



HOLY CROSS HOSPITAL

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Stone Mountain, GA
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Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910

SPRING 2006

HOLY CROSS HEALTH 60+



‘Brain Attack’

A WARNING YOU CAN'T IGNORE

WHEN AN ALARM BELL RINGS, we immediately pay attention because it may signal something serious, such as a fire. But there is another alarm, one that the brain sounds, that many of us don't pay attention to—it's called a transient ischemic attack, or TIA. And ignoring a TIA can be a dangerous mistake.


Why? Because a TIA is the brain's way of warning us that we're at risk of having—possibly within days—a full-blown stroke.

WHAT IS A TIA? Often called a “ministroke” or “brain attack,” a TIA occurs when a blood clot temporarily blocks an artery, cutting off the blood supply to part of the brain. The result is brief, strokelike symptoms, such as sudden numbness, weakness, dizziness, headache, or trouble seeing or speaking. Note the word brief.

“A TIA may last only a few minutes or hours and may not be associated with any lasting damage to the brain,” says Andrew Barbash, MD, Medical Advisor to the Stroke Care Management Program at Holy Cross Hospital. “But just as chest pain may be a warning of a heart attack, a TIA should be taken as a risk factor for stroke and is an equally urgent issue in terms of evaluation and treatment.”

SEEK IMMEDIATE HELP. About one-third of people who experience a TIA will go on to have a major stroke, reports the National Institute of Neurological Disorders and Stroke. But recognizing and treating a TIA can lower your risk of stroke.

“People who recognize they have experienced a TIA and seek immediate medical treatment can receive care that may lower their risks for future strokes,” says Dr. Barbash. “The best care for people who experience TIA or stroke is provided when there is a coordinated team of specially trained physicians, nurses, and other health care professionals. We strive to achieve that coordination from the time someone enters our Emergency Center.”

 Dr. Barbash will host a free lecture about stroke risks and symptoms on May 17 at the Holy Cross Hospital Senior Source. For more information, turn to page 6 or call **301.754.3404**.

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COLORECTAL CANCER

Getting the Best Care

LEARNING YOU HAVE COLORECTAL CANCER can be startling and stressful. It might be tough to focus on much of anything—particularly lots of new medical information. But learning about your condition can help you get the best care.

At the Holy Cross Hospital Cancer Institute, nearly one out of 10 people we treat has colorectal cancer. Our highly skilled physicians and staff provide comprehensive colorectal cancer services with the utmost care, including diagnosis, treatment, and support services.

LEARN ABOUT YOUR OPTIONS. After diagnosis, your doctor likely will suggest one, or a combination, of these treatments:



A friend or family member can be a source of support as you handle treatment for colorectal cancer.

Surgery is the most common treatment for colorectal cancer, according to the National Cancer Institute (NCI).

“The location and extent of the cancer will determine what type of surgery is necessary,” says Bradley Bennett, MD, a general surgeon at Holy Cross Hospital. “Smaller tumors often can be removed through a colonoscope that requires no incision, while more advanced tumors may require the surgical removal of a portion of the intestine, called colon resection.”


Chemotherapy is the use of special medications to kill cancer cells. It may be used on its own, before surgery to shrink large tumors or after surgery to prevent the cancer’s return. “We are integrating new drugs into treatment that are advancing care for colorectal cancer in a way not seen in decades,” Dr. Bennett says.

Radiation uses high-energy rays to kill cancer cells. You may be treated externally with radiation. Maryland Regional Cancer Care (MRCC), a partnership of Holy Cross Hospital and Adventist HealthCare, is the largest radiation therapy provider in the Washington, D.C., metropolitan area. MRCC is committed to providing effective and fast radiation treatment that is both convenient and comfortable for patients.

GOOD QUESTIONS. Before treatment, learn all you can about the course suggested by your doctor. The American Cancer Society suggests asking:

- What do you recommend and why? What are the risks and benefits? Are there other options?
- Is cancer likely to return after treatment?
- Are there side effects to any of these treatments?
- What is recovery like? When can I return to my usual activities?

STAY POSITIVE. There are more ways than ever to treat colorectal cancer, says the National Institutes of Health. The earlier it is detected and treated, the better your chances for a successful recovery.

 To learn more about the Holy Cross Hospital Cancer Institute, select “Cancer Care” from the Fast finder at www.holycrosshealth.org.

