A Healthy Dose
A magazine for the community of Carroll Hospital
Summer 2015

Better Together: Joining Forces with LifeBridge Health

Also in this issue:
Free Health Navigation
Community Nutrition Programs
Life-Saving Stroke Care
And much more!
Dear Friends,

Have you heard the news? On April 1, we officially partnered with LifeBridge Health to continue and expand the top quality services and care our community deserves and expects. Our new name—Carroll Hospital: A LifeBridge Health center—is a symbol of all the promise, growth and hope this partnership holds.

Like us, LifeBridge Health believes in putting the patient first; that all care should be quality care; and that a hospital should actively work to make its entire community healthy and well.

LifeBridge Health deeply admires the fact that we are a hospital built by the community, for the community. That is why they are willing to invest in growing our services here locally—to ensure that we can continue to be a true community hospital and here whenever you need us. I invite you to read my recent conversation with Neil Meltzer, president and CEO of LifeBridge Health, on page 2 to learn more about the exciting future that we foresee together.

I also hope you’ll take a moment to read about all the incredible work we’re doing right now—from our nationally recognized surgical care (page 6) and newly certified emergency stroke program (page 14) to our innovative Care Connect program, which is available to help you with all your health questions (page 10). The teams behind these programs—like every team at Carroll Hospital—have a proven record of delivering exceptional care, yet they continually find new ways to do more for the patients they serve. I can’t wait to see what we can achieve next, knowing we have a partner like LifeBridge Health in our corner who is committed to growing stronger together.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President, Carroll Hospital
Senior 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:

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We look forward to your comments!
410-848-3000 | TTY: 410-871-7186 | CarrollHospitalCenter.org
Features

2  LifeBridge Health Partnership
As Carroll Hospital and LifeBridge Health join forces, the partnership’s two top leaders sit down to share their bold vision for the future.

6  Surgery With a Smile
Discover why patients like Kolleen Rynkowski prefer Carroll Hospital’s compassionate approach to surgical care.

10  Care Connect Health Navigation
For years, Richard Kennan struggled with congestive heart failure and diabetes. See how he turned his health around with Care Connect, a program that provides free guidance and support to community members.

14  Life-Saving Stroke Care
When you’re having a stroke, every minute can mean a lifetime. Find out how Carroll Hospital’s certified emergency stroke program is helping patients like Charles Baublitz win the race against time.

In Brief

Welcome New Providers 8
Community Nutrition Programs 9
2015 Physician of the Year 12
Checkups: Not Just for Kids 13
Apps for Healthy Living 16
Pediatric Services Fund 17
Calendar & Support Groups 18

ON THE COVER: Neil Meltzer, president and CEO of LifeBridge Health, and Leslie Simmons, president of Carroll Hospital, celebrate the new partnership between their organizations, which became official on April 1.
On April 1, Carroll Hospital officially joined the LifeBridge Health system—a partnership that signals a new era of progress and innovation for the two systems. Leading the charge: Leslie Simmons, president of Carroll Hospital, and Neil Meltzer, president and CEO of LifeBridge Health. We sat down with both to get to know them—and their forward-thinking vision for the partnership—a little better.

You are now both leaders in one of Maryland’s most prominent health care systems. How did you get your start?

Leslie Simmons (LS): I started as an EKG technician at Harbor Hospital in Baltimore. One day, the chief of cardiology told me, ‘I think there is a nurse in you.’ He helped me find my path to nursing school and was there at my graduation. I don’t know who was most proud, him or my parents. Since then I have gone on to get my bachelor’s degree in nursing and my master’s degree in management from College of Notre Dame of Maryland. I am proud to say that I have been a critical care nurse, unit manager and chief nursing officer. I believe my nursing background keeps me grounded and helps me build on a culture of compassion.

Neil Meltzer (NM): I had a similar mentoring experience. As a high school and college student, I spent my summers working at a local hospital in the Boston area. My first job was cleaning out research animal cages, and I eventually worked my way up to a pharmacy tech. At lunch, the CEO of the hospital would sit on the administration building’s steps and eat his brown bag lunch with the staff. I got to know him pretty well and I really liked his focus and passion for public health. He inspired me to pursue my master of public health and master of health administration degrees at Tulane University. I was driven by a sense that I should do my part to improve the health of our communities. That still drives me today.

You’ve both come a long way since then.

LS: My mentor was right. Nursing was my calling. When I joined Carroll Hospital as chief nurse in 2000, I was hoping I would stay here. I loved the hospital, the community and the people. At the time, my husband Greg and I, and our daughters, Heather and Chelsey, lived in Reisterstown. It was nice having Carroll Hospital just around the bend. We loved the community so much that we bought a house in Westminster a few years ago. I am thrilled to be living and working in my own community. [Simmons was named president and CEO in 2014.] No matter what position I hold, I will always be a nurse.

NM: I never envisioned this exact path for my family. My wife and I are both from Boston, and I spent a number of years in leadership roles at health care institutions in and around the city. When I took my first role [as vice president of operations] at Sinai in 1988, my wife and I drove to Maryland in our Plymouth station wagon, listening to Raffi’s Baby Beluga album with our two-year-old in the back seat. I promised we’d be back home in five years. But I clearly lied [laughs], because here we are almost 27 years later. It’s been a wonderful ride raising a family in this community, and I can’t imagine leaving now. [Meltzer became president and CEO of LifeBridge Health in 2013.]
Has your family supported you throughout the evolution of your career?

