### Bingo Dinner

To support The Breast Center

Saturday, October 22

Doors open at 5 p.m.

$30 (includes bingo cards and dinner)

Theme: Country/Western

Gamber Fire Hall

For Tickets, call Herb Marquess at 410-356-7872 or call 410-871-6200 for more information.

#### Pink Flamingo Luncheon

To benefit the WISH Fund Supports The Women’s Place

Sunday, October 22

Silent auction opens at 11 a.m.

Piney Branch Golf & Country Club

Register at www.CarrollHospitalCenter.org or call 410-871-6200 for more information.

#### White Rabbit Family Fun Day

To benefit Emergency Department services.

Enjoy live music, food, a flea market, vendor sales, special thrift shop deals.

Saturday, August 27, 8 a.m. – 1 p.m.

Dixon Building parking lot

Call 410-871-7280 to reserve a flea market space or for information.

### Healthy Living

#### AARP Senior Safe Driving Course

Thursday, October 20, 10 a.m. – 3:30 p.m.

The Learning Center

$12 for AARP members, $14 for nonmembers

Lunch provided.

#### Arthritis Foundation Aquatic Program

Co-sponsored by the Arthritis Foundation.

3:15 – 4:15 p.m., CHANGE, Inc.

$84 for 12-week session (one class per week)

Call for available session dates.

#### Fitness with the Doc

Health Unlimited Family Fitness & Aquatic Center

#### Sports Injuries and Sports Nutrition

In partnership with Martin’s Food Market, Eldersburg and Health Unlimited Family Fitness & Aquatic Center

Tuesday, August 16, 6 – 8 p.m., Free

#### Diabetes

In partnership with Health Unlimited Family Fitness & Aquatic Center and The Diabetes Center at Carroll Hospital Center

Tuesday, September 27, 9 – 11:30 a.m., Free

#### Heart of the Matter Education Series

Erectile Dysfunction and Heart Disease

Presented by Keith O’Reilly, MD, urology

Tuesday, August 9, 7 – 8 p.m.

The Learning Center, Free

#### Diet, Diabetes and Your Heart

Tuesday, October 11, 7 – 8 p.m.

The Learning Center, Free

#### I Can Cope

Cancer Recurrence:

“What if it Comes Back?”

Monday, July 25, 7 – 8:30 p.m.

Westminster United Methodist Church

Free, registration not required.

#### GUIDED IMAGERY—A way to relax your mind

Monday, September 26, 7 – 8:30 p.m.

Westminster United Methodist Church

Free, registration not required.

#### Look Good…Feel Better

Program to help women cope with the appearance-related side effects of chemotherapy.

Mondays, July 25, August 22, September 19 & October 17, 1 – 3 p.m.

The Women’s Place, Free

Call 410-871-6161 to register.

#### Ovarian Cancer: What Every Woman Needs to Know

Tuesday, September 13, Noon – 1 p.m.

Wednesday, September 14, 6 – 7 p.m.

Free; The Women’s Place
Back to School -
Start with good
family health at THE

Saturday, August 27 | 8 a.m. – Noon
Carroll Hospital Center Dixon Building, Stoner Avenue

Family fun, activities, screenings
and more Bring the whole family to our annual event promoting your family's health, safety and well-being, featuring:

- A variety of free and low-cost health screenings
- Interactive educational displays
- Health information booths
- Free adult CPR class
- Free mini-treatments including, acupuncture, seated massage, reflexology and reiki
- Plenty of activities for the kids

Health screenings:
- Adolescent heart screening (For athletes ages 12-22)
- Cholesterol
- Foot health
- Glucose
- Knee and hip
- Oral cancer
- Osteoporosis
- Prostate cancer
- Skin cancer
- And more!

For more information call 410-871-7000.

Prizes, giveaways & snacks provided!