Preventing Colorectal Cancer: What You Can Do

Act now to help reduce your risk for colorectal cancer:

- Eat a diet that’s high in fruits, vegetables, and fiber.
- Exercise for at least 30 minutes on five or more days weekly.
- See your doctor for yearly screenings, starting at age 50.
- Know your family history. Having a parent or sibling with colorectal cancer boosts risk.
- Maintain a healthy weight.

- Don’t use tobacco.

African-American men and women have the highest incidence of colorectal cancer, according to the American Cancer Society. The Montgomery County Cancer Crusade offers free colonoscopy screenings for colorectal cancer to residents of Montgomery County who are age 45 and older, uninsured, and low-income eligible. For more information, call Shelly Grant at **301.754.7162**.

Leg Pain

A TELL-TALE SIGN *of* BLOCKED ARTERIES

HERE'S SOMETHING your legs and your heart have in common: They both need healthy arteries to maintain a supply of oxygen-rich blood. And both can be obstructed by a common disorder of the arteries called atherosclerosis.

Just as arteries leading to your heart or brain can become clogged with plaque, arteries to your legs and feet can also become narrowed or blocked by fatty deposits.

"This is a common condition known as peripheral artery disease (PAD) or peripheral vascular disease (PVD)," says Garry Ruben, MD, a vascular surgeon at Holy Cross Hospital.

"It affects as many as 20 percent of Americans age 65 and older."

PAD can cause discomfort or pain in the leg muscles when walking. In severe cases, PAD can cause leg wounds that don't heal. If blood flow is decreased seriously enough, you may develop gangrene.

PAD is also a major risk factor for heart attack and stroke.

DON'T IGNORE LEG PAIN. The first symptoms of PAD could be painful cramping or fatigue in your calf, thigh, or buttock muscles when you walk. The pain usually goes away promptly when you rest. However, it returns if you resume walking.

"Let your doctor know if you have unexplained foot or leg pain, or a wound that doesn't heal," Dr. Ruben says.

Sometimes though, PAD doesn't cause easily recognized symptoms, the American Heart Association reports.

That doesn't mean you don't have atherosclerosis. You have reason to be concerned if you smoke or have diabetes, high cholesterol, high blood pressure, or a family history of coronary heart disease.

When you have these risk factors, your doctor may offer you a simple exam called an ankle-brachial index (ABI) test. The test compares arm blood pressure with blood pressure at your



ankles. If the blood pressure in your ankles is lower than the pressure in your arms, your doctor may suspect PAD. You may need further testing, such as ultrasound imaging, to help prove the diagnosis.

TAKE CONTROL. Treatment for PAD can help reduce symptoms and prevent the disease from getting worse. "There are various treatment options available, such as medications that will prevent blood clots and reduce your risk of a heart attack or stroke, as well

To learn more, select "Vascular Health" from the Fast finder at www.holycrosshealth.org. ~ ~ ~

as medicines to improve the blood flow to the legs," Dr. Ruben says. "If the PAD is severe, angioplasty or surgery may be necessary to remove blockages from arteries or bypass the clogged area."


You can also help yourself by:

■ Discussing ways to control blood pressure, cholesterol, and blood sugar with your doctor.

■ Asking about medicines that can help you walk farther without leg pain.

■ Seeking help to quit smoking if you smoke.

■ Exercising—don't rule it out. An individualized exercise plan can gradually help lessen leg pain. Ask your doctor to help you plan an exercise program that works best for your situation.

 Dr. Ruben will host a free lecture about PAD symptoms and treatments on Friday, Aug. 11, at the Holy Cross Hospital Senior Source. For more information, turn to page 6 or call **301.754.3404**.

Double Trouble: PAD and Diabetes

If you have diabetes, there's a good chance you could also have peripheral artery disease (PAD). According to the American Diabetes Association, an estimated one in three people older than 50 who has diabetes also has PAD. And that means double trouble.

PAD can lead to lower limb amputations, especially in people with diabetes. And like diabetes, having PAD increases your risk for a heart attack and stroke.

Experts recommend getting tested for PAD if you're over 50 and have diabetes.

The Holy Cross Hospital Diabetes Education Program offers instruction on a full range of lifestyle and clinical issues related to diabetes, including nutrition, exercise, medications, blood glucose levels, and problem solving. For details or to register, see page 6 or call **301.754.8800**.

Get Help for Your Pain

WE'VE ALL KNOWN PAIN and the relief that comes with healing. But what about pain that doesn't go away and persists for months, even years?