LS: Oh my goodness, yes. My husband left his job as an engineer at Westinghouse in 1989 so he could stay home and raise our two daughters. Heather is now 29 and Chelsey is 26, and both are married, but my husband is still the glue that holds everything together for us.

NM: I feel the same way about [my wife] Ellen. We’ve raised two incredible kids. My son, Brian, is an attorney and lives with his wife in downtown Baltimore. And my daughter, Claire, is starting her master’s work in social work and public health at University of Maryland this fall. She’s following in my footsteps in terms of wanting to help the world!

LS: That’s funny; both my daughters are nurses! I think when you’re passionate about something, your children see it and it inspires them.

I love when I can get out on the frontlines with the physicians and staff and see them doing the real work that drives us forward.—Leslie Simmons

What makes you passionate about your job today?

LS: Without a doubt, it’s the Carroll Hospital staff. I view it as my job to get rid of the obstacles that may be in the way of them delivering great care. I love when I can get out on the frontlines with the physicians and staff and see them doing the real work that drives us forward. Whenever the days are really long and I’m wondering what I’m doing, I go around and connect with the staff and it reenergizes me.

NM: I agree. And it’s also incredible to know that we’re making a difference. I feel good when I see the health care data that shows we’re making positive change happen. And it feels even better to see the faces of the people we care for—to see that we’re making a difference in their lives.

It’s obvious that you both see the value in partnerships—with your mentors, your spouses and so forth. Leslie, why did Carroll Hospital decide to pursue a partnership with another health care organization?

LS: It really came out of Vision 2020 [the hospital’s strategic plan]. It became obvious that in order to do everything we wanted to do for our community, we had to have a partner. If we remained independent, we’d have to sacrifice some of the programs and services we wanted to grow in this community, and that just wasn’t an option for us.

What did you see in LifeBridge Health that made you realize it was a good fit?

LS: Without a doubt they understand the importance of community. While other [potential partners] may have wanted to refer patients out, LifeBridge Health understood the value of keeping all our services local. And they didn’t look at our vision and say, ‘This is too big.’ They said, ‘It’s great—and we can do even more together.’ We knew almost from the first meeting that it was the right fit.
Neil, do you agree?
NM: Completely. I believe that culture is just as important as strategy, and our cultures are so compatible. We knew at LifeBridge Health that we had found another organization that shares our commitment to quality care and community. I’ve told Leslie this before, but there was something so unique and special about our teams coming together. It felt like we were already family.

What does the partnership mean for our community?
LS: I think the biggest thing it means is that our community will have expanded and improved access to care. We will have more physicians—including physicians in niche specialties like lung cancer and ovarian cancer—here. We will be able to expand our facilities to include things like a neonatal intensive care unit and emerging treatment technologies. We’ll be able to grow our services in virtually all areas, from cardiovascular care to geriatric care to surgical care. People will realize, ‘Wow, I don’t have to drive downtown for these kinds of services anymore!’ The full continuum of care will be right here in our community, just as Vision 2020 promises.

NM: Our priority is also to make sure that we preserve what makes Carroll Hospital so special, which is its culture of quality, community-focused care. The pride people have in this hospital is palpable. We don’t want that to change.

What is the leadership structure like under the partnership? Will the Carroll Hospital team have the autonomy to act in the best interests of the hospital and the community?
NM: LifeBridge Health believes in building on the strengths and local expertise of our partners, so Carroll Hospital operations will continue to be overseen by the hospital’s leadership team and board of directors. And the [28-member] LifeBridge Health board now includes seven Carroll Hospital board members—that’s 25 percent of the board’s entire membership.

LS: That kind of representation is unheard of in health care. Typically with a merger, you’re lucky to get one seat on a parent board. So we are incredibly fortunate.

Leslie, you’ve also been named a senior vice president on the LifeBridge Health leadership team.
LS: Yes. In that role, I am responsible for human resources and organizational culture across the entire LifeBridge Health system. That’s another thing that makes this a true partnership: LifeBridge Health values the associate culture that we’ve built here, and wants to share it with all our sister organizations. [The LifeBridge Health system includes Sinai Hospital, Northwest Hospital and Levindale Hebrew Geriatric Center and Hospital.]

Now that the partnership is official, what are your immediate priorities as a team?
LS: I think first thing out of the gate is taking a look at Vision 2020 and refreshing it. LifeBridge Health believes we can do even more than we’d originally set out to achieve. Now we need to determine what those bigger goals are and start setting timelines for achieving them.

NM: We have so much growing we want to do, from outpatient services to urgent care to facility enhancements. But we want to take our time and make smart decisions that benefit our patients and our communities. Our goal, first and foremost, is to be the partner for lifelong health and wellness to the people that we serve.

It sounds like you both have a lot of work ahead of you. Do you ever rest?
NM: [Laughs] Not really. I prefer to be active and try to work out regularly. I really enjoy hiking and paddle boarding, but I also love a little adrenaline with my fun. My guilty pleasure is adventure travel, ranging from river rafting to overseas excursions when possible.

LS: I’m kind of the same way. My husband and I have our motorcycle licenses. We love to ride around on the back roads and see where they take us. Over the past 10 years, we also set out to see all 50 states. It took us a while but we did it!

Then you both should be happy about the new adventure that’s before you and your organizations.
LS: Definitely. It’s going to be amazing to work together to enhance and grow services here locally—and to all of the LifeBridge Health community. We can do so much more together as partners than as competitors.