It isn't something you have to "grin and bear."

"If you suffer from chronic pain that makes it difficult for you to sleep, work, or participate in family life or other relationships, you can and should get help," says John Huffman, MD, Medical Director of the Holy Cross Hospital Pain Management Center.

WHEN YOU HURT. Pain usually starts with electrical impulses that travel from the site of an injury to the spinal cord. These signals are then sent to the brain, which interprets them as pain.

Chronic pain can be caused by conditions such as back problems,

arthritis, or cancer. But sometimes pain has no clear cause.

In any case, chronic pain can affect your daily life. Left untreated, this kind of hurting also has an emotional

price that may include anxiety, anger, sadness, and depression.

SEEK HELP. If you're hurting, let your doctor know. He or she can help determine what might be causing your pain.

GET SWEET RELIEF. Your treatment plan might include:

- Medications such as pain relievers and antidepressants.
- Physical therapy, including stretching and strengthening activities.
- Occupational therapy, including ways to perform everyday tasks so that you won't injure yourself.
- Low-impact exercises, such as walking or biking.
- Counseling to help you cope with the emotional effects of pain.

Your doctor may also refer you to a pain specialist.

"Pain specialists offer a wide range of treatment methods individualized to your needs to reduce the devastating impact chronic pain can have on your life," Dr. Huffman says.

Medical Acupuncture


For people who have chronic pain, the Holy Cross Hospital Ambulatory Care Center offers a new treatment option: acupuncture.

This traditional Chinese medicine technique involves the precise placement of hair-thin stainless steel needles, along with heat or electrical stimulation, into the body. It has traditionally been thought to decrease pain by stimulating the body to correct energy imbalances. Modern science explains that acupuncture can stimulate the nervous system to release chemicals that block pain.

"My acupuncture treatments are individualized based on my evaluation of each patient," says Anita Chawla, MD, MPH. "I take time to understand the mental, physical, and emotional needs of each patient as these are all connected to a person's well-being."

In the hands of a well-trained practitioner such as Dr. Chawla, acupuncture also can ease the symptoms of respiratory diseases as well as orthopedic, gastrointestinal, and neurological disorders.

To schedule an acupuncture appointment, call **301.754.7571**.

 Dr. Chawla will host a free lecture about acupuncture on Thursday, May 18, at the Holy Cross Hospital Senior Source. For more information, turn to page 6 or call **301.754.3404**.

To learn more, select "Pain Management" from the Fast finder at www.holycrosshealth.org or call 301.933.8840. ~ ~ ~



Don't let pain rule your life. If pain interferes with the things you love to do, talk to your doctor.

Pillow Talk

WHY YOU DON'T HAVE *to* TAKE SLEEP PROBLEMS LYING DOWN

A WARM BOTTLE, a soothing lullaby, and the rhythmic swaying of a rocking chair—it's little wonder that babies sleep so well. But as time goes by, we may find that kind of peaceful, satisfying sleep harder to come by.

Even so, there's reason to take heart. Effective treatments can help resolve sleep problems. And there are things you can do on your own to improve the quality of your sleep.

Consider these sleep stealers:

■ **Age-related changes.** As the years pass, sleep patterns change. Many people find that aging causes them to have a harder time falling asleep, and that they awaken more often.

■ **Insomnia.** Many factors can cause insomnia, including stress, depression, anxiety, illness, pain, irregular schedules, and the use of substances such as caffeine, alcohol, and nicotine.

■ **Sleep apnea.** This disorder causes people to stop breathing for 10 to 30 seconds at a time during sleep. People with sleep apnea usually snore very loudly. They can wake up hundreds of times per night, snorting and gasping for air.

■ **Health conditions.** Arthritis, osteoporosis, asthma, heartburn, Parkinson's disease, Alzheimer's disease, incontinence, and heart and lung conditions are all medical disorders that can affect sleep.

■ **Medicines.** Antidepressants, blood pressure medicines, and medicines used to treat colds, allergies, and pain can cause you to sleep poorly.

■ **PLMD.** Periodic limb movements disorder, or PLMD, causes you to jerk or kick your legs while you are sleeping.

GOOD NIGHT, SLEEP TIGHT. Experts agree, you don't need to take sleep problems lying down. You can learn strategies and get treatments to help you sleep better.

"If you suspect that you or a family member is experiencing any problems during sleep or is excessively tired during the day, you should speak with your doctor," says Mark Miller, MD, a Sleep Medicine and Pulmonary Care Specialist.

Adults or children with suspected sleep problems can stay overnight at the Holy Cross Hospital Sleep Lab where a team of experts trained in sleep medicine use the most advanced technology to diagnose and treat a variety of sleep disorders.

"We can teach patients how to better self-manage sleep-related problems and we can provide medications or devices that can help people lead more well-rested, normal lives," Dr. Miller says. "One device, a continuous positive airway pressure machine, or CPAP, is nearly 100 percent effective in treating sleep apnea when used correctly."

For more information about the Holy Cross Hospital Sleep Lab, or to schedule an appointment, call **301.754.7326**.



Dr. Miller will host a free lecture about sleep problems and treatments on Friday, May 19, at the Holy Cross Hospital Senior Source. For more information, see page 6 or call **301.754.3404**.



10 Strategies to Help You Nod Off at Bedtime

If you're in search of a better night's sleep, the National Sleep Foundation, the National Institute on Aging, and the American Academy of Family Physicians offer these suggestions:

- 1 Follow a regular schedule. Go to bed and get up at the same time every day.
- 2 Steer clear of drinks that contain caffeine (such as coffee, tea, and soft drinks) after lunch.
- 3 Avoid alcohol. It might help you fall asleep, but it can make it harder to stay asleep.
- 4 Try not to take naps longer than 20 minutes during the day.
- 5 Get some exercise every day. Aim to finish your exercise at least three hours before bedtime.
- 6 Every day, try to get some natural light in the afternoon.
- 7 Create a comfortable place to sleep. Your room should be dark, quiet, cool, and well-ventilated.
- 8 Establish a relaxing bedtime routine. Do the same things every night, such as taking a warm bath. This signals to your body that it's time to wind down.
- 9 Turn your clock radio or alarm clock away so you can't see what time it is during the night. Your alarm—or the sunrise—will wake you in the morning.
- 10 Don't stay in bed for a long time trying to sleep. Get out of bed and do something quiet for a while, such as reading a book. When you're sleepy, go back to bed.

SENIOR SOURCE

2009

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

The Holy Cross Hospital Senior Source, a partnership with the Housing Opportunities Commission of Montgomery County, Md., the Maryland Department of Aging, and the Montgomery County Department of Health and Human Services, offers health education and wellness classes, health screenings, and intellectually stimulating programs and events for people 55 and older. Our programs are developed to meet the physical, emotional, mental, and spiritual needs of seniors.

All classes are held at the Holy Cross Hospital Senior Source, located at 8580 Second Ave. in Silver Spring. Metro accessible. Registration is required for all programs. Call 301.754.3404 to register.

PHYSICIAN LECTURES

Juice Up Your Joints

Antoni Goral, MD, will speak about minimally invasive joint procedures.

■ Friday, June 9, 10 to 11 a.m., FREE

Peripheral Arterial Disease (PAD): Deciphering Leg Pain

Join Garry Ruben, MD, for a discussion about the causes, symptoms, and treatment options of this vascular condition.

■ Friday, Aug. 11, 10 to 11 a.m., FREE

causes, symptoms, and treatments of arthritis. The focus of the discussion will be on osteoarthritis and rheumatoid arthritis. Participate in a PACE (People with Arthritis Can Exercise) demonstration following the lecture.

Sponsored by the Arthritis Foundation.

■ Friday, May 19, 9:30 to 11:30 a.m., FREE

Strokes: Symptoms, Prevention, and Treatments

Andrew Barbash, MD, Neurologist, will provide important information on stroke symptoms, risk factors for stroke, and valuable prevention and treatment information.

■ Wednesday, May 17, 10 to 11 a.m., FREE

Holy Cross Hospital Diabetes Education Program

This program provides education on a full range of lifestyle and clinical issues related to diabetes, including nutrition, exercise, medications, blood glucose levels, and problem solving. A registered nurse who is a certified diabetes educator, a registered dietitian, and a board-certified endocrinologist experienced in the care and treatment of this disease, supports the program.

Medicare includes diabetes education as a covered benefit. Call 301.754.8800 for details and to register.

Instructor: Linda Nuttal Henderson, RN, Diabetes Educator

■ Thursdays, 9 a.m. to noon

★ May 4, 11, and 18

★ June 8, 15, and 22

★ July 6, 13, and 27

★ Aug. 17, 24, and 31

Acupuncture: Is it Right for You?