NM: It takes time to integrate two complex organizations like ours. But with our combined strengths, we are going to be able to grow together in ways that weren’t possible before. At LifeBridge Health, we have a purpose statement: creating healthier communities together. With this partnership, that’s exactly what we intend to do.

For up-to-date developments on this exciting partnership, follow us on Twitter (@CarrollHospital), Like us on Facebook (Facebook.com/CarrollHospital) or visit our Healthy Dose blog (CarrollHospitalCenter.org/blog)
Surgery with a Smile

Surgical expertise and compassion come together for quality care
Scrub into one of the operating rooms at Carroll Hospital and you’ll find something very special: one of the best surgical teams in the region at work. “Our surgeons could practice almost anywhere, but we choose to be here because we love this community,” says Sarah Lentz, M.D., general surgeon. “Patients will tell you that they get the same level of care here that they’d get at any of Baltimore’s major hospitals.”

It seems that national health care analysts like CareChex (a division of Comparion) would agree. For the last two years, the independent evaluating body has ranked Carroll Hospital in the top 10 percent of hospitals nationwide for medical excellence in general surgery, as well as for patient safety in overall surgical care.

Dr. Lentz points out that it’s more than just the quality of the surgeons that makes the surgical care at Carroll Hospital better. “We have an extensively trained team in the operating room across the board, from the anesthesiologists to the surgical technicians,” says Dr. Lentz. “Our nurses are good about speaking up in the patients’ best interests, which isn’t common in many hospital cultures. Patients feel really cared for here.”

One such patient is Kolleen Rynkowski. In July 2013, the Hampstead resident went to the Carroll Hospital emergency department with intense stomach pains. There, she learned that a portion of her colon had essentially burst—a condition that required emergency surgery to remove the damaged part of the colon and insert a temporary colostomy. The entire healing process—which included a colostomy reversal procedure four months later—required Rynkowski to spend a combined total of nearly two weeks in the hospital. Throughout it all, Dr. Lentz, her surgeon from day one, was by her side.

“My case was highly unusual. It took its toll on me physically and emotionally,” Rynkowski recalls. “But Dr. Lentz was unbelievably reassuring every step of the way. I always felt more comfortable and relaxed with her.”

So when Rynkowski received a breast cancer diagnosis in October 2014, she knew immediately what she wanted to do. “I said, ‘I want Dr. Lentz,’” she explains.

To date, Dr. Lentz has performed three surgeries to aid in Rynkowski’s breast cancer recovery: a lumpectomy and a chemotherapy port insertion and removal. “Each time, she had me in and out like it was the easiest thing in the world,” says Rynkowski. “And that’s what I love about her: she makes everything sound and seem easy.”

The love is shared by Rynkowski’s family. “My husband thinks Dr. Lentz is the best thing since sliced bread,” Rynkowski explains. “It’s because she really listened to us and answered all our questions—mine and my husband’s. There was never a sense that she was trying to push us out the door.”

Dr. Lentz acknowledges that looking beyond the patient’s medical needs is an important part of the surgical culture at Carroll Hospital. “Surgery is not something you go through by yourself. We make a point of talking to the patient’s whole family, so that they can make decisions together. After a while, it’s like we’re a part of their family, too.”

Did you know? Carroll Hospital offers the region’s most advanced minimally invasive surgical options. Go to CarrollHospitalCenter.org/MySurgeryOptions to explore your treatment choices and watch videos of Dr. Lentz and other surgeons as they share their unique approach to care.
Welcome New Providers

We are pleased to welcome the following new providers to Carroll Health Group:

**Colon and Rectal Surgery**

David Blumberg, M.D., earned his medical degree from State University of New York Downstate Medical Center College of Medicine in Brooklyn, N.Y. He completed his residency at Maimonides Medical Center in New York, N.Y., in general surgery. He completed a fellowship at Ochsner Medical Center in Jefferson, La.

Certified by the American Board of Surgery and the American Board of Colon and Rectal Surgery, Dr. Blumberg is chief of colon and rectal surgery at Carroll Health Group after practicing for 15 years at the University of Pittsburgh Medical Center.

Dr. Blumberg specializes in treating colorectal cancer, inflammatory bowel disease (Crohn’s disease and ulcerative colitis) and diverticulitis. He also has extensive experience in performing laparoscopic surgery for polyps and colon cancer.

**Orthopaedics**

Board certified by the American Board of Orthopaedic Surgery, Jorge Bustillo, M.D., earned his medical degree from Meharry Medical College in Nashville, Tenn. He completed his residency at The State University of New York at Buffalo in orthopaedic surgery and his fellowship at Allegheny General Hospital in Pittsburgh, Pa., in orthopaedic foot and ankle surgery.

Dr. Bustillo has 10 years of experience as an orthopaedic surgeon and, for more than eight years, was a member of the faculty at Penn State Hershey Medical Center teaching residents, fellows and medical students.

Dr. Bustillo specializes in orthopaedic foot and ankle surgery.

**Neurology**

David Epstein, M.D., earned his medical degree at Penn State Milton S. Hershey Medical Center in Hershey, Pa. He completed his residency in neurology and fellowship in neurophysiology at the Walter Reed Army Medical Center in Washington, D.C.

Dr. Epstein has more than 10 years of experience and is board certified by the American Board of Psychiatry and Neurology in neurology, neuromuscular medicine and clinical neurophysiology.