Join Anita Chawla, MD, to learn how acupuncture can help to reduce chronic pain and address other health issues.

■ Thursday, May 18, 1 to 2:30 p.m., FREE

Sleep Apnea and the Older Adult

Sleep apnea is a common problem among older adults. Find out about common causes and treatments with Mark Miller, MD, sleep medicine and pulmonary care physician.

■ Friday, May 19, 1 to 2 p.m., FREE

LECTURES AND SEMINARS

Arthritis Education

May is Arthritis Awareness Month! Find out the latest on

Summer Salads Culinary Workshop

Learn how to mix vegetables, fruits, nuts, and a variety of greens into a delectable salad for lunch, dinner, or anytime! You'll make dressings from



SPECIAL EVENT

2nd Annual Women's Health Event

Healthy Women, Inside and Out: A Health Event for Women Over 55

Good health starts on the inside! Come to this fun and informative event to find out what you can do to be healthy on the inside so it shows on the outside! Receive FREE health screenings, participate in informative health lectures, enjoy a seated massage, and hear tips on how to look and feel your best. This exciting symposium is designed to help you feel good, look good, and be healthy! Door prizes, giveaways, continental breakfast, and much more! Register by May 1 for a chance to win a free eight-week yoga class!

■ Saturday, May 20, 9 a.m. to 12:30 p.m., \$10 (\$15 at the door)

scratch to complement your dishes. Taste and critique your handiwork.

Instructor: Maureen Thomas
 ■ Tuesday, June 6,
 11 a.m. to 1 p.m., \$10

Nutrition for Seniors: What's New in Nutrition

Enticed by the allure of "superfoods?" Confused by nutrition fact labels? Come to this informative lecture and learn how to incorporate the latest reliable nutrition information into your healthy lifestyle.

Instructor: Melanie Polk, MMSc, RD, FADA, Program Manager, Senior Nutrition Program, Montgomery County Aging and Disability Services
 ■ Tuesday, June 27, 1 to 2 p.m., FREE

Managing Incontinence

Receive practical information regarding causes, management, and treatment for incontinence. Instructor: Maureen Buczynski, Physical Therapist, Holy Cross Hospital

■ Tuesday, July 11, 10:30 to 11:30 a.m., FREE

Choices as We Age

This seminar, targeted to adult children dealing with caregiving issues, explains the wide array of services available for aging loved ones. The lecture includes practical tips on when these services should be investigated as potential care options.

Instructor: Sherry Peach-Walker
 ■ Tuesday, July 25, 10:30 to 11:30 a.m., FREE

How to Avoid Medication Errors

This valuable lecture will provide tips on questions to ask your doctor and avoiding medication errors.

Instructor: Katie Choe, RPh, Holy Cross Hospital Pharmacist
 ■ Tuesday, Aug. 8, 10 to 11 a.m., FREE

Intimacy After Loss

Coping with the loss of a partner due to death or the end of a marriage or partnership can be challenging. This workshop will examine our relationship with ourselves, our relationships with others, and our lives.

Instructor: Lisa McPherson Robinson, MSW, LCSW-C
 ■ Tuesday, June 20, 1 to 2:30 p.m., FREE

Organizing Your Life: The Series

A professional organizer will help you clear your clutter and clear your mind in this three part, interactive series.

■ Fridays, 10 a.m. to noon, FREE

★ Part 1: Organizing Your Paperwork
 May 19

★ Part 2: Downsizing
 June 16

★ Part 3: Organizing Your Photos and Memorabilia
 July 21

CREATIVE ARTS AND ART APPRECIATION

The World of Art: Impressionism

Discover the world of art with Joan Hart. Each program is filled with a slide show and lively discussion about the artist and his or her work.

■ Mondays, 2 to 3 p.m., FREE

★ Monet: The Supreme Impressionist
 May 22

★ Renoir: A Woman's Smile, the Laughter of a Child
 June 26

★ Degas: Master of the Dance
 July 31

★ Mary Cassatt: An American in Paris
 Aug. 28

Chinese Calligraphy and Ink Brush Painting

Through lectures, demonstrations, and exercises, learn the skills of Chinese calligraphy and ink brush painting from a prominent artist.

Instructor: Bertrand Mao
 ■ Tuesdays, May 9 to June 27, 2 to 3:30 p.m., \$30

FISCAL FITNESS

Sorting it Out: Getting Your Financial House in Order

This financial management seminar will focus on how to organize your financial documents for you and your potential caregivers. The lecture will include how to review estate documents and how to create a plan in the event of an emergency.

Instructor: Lois Fishman, Financial Planner
 ■ Tuesday, June 13, 1 to 2 p.m., FREE

CONTEMPORARY ISSUES FOR SENIORS

Contemporary Issues Discussion Groups

Join David King, former U.S. congressman and former ambassador to Mauritius and Madagascar, in a lively discussion of current events.

■ Wednesdays, 2 to 3:30 p.m., FREE

★ May 10 and 24

★ June 14 and 28
 ★ July 12 and 26
 ★ Aug. 9 and 23

Women's Discussion Group

This exciting group provides a forum for exploring how to live creatively as we strive for fulfillment in our daily lives.

■ Wednesdays, 10:30 a.m. to noon, FREE

★ May 10 and 24

★ June 14 and 28

★ July 12 and 26

★ Aug. 9 and 23

AARP Driver Safety Program

This program is a classroom refresher course designed to sharpen your driving skills and develop new defensive driving techniques for drivers age 50 and older.

Instructor: John Nash
 ■ Mondays and Wednesdays, 10 a.m. to 3 p.m., \$10 per person per two-day session

★ May 22 and 24

★ June 19 and 21

★ July 24 and 26

★ Aug. 21 and 23

CLASES EN ESPAÑOL

PACE: Participando Activos con Ejercicios

Los ejercicios están diseñados por la Fundación de Artritis para que sean simples y seguros, que ayuden a incrementar la flexibilidad y ampliar los movimientos de las articulaciones así como aliviar los síntomas de la artritis. Esta clase se dará en El Centro Comunitario de Long Branch localizado en la 8700 Piney Branch Road, Silver Spring, MD 20901. Para inscribirse, por favor llamar al 301.754.8510, ext. 24.

■ Martes y Jueves, 9 de Mayo a 31 de Septiembre (menos 4 de Julio y 6 de Julio), 12:30 a 1:30 p.m., GRATIS



MOVEMENT AND BODYWORK CLASSES

Tai Chi

Learn basic postures, principal health benefits, and methods of meditation. Tai Chi is an integrated system of health, self-defense, and meditation.

Instructor: John Howley

■ Fridays, May 12 to Aug. 4 (no class June 16)

★ Basic: 11:45 a.m. to 12:45 p.m., \$48

★ Continuing: 1 to 2 p.m., \$48

Gentle Yoga

This class combines warm-ups, gentle and restorative postures, breathing, and relaxation to reduce stress and increase movement. Ideal for, but not limited to, those experiencing illness, injury, or chronic pain.

Instructor: Jane Chente Wu Adams

■ Mondays, 10:30 to 11:30 a.m.

★ Session I: May 8 to June 26 (no class May 29), \$28

★ Session II: July 10 to Aug. 28, \$32

Yoga

This general yoga class includes postures, breathing exercises, and meditations that stretch, tone, and strengthen muscles and joints.

■ Thursdays,

11:30 a.m. to 12:30 p.m., \$32

★ Session I: May 11 to June 29

★ Session II: July 13 to Aug. 31

Mat Pilates

Exercises are designed to strengthen, tone, and lengthen your core muscles. Balance the strength of your abdominal and back muscles while improving posture

and flexibility.

Instructor: Sarah McKechnie

■ Tuesdays, 11:30 a.m. to 12:30 p.m.; and Fridays, 2:15 to 3:15 p.m.

★ Session I: May 9 to June 30

Fee: Once per week: \$32

Twice per week: \$64

★ Session II: July 11 to Aug. 25

Fee: Once per week: \$28

Twice per week: \$56

Parkinson's Exercise Class and Support Group

For individuals who have been diagnosed with Parkinson's disease, this class is designed to increase range of motion, enhance conditioning and endurance, and strengthen muscles.

Instructor: Judy Cooper

■ Mondays and Wednesdays, 11:40 a.m. to 12:40 p.m.

★ Session I: May 8 to June 28 (no class May 29 and 31), \$56

★ Session II: July 10 to Aug. 30, \$64

■ Support group: First and third Mondays

Line Dancing

Learn the latest line dancing steps, get lots of exercise, and meet new people! No partner necessary.

Instructor: Bob Meadows

■ Thursdays, 12:45 to

2:15 p.m., \$32

★ Session I: May 11 to June 29

★ Session II: July 13 to Aug. 31

PACE: People with Arthritis Can Exercise

Safe and simple exercises designed by the Arthritis Foundation that will help you increase your level of endurance, boost your energy, and improve your range of motion.