For more information or to find a physician in the community, visit our online physician directory at Physicians.CarrollHospitalCenter.org
Standing in the meat department of a local grocery store, registered dietitian Melanie Berdyck holds up two packages: ground turkey and ground beef. Ground turkey seems like the natural choice, she acknowledges to the group, but it depends. Is it lean turkey? “If the skin or dark meat is included, ground turkey can be the same fat and calories as ground beef, so we need to compare labels,” she explains.

Berdyck, the hospital’s community nutrition educator, is leading new monthly grocery store tours to help individuals become comfortable with comparing labels and making good choices when food shopping. The tours provide an opportunity for participants to ask questions about various products as they navigate through the aisles with Berdyck.

The grocery store tours are the latest in a series of new nutrition educational offerings provided through the Tevis Center for Wellness. Ask the Dietitian sessions are offered weekly for anyone to stop in the wellness center and ask Berdyck general nutrition questions. These sessions and nutritional screenings are being offered at the Y of Central Maryland Hill Family Center as well.

A new monthly weight management support group launched in June to provide support to those who would like to lose weight or maintain their current weight. The group meets the second Wednesday of the month in the Shauck Auditorium, and no registration is required.

Making healthy, flavorful dishes is key for both good nutrition and weight loss. Need inspiration? Look no further than the hospital’s Facebook page at Facebook.com/CarrollHospital. Each Wednesday, a new recipe is posted to break you out of your recipe rut.

The recipes are a mix of entrees, side dishes and snacks that tend to be low in fat and sodium, says Berdyck, who selects the featured recipes. An archive of the weekly recipes may be found at CarrollHospitalCenter.org/Recipes.

The Lose to Win Wellness Challenge has been another popular program. Launched in 2009, the wellness challenge provides an exercise and nutrition framework for those who are at least 21 years of age, have a body mass index of at least 30 and need to lose at least 20 pounds.

As part of the program, Lose to Win participants are expected to exercise at least three times a week at the Y of Central Maryland Hill Family Center during the 16-week program and attend weekly educational sessions at the hospital. These informational classes cover topics such as portion control, acupuncture and guided imagery, holiday eating, sugar and managing weight loss plateaus. Sessions are offered in the spring and the fall, and the next session will start in September.

To learn more about the nutrition programs offered through the Tevis Center for Wellness or to register for an upcoming grocery store tour at the Food Lion in Taneytown, please call Care Connect at 410-871-7000. For more information about Lose to Win, visit CarrollHospitalCenter.org/losetowin
According to his family, Richard Kennan was not always a model patient. “He had his first heart attack when he was 39. He smoked. He was overweight. He was unwell for a very long time, and he never seemed to take it seriously,” his daughter, Taylor Shoffner, explains. “This changed everything.”

“This” would be Care Connect, a free program that connects community members to the hospital and community resources they need to manage their health. Participants with more complex health issues, like Kennan, are typically paired with a health navigator—a registered nurse or licensed social worker who provides one-on-one guidance and care coordination. “Patients can call on their health navigator for all of their health concerns. We serve as a point person for them. It’s like we are the center of a wheel that brings all the spokes of their care together,” explains Melissa Zahn, R.N., Kennan’s Care Connect health navigator.

For Kennan, who has been living with congestive heart failure and type 2 diabetes, Care Connect has been the answer to all his health questions. “Trying to figure out my care on my own, I never knew who to call. I’d go online and essentially draw a doctor’s name out of a hat,” he says. “Now I just call Melissa when I need something. She gets appointments for me with the right people. She makes sure the insurance and paperwork are handled ahead of time. It’s made everything easy.”
The team was right: Kennan credits the rehab program with not only improving his breathing, but also helping him lose weight and restore his energy level.

For some patients, the help extends beyond medical care. “Our number one question is: what are the obstacles that prevent you from being healthier,” says Cheryl Gosaguio, a clinical social worker and Care Connect health navigator. “For some patients, that might be the fear that their electric is about to be shut off. For others, it may be that they don’t have transportation to doctor’s appointments. There’s never a situation where we say, ‘No, we can’t help you.’ We keep going until we find a solution.”

Shoffner, Kennan’s daughter, sees that can-do attitude reflected in her father. “I think for a long time my dad thought, ‘The damage is done. I can’t do anything,’” Shoffner reflects. “Melissa said to him, ‘You can do something—and here’s how.’ If he has extra years to spend with his grandchildren down the road, then those are extra years that we owe to this program.”

Questions about your health?
Call Care Connect at 410-871-7000 for answers.
Representatives are available Monday-Friday from 8:30 a.m. – 4:30 p.m. to get you started.

Care Connect is funded in part by the Carroll Hospital Foundation. To make a gift to support this program, please visit CarrollHospitalCenter.org/donations

Since working with Zahn, Kennan has uncovered and treated the source of his chronic back pain: a fractured foot that he was unaware of due to diabetes-related neuropathy. He’s also started working out in the hospital’s pulmonary rehabilitation program to get his breathing troubles—a symptom of his congestive heart failure—in check.

Throughout it all, Zahn has worked closely with Kennan’s physicians—including his spine specialist, foot specialist, and cardiologist—to make sure his treatment was always on course. “In the case of his breathing, we debated about which path to take, but his cardiologist ultimately felt that pulmonary rehab would produce better outcomes,” says Zahn.
Christopher Grove, M.D., 2015 Physician of the Year

Congratulations to Christopher Grove, M.D., chief of pathology, named Carroll Hospital’s 2015 Physician of the Year during the annual Doctor’s Day celebration held at the hospital on March 24.

Chosen from 12 Physician of the Month candidates, Dr. Grove was honored for his extraordi-

Dr. Grove is a phenomenal pathologist whose exceptional leadership of the hospital’s lab team has been an integral part of the success of our hospital operations,” said Leslie Simmons, president. “His outstanding work in the lab touches essentially every hospital service and every patient who walks through our doors.”

Affiliated with the hospital for three years and raised in Carroll County, Dr. Grove began working at the hospital as a pathology assistant for two years before earning his medical degree. After earning his medical degree at George Washington University School of Medicine, he served in the military for nine years at Walter Reed Army Medical Center in Washington, D.C., where he completed his residency. Dr. Grove then returned to Carroll County, where he assumed the role of chief of the pathology department at the hospital.

“I am so deeply honored to receive this award, especially given the fact that the other nominees are incredible physicians,” said Dr. Grove. “Although it’s an individual award, I prefer to view it as an award on behalf of the laboratory and the great work that everybody in our lab does every day.”
It is well known that children should have well visits each year to ensure they are in good health, but did you know adults should schedule annual well visits with their primary care providers? G. Panisri Rao, M.D., of Carroll Health Group Primary Care, discusses adult well visits.

**Why should adults have an annual well visit?**

An annual well visit gives individuals the opportunity to address any concerns with their primary care provider and to discuss their health care maintenance, such as breast exam/mammograms, pap smears, colonoscopies, bone density screenings, as well as lab screenings.

**What tests or examinations are typically done at this type of visit?**

Test guidelines are typically by age and by risk factors. Usually these visits include a cholesterol screening, diabetes screening, EKG and rectal exams. For women, breast exams and cervical cancer screening are important, and a prostate exam for men is discussed and offered.

**Vaccinations are a well-known part of children’s checkups. What about adults?**

Yes, vaccinations are recommended for adults. Typically a Tetanus vaccination is offered every 10 years and at least one Tdap [tetanus, diptheria and pertussis] for now during adulthood (ages 18 to 64). Guidelines for the pneumococcal vaccination (protecting from blood, brain and lung infections) have changed, and now two doses are recommended, especially after the age of 65. From ages 18 to 64, this vaccination is recommended for those with certain medical conditions. The shingles vaccination is recommended for individuals ages 60 and older. And annual flu shots are also recommended for adults.

How should individuals prepare for their well visit?

It is helpful to have any lab work completed prior to the visit, so that it can be reviewed by the provider and discussed during the visit. Also, if any health care maintenance was completed, such as vaccines or mammograms, have those dates available so that it can be documented at the time of the visit.

Dr. Rao sees patients in Hampstead. To make an appointment, please call 410-374-0675.
It was just before 10 a.m. on January 30, and Charles Baublitz felt fine. He was restocking shelves in the housewares department at Boscov’s, readying the Westminster store for its daily opening. Then—in an instant—everything changed.

“Suddenly my right side completely stopped working—my arm, my leg, everything. And I couldn’t talk at all,” Baublitz recalls. “I knew I was having a stroke.”

To look at Baublitz now, it’s hard to detect any signs of that terrifying day. He’s since recovered virtually all of his pre-stroke capabilities, thanks to the emergency care he received at Carroll Hospital, which was designated a Primary Stroke Center by the State of Maryland this winter. “I remember getting to the emergency room. It was like everybody there stopped what they were doing and jumped on me,” the Woodbine resident says.

According to emergency department clinical resource nurse Colleen Hordesky, R.N., that is exactly what happens in cases like Baublitz’s. “When we get the call from an ambulance crew that a stroke is coming in, we activate a stroke alert,” she explains. “That triggers every member of our stroke team into action and sets off a cascade of events to make sure we get the patient from the emergency room door to a CAT scan in 25 minutes or less.”

With stroke, that level of speed is essential. “For many stroke patients, we can use tPA [tissue plasminogen activator] to dissolve the stroke-causing clot in the brain—but we have a very narrow window of time in which it’s safe to administer
How to Spot a Stroke F.A.S.T.

“Remember: a stroke is not painful like a heart attack. It’s a series of symptoms that come on suddenly,” says Dr. Ruby. “The F.A.S.T. acronym is an easy way to remember what to look for.”

**F**
**Face:** Smile. Does one side of the face droop?

**A**
**Arms:** Raise both arms. Does one arm drift downwards?

**S**
**Speech:** Speak a simple phrase. Is the speech slurred or strange?

**T**
**Time:** Time is critical. Call 9-1-1 at the first sign of these symptoms.

That medicine,” explains Sandra Ruby, M.D., medical director of the stroke program. “For patients who do get tPA, it greatly improves their chances of recovery.”

Baublitz received the tPA medication and within 24 hours had regained movement and feeling in his right side. He was taken to critical care for recovery, continuing evaluation and rehabilitative therapy. “Our occupational and physical therapy, provided by Central Maryland Rehab, have more to do with improving stroke outcomes than almost anything,” says Mari Parker, R.N., stroke program coordinator. “It’s uncanny what the therapists can do in terms of helping patients maintain function and regain quality of life.” Baublitz, who was originally expected to remain hospitalized for four to six days, was home within three.