Instructor: Judy Cooper

■ Mondays and Wednesdays, 1 to 2 p.m., FREE

★ Session I: May 8 to June 28

(no class May 29 and 31)

★ Session II: July 10 to Aug. 30

Salsa Dance Lessons

Add a little fun and spice to your life! Learn basic salsa dance moves and get a great workout too!

Instructor: Linda White, Dance Instructor

■ Tuesdays, May 9 to 30, 2 to 3 p.m., \$20

Cha Cha/Merengue Dance Lessons

Move your body! Have fun while learning the fundamental steps to these popular Latin dances. No partner necessary.

Instructor: Linda White, Dance Instructor

■ Tuesdays, June 6 to 27, 2 to 3 p.m., \$20

BLOOD PRESSURE SCREENINGS

Free walk-in screenings at:

Bauer Park Apartments

Second Monday of each month, 1 to 2 p.m. For details, call **301.460.4547**.

Holy Cross Hospital Senior Source

Every Thursday, noon to 2 p.m. For details, call **301.754.8510**.

East County Community Center

First Friday of each month, 10 to 11 a.m. For details, call **301.572.7004**.

Holy Cross Hospital

Every Tuesday and Thursday, 1 to 3 p.m. For details, call **301.754.7290**.

Langley Park Community Center

First Tuesday of each month, 10:45 to 11:45 a.m. For details, call **301.408.4343**.

Margaret Schweinhaut Senior Center

First and third Tuesdays of each month, 12:15 to 1:15 p.m. For details, call **301.681.1255**.

Rollingcrest-Chillum Community Center

Third Wednesday of each month, 10 to 11:30 a.m. For details, call **301.853.2005**.

Wheaton Community Center

First Monday of each month, 11:15 a.m. to 12:15 p.m. For details, call **301.929.5500**.

Wheaton Plaza, Westfield Shoppingtown

Third Thursday of each month, 10 to 11 a.m. For details, call **301.942.3200**.

COMMUNITY HEALTH

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Take time for your health. Sign up for Holy Cross Hospital events and classes. To register, call **301.754.8800**. Classes are held at the Holy Cross Resource Center (HCRC), 9805 Dameron Drive, unless otherwise noted.

SPECIAL EVENTS

Saturdays for Savvy Seniors

Learn how you can take care of yourself and your aging family members. Join us for two intriguing **FREE** lectures to learn about health and wellness needs that affect many older adults and their caregivers. Lectures are from 10 to 11 a.m. at the Holy Cross Hospital Professional and Community Education Center.

- Saturday, May 13: Talking Point: How to Talk to Your Physician, Older Parents, and Adult Children
- Saturday, June 10: Minding Your Memory: Keeping Your Mind Active

For additional information or to register, call **301.754.8800**.

Wednesdays for Women

Join us for the final lectures from 7 to 9 p.m. at the Holy Cross Hospital Professional and Community Education Center.

- Wednesday, May 17
- ✦ Making the Change for the Better: Menopause
- ✦ Good to the Bone: Osteoporosis

Make your reservation today: call **301.754.8800** or visit www.holycrosshealth.org. You will automatically be registered for a chance to win a \$175 spa package. You must be present to win.

Minimally Invasive Treatments for Benign Prostatic Enlargement

Join us for a **FREE** lecture and discussion of different types of

treatment for benign prostatic hypertrophy, including minimally invasive **TUNA** procedures. For additional information or to register, please call **301.754.8800**.

- Saturday, April 29, 11 a.m., Holy Cross Hospital Professional and Community Education Center

Fifth Annual "Back" to Health Day

Receive a free osteoporosis screening and consultation. Have your spine questions answered. Get your posture assessed by physical therapists and pamper yourself with a relaxing seated massage. Visit educational booths stocked with information about back health and an interactive minimally invasive surgical display. Join us for educational lectures by Holy Cross Hospital Spine Center physicians.

Registration is required for osteoporosis screenings and seated massages. Registration is limited.

- Saturday, April 29, 9 a.m. to noon, Holy Cross Hospital Professional and Community Education Center, 1500 Forest Glen Road, Silver Spring, **FREE**

We're Taking You Out to the Ball Game!