Once home, Baublitz’s care under the stroke program continued with in-home rehabilitative therapy and nursing visits. Within three weeks, he was deemed “too healthy” for home care, and within two months, he was cleared to return to work. “I spent my career with the Anne Arundel County Fire Department, so I’ve seen many strokes over the years,” Baublitz says. “It used to be, you didn’t get better if you had a stroke. But here I am walking, talking, doing everything I love. It’s all because of the treatment I got at Carroll Hospital.”

*Left: Charles Baublitz sits proudly with his extensive train collection. Right: Baublitz with his wife, Ellie.*

*See all the ways we’re advancing stroke care for you—from stroke support groups to preventive screenings—at CarrollHospitalCenter.org/Stroke*
With the proliferation of mobile devices today, specialized programs called applications, or apps, have become commonplace in our daily lives. Some of our hospital leaders and physicians reveal the health and wellness apps they frequently use. Some apps are free to download, while others may require purchase.

Gabriel Del Corral, M.D., Carroll Health Group
Plastic & Reconstructive Surgeon

Plastic Surgery Simulator Lite | Available for iPhone and Android
Considering plastic surgery but want to see the “after” picture before you even start? This simple photo distortion app allows users to adjust their facial appearance in order to see how they would look with different physical features. Simply drag your finger across the screen to adjust, grow or shrink any body part you wish. “This app gives my patients the opportunity to see and explore the possibilities of plastic surgery early on in the process,” says Dr. Del Corral. “It’s an extremely useful tool in the consultation visit.”

Bettina Adjei, M.D., Medical Director of Urgent Care Services

Epocrates | Available for iPhone and Android
This app provides important information regarding prescription medicines that can be helpful to physicians and patients alike. Search for dosing instructions, pricing and pharmacology all from one convenient app. You can even compare multiple medications at once to find any possible interactions or side effects related to the drugs. “I use this app every day,” says Dr. Adjei. “It allows me to find everything I need to ensure patients’ prescriptions are accurate and the best choice for their needs.”

John Wah, M.D., Carroll Health Group
Primary Care Physician

MyFitnessPal | Available for iPhone and Android
Keep all your fitness data in one place with this recently revamped fitness tracker. With extensive databases for both food and exercise, you can make sure your calories and workouts are tracked accurately and easily. Not only can you keep tabs on your progress, you can help motivate your friends and have them motivate you with the app’s friend feature. “This app has everything you need to lose, gain or maintain your weight, right in the palm of your hand. I recommend it to anyone who is serious about his or her fitness journey,” Dr. Wah says.

*While apps are helpful in providing general health information, they should not replace regular visits to your physician. If you have a health concern, please contact your health care provider.*
Carroll Hospital Foundation is pleased to announce the formation of the Dr. Karl M. Green Pediatric Services Fund. This fund was made possible by monies donated by the Carroll County Children’s Fund after it ceased operations. The new endowment is named in honor of Dr. Green’s three decades of service to the fund and the community.

Having the structure of an endowment fund will allow for much broader coverage of expenses for uninsured and underinsured children in Carroll County, and it will expand the impact the fund can have to families with various incomes.

The pediatric services fund will now be able to provide assistance with co-pays, supplies, medications, food and travel gift cards, and other medical-related expenses that would have previously been out-of-pocket costs for patients.

The fund is designed to help financially and medically qualified patients under the age of 18 with out-of-pocket costs that are associated with Carroll Hospital and Carroll Hospice.

Members of the former Carroll County Children’s Fund (left to right): Nancy Hockersmith; Karl Green, M.D.; Jennifer Howard; and Dorothy Taylor.

New Brick Opportunities

With the addition of the William E. Kahlert Regional Cancer Center and Tevis Center for Wellness to the campus last fall, new pathways were laid near the front entrance of the East Pavilion and in the courtyard behind the Tevis Center for Wellness. In these pathways are empty bricks waiting to be engraved with personalized names and messages. We are thrilled to offer the opportunity for patients and families to honor or memorialize their loved ones by purchasing one of these commemorative bricks.

The bricks are available for purchase by the community, not just those affiliated with the cancer or wellness centers.

Bricks outside the front entrance of the East Pavilion are available for purchase at $250; space is limited. Bricks in the courtyard between the East Pavilion and The Family Birthplace are available for purchase at $100 each. Brick donations are 100 percent tax deductible, and proceeds will benefit programs and services at Carroll Hospital.

Commemorative bricks continue to be available for purchase at Carroll Hospice’s Dove House and in the flag court outside the main entrance of the hospital. To learn more or to order a brick in one of our campus walkways, please visit CarrollHospitalCenter.org/Tribute-Gifts

For more information, call the Carroll Hospital Foundation at 410-871-6200 or email foundation@carrollhospitalcenter.org
Support Groups

All support groups are provided free of charge and take place in the Shauck Auditorium unless otherwise noted.

**Adult Diabetes**
Monday, October 5
7 – 8 p.m.; Registration required.

**A.W.A.K.e. Network**
A sleep disorders support group.
Wednesday, September 2, 7 – 9 p.m.
Registration required.

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

**Breastfeeding Support**
Thursdays, noon – 1 p.m. (except holidays)
Call 410-871-7024 for location.

**Evening Breastfeeding Support**
Thursdays, September 17 & October 15
6:15 – 7:15 p.m.

**Cancer**
Men, women and caregivers welcome.
Fourth Wednesday of each month
(Third Wednesday in November & December)
7 – 8:30 p.m.
Tevis Center for Wellness

**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 8
7 – 8 p.m.

**Gluten Free & You**
Tuesday, October 20
6:30 – 7:30 p.m.
Registration required.

**Multiple Sclerosis**
Mondays, July 20, August 17, September 21 & October 19
10 a.m. – 12:30 p.m.

**Ostomy**
Wednesday, September 9
7 – 8 p.m.

**Parkinson’s Disease**
Offered in partnership with the Morris K.
 Udall Parkinson’s Disease Research Center of Excellence at Johns Hopkins University.
Thursdays, August 27, September 24 & October 22
2 – 3:30 p.m.

**Prostate Cancer**
Wednesday, July 8 & September 9
6 – 8 p.m.

**Stroke Survivors**
Second Wednesday of each month
6 – 7 p.m.
Registration required.

**Weight Management**
Second Wednesday of each month
5 – 6 p.m.
Tevis Center for Wellness

Certified CPR

**Healthcare Provider CPR – Initial**
For health care professionals and professional rescuers.
Monday, August 17 & Friday, October 9
8 a.m. – 1 p.m.
Shauck Auditorium
$80 per person

**Healthcare Provider CPR – Renewal**
Must have a current AHA Healthcare Provider Card to register.
Monday, July 20, noon – 4 p.m.
Wednesday, September 23, 8 a.m. – noon
Shauck Auditorium
$64 per person

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

Auricular Acupuncture Trial Sessions
30-minute trial sessions in a group setting.
First Wednesday of each month
1 – 2 p.m.
Tevis Center for Wellness
$10 per person
No registration required.

**Guided Imagery**
Monday – Friday; noon – 12:30 p.m.
(except holidays)
Tevis Center for Wellness
Free
No registration required.

**Mini Massage Day**
By appointment only.
Tevis Center for Wellness
15 minutes: $20
30 minutes: $45

**Continuing Yoga Practice & Review (4 weeks)**
Thursdays, July 30 – August 20
5:30 – 6:45 p.m.
Tevis Center for Wellness
$45 per person

**Yoga (8 weeks)**
Thursdays, September 3 – October 22
Prenatal: 4:30 – 5:20 p.m.
(physician consent required)
Continuing Yoga: 5:30 – 6:45 p.m.
Beginning Yoga: 7 – 8:15 p.m.
Tevis Center for Wellness
$89 per person

**Yoga for Relaxation and Recovery**
Introductory workshop
Mondays, August 24 and October 12
9 – 10 a.m.; Free
Registration required.

**Four-week sessions**
Mondays, August 31 – September 28
(no class on September 7)
Mondays, October 19 – November 9
9 – 10 a.m.; $44 per person
**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 minutes initial consultation and treatment: $65; Community follow-up visits (up to 1 hour): $25

**Aromatherapy Massage**
Surround yourself in the aroma of your choice from one of the therapist's essential oil blends and soothe away stress and tension. $75 per session

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

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

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

**Facials**
Full facial, 90 minutes: $90
Mini facial, 60 minutes: $50
Gentlemen's facial, 60 minutes: $50
Oncology facial (physician referral required): $90

**Genetic Counseling**
In partnership with University of Maryland Greenebaum Cancer Center, services are available for cancer patients and those at risk for the disease. Call 410-871-6161 for more information.

**Hot Stone Body Massage**
60 minutes: $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

**Japanese Hot Stone Facial Massage**
30 minutes: $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

**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, 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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**Bereavement Support Groups**

Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs.

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

**Pet Loss**
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, July 11
10:30 a.m. – noon
Carroll Hospice
292 Stoner Ave., Westminster
No registration required.

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

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

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**Carroll Hospital Center**
a LifeBridge Health center

Tevis Center for Wellness

CarrollHospitalCenter.org
Calendar & Support Groups

Registration is required for all classes and programs with the exception of support groups unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at CarrollHospitalCenter.org. All fees are non-refundable.

Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, July 21, August 18, September 15 & October 20
6:30 – 9 p.m.
Shauck Auditorium
$30 per couple

Family Birthplace Tours
Free 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 and Thursdays, 6 – 9 p.m.
July 7, 9 & 14; August 4, 6 & 11;
September 1, 3 & 10; October 6, 8 & 13
Shauck Auditorium
$70 per couple

Prepared Childbirth Weekend
Expectant parents with busy schedules may want to attend a weekend of childbirth preparation.
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
July 24 & 25; September 25 & 26
Shauck Auditorium
$100 per couple, includes lunch voucher on Saturday

Safe Start
For new and expectant parents, grandparents and caregivers. Learn about infant safety including child-proofing, poison prevention, car seat safety, SIDS, CPR and choking rescue for infants less than one year of age. This is not a certification class.
Thursdays, August 20 & October 22
6:30 – 9 p.m.
Shauck Auditorium
$50 per couple, includes Infant CPR Kit

Healthy Living

Ask the Dietitian
Tevis Center for Wellness; Free
Call 410-871-7000 for more information.

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

Nutrition for Disease Prevention
First Wednesday of each month
5:30 – 6:30 p.m.; Shauck Auditorium; Free

Nutrition during Cancer Treatment
First Wednesday of each month
6:45 – 7:45 p.m.; Shauck Auditorium; Free

Look Good...Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
Mondays, July 20, August 17, September 21 & October 19
9 – 11 a.m.
Tevis Center for Wellness; Free
*Meets in Shauck Auditorium

A Love for Hair, A Love for Change
Expert hair care advice for cancer survivors who have completed treatment
Thursdays, August 6, September 10 & October 1
10:30 – 11:30 a.m.
Tevis Center for Wellness; Free
Registration not required.

Embrace to Win
Weight management and fitness program for breast cancer survivors.
For more information, call 410-871-7000 or visit CarrollHospitalCenter.org

Lose to Win Wellness Challenge (12 weeks)
Thursdays, September 3 – November 19
5:30 – 7 p.m.; Shauck Auditorium
$199 per person due at the time of registration
To register or for more information, call 410-871-7000 or visit CarrollHospitalCenter.org

Join us for a FRIGHTFULLY good time at the 6th Annual Total Health Expo on Saturday, October 31

Learn how to change your health habits for the better at our fun-filled event for the whole family.
The day includes family fun and activities, health information, snacks, giveaways, free and low-cost screenings, and more!

For more information, call 410-871-7000. Look for updates and more details at CarrollHospitalCenter.org
Screenings

Blood Pressure Screenings
Free; Registration not required.

Tevis Center for Wellness
Wednesdays, July 8, August 12, September 9 & October 14
9:30 – 11 a.m.

Westminster Post Office
Mondays, July 6, August 3, September 14 & October 5
1 – 2 p.m.

Kennie’s Market, Taneytown
Thursdays, July 23, August 27, September 24 & October 22
10:45 – 11:45 a.m.

Martin’s Food Market, Eldersburg
Mondays, July 27, August 31, September 28 & October 26
11 a.m. – noon

Tobacco Cessation

Quit Together
Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program. For people who want to be successful in their effort to stop using tobacco.
Thursdays, September 10 – October 8
6 – 8 p.m.
Shauck Auditorium; Free
For more information call 410-876-4443.

Walk-in Tobacco Cessation Clinics
Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program. Free individual counseling to help with your quit smoking plans. Participants may be eligible for vouchers for Chantix (with doctor’s prescription) and nicotine replacement products.
First Wednesday of each month
10 – 11:30 a.m.
Access Carroll
10 Distillery Dr., Westminster

Third Thursday of each month
4 – 5:30 p.m.
Carroll County Health Department
290 S. Center St., Westminster
Call Barbara White at 410-876-4443 for more information.

Special Events

Carroll Hospital Farmer’s Market
Thursdays, June 25 – September 24
12:30 – 4:30 p.m.
Third level of hospital’s parking garage

Carroll Golf Classic
Friday, September 18
7:30 a.m. and 1 p.m. flights
Piney Branch Golf & Country Club
Register at CarrollGolfClassic.org or call 410-871-6200 for more information.

Pink Fling Luncheon
To support the Center for Breast Health.
Saturday, October 10
10 a.m. – 1 p.m.
McDaniel College
2 College Hill, Westminster
$50 per person
For more information, call the Carroll Hospital Foundation at 410-871-6200.

Bingo Dinner
To support the Center for Breast Health.
Saturday, October 17
Doors open at 5 p.m.
$32 (includes bingo cards and dinner)
Sponsored by Carroll Collector’s Club
Theme: Toys from our Childhood
Gambrer Fire Hall
For tickets, call Herb Marquess at 410-356-7872 or Carroll Hospital Foundation at 410-871-6200.

Total Health Expo
Health and wellness education, screenings and fun activities for the whole family.
Saturday, October 31, 10 a.m. – 1 p.m.
East Pavilion; Free
Some screenings require registration.
For more information, call 410-871-7000 or visit CarrollHospitalCenter.org

Auxiliary Gala
To benefit the expansion of cardiovascular services at Carroll Hospital.
Saturday, November 7, 6:30 p.m. – midnight
Martin’s Westminster
For sponsorships, tickets, donations or more information visit CHCGala.org or call 410-871-7280.

In the mood for a delicious fruit smoothie? Visit the NEW ReJuice Bar in the East Pavilion on our hospital campus.
ReJuice Bar offers smoothies made with frozen fruit blended with 100 percent juice or yogurt in a variety of flavor combinations like Berry Breeze, Peachtree and Hawaiian Sunrise.

Hours of operation:
10 a.m. to 3 p.m. weekdays
Closed on weekends

Now Open

ReJuice Bar

Visit the NEW ReJuice Bar in the East Pavilion on our hospital campus.

ReJuice Bar offers smoothies made with frozen fruit blended with 100 percent juice or yogurt in a variety of flavor combinations like Berry Breeze, Peachtree and Hawaiian Sunrise.

Hours of operation:
10 a.m. to 3 p.m. weekdays
Closed on weekends
Michael Anvari, M.D.
Specializing in joint replacement and adult reconstructive surgery

J. Mark Blue, M.D.
Specializing in general orthopaedics and sports medicine

Myles Brager, M.D.
Specializing in spinal surgery

Jorge Bustillo, M.D.
Specializing in foot and ankle surgery

Samuel O. Matz, M.D.
Specializing in knee and shoulder surgery and sports medicine

Yatin Patel, M.D.
Specializing in general orthopaedics and sports medicine

Vincent Rollo, M.D.
Specializing in general orthopaedics and sports medicine

David Silber, M.D.
Specializing in joint replacement and adult reconstructive surgery

Offices in Westminster, Eldersburg and Reisterstown
410-871-0088 / 410-876-8081