Be our guests for food and fun! After dinner, attend a lecture on skin and lung health while your family enjoys the Kids' Park featuring a moon-bounce, pitching station, carousel, and putting station. Then at 7 p.m., join your family to watch Bowie Baysox baseball.

- Tuesday, June 13, Prince George's Stadium

Schedule:

- ✦ 5 to 6 p.m.: Check in and buffet
- ✦ 6 to 7 p.m.: Learn more about skin cancer and prevention tips (6 to 6:20 p.m.); lung cancer screenings

and how to talk to your kids about smoking (6:20 to 6:40 p.m.); new treatment for lung cancer (6:40 to 7 p.m.).

- ✦ 7 p.m.: Bowie Baysox game, space is limited to the first 200 families. Call by June 9 to reserve your spot.

FITNESS CLASSES

Better Bones

This **FREE** program is designed for people age 55 and older. **Better Bones** focuses on reducing the rate of bone loss, improving balance and flexibility, and enhancing energy and well-being. Limited space available. Please call **301.754.8800** to register. Classes will begin in July at the following locations:

- Tuesdays and Thursdays, 10:15 to 11:15 a.m., Holy Cross Hospital Senior Source
- Tuesdays and Fridays, 2:30 to 3:30 p.m., Holy Cross Resource Center
- Wednesdays and Fridays, 12:45 to 1:45 p.m., Langley Park Senior Center
- Wednesdays and Fridays, 1 to 2 p.m., Long Branch Community Center
- Mondays and Thursdays, 2 to 3 p.m., Margaret Schweinhaut Senior Center

Senior Fit: Flexibility and Strengthening Exercise Program

Holy Cross Hospital in partnership with Kaiser Permanente is offering the community a **FREE** 45-minute exercise program designed for seniors age 55 and older. **Senior Fit**

focuses on increasing strength, flexibility, balance, coordination, and cardiovascular endurance. Exercising is an important factor in preventing falls, decreasing the risk for developing disease, and improving quality of life. Call **301.754.7895** for registration information.

Tai Chi-Chih

- Mondays, April 24 to June 17 (no class May 29, June 26, July 3) or July 31 to Aug. 28 (five-week summer session).

\$60 for 10-week session, \$30 for five-week session.

- ✦ Beginner: 9:30 to 10:45 a.m.
- ✦ Review and Refresh (Advanced): 11 a.m. to noon

COMMUNITY CLASSES

Grandparents-to-Be

Learn the latest about caring for your new grandchild.

- 7 to 9 p.m., Holy Cross Hospital, Main Lobby, \$10 per person/\$18 per couple
- ✦ Wednesday, May 3
- ✦ Tuesday, June 13

Take the 'Failure' Out of Heart Failure

Four-part series for people with heart failure, as well as their families. Registration is required.

Holy Cross Hospital, Seventh Fl., CIC Conference Room

- Tuesdays, 11 a.m. to noon
- ✦ May 2, 9, 16, and 23
- ✦ July 4, 11, 18, and 25

Drink Lots of Water

YOUR BODY WILL THANK YOU *for* IT

WATER IS ESSENTIAL for a healthy body at any age. “But as we age, our thirst sensation decreases,” says Maureen Buczynski, BS, MEd, a physical therapist at Holy Cross Hospital. “This leaves many seniors with a chronic problem of inadequate hydration.”

Among the reasons you need more water are:

Vigorous activity. You need to rehydrate yourself before, during, and after strenuous work or exercise. “Drinking two-thirds water and one-third other liquids is the current recommendation of experts in the field of women’s health and continence,” Buczynski says.

Extreme temperatures. On hot days, your body perspires, increasing water loss. When it’s chilly outside, heated indoor air evaporates moisture from your skin. So you’ll need to drink plenty of water whether it’s warm or cold outside.

Medications. Some medicines, such as diuretics, cause the body to lose water. Check with your doctor. “Some seniors also consciously drink less water to avoid urinary incontinence,” says Buczynski. “But when you are not adequately hydrated, urine can become concentrated and irritate the bladder, actually contributing to incontinence.”

HOW MUCH IS ENOUGH?

If you’re a healthy woman, the federal Institute of Medicine (IOM) recommends the equivalent of 11 (8-ounce) cups of water per day; a healthy man needs about 15 cups.

“For many, one-half ounce of water per pound of body weight serves as a general guideline during normal activities,” says Buczynski. “An easy indicator of hydration is urine color. A straw

color, versus darker yellow, usually means you are consuming adequate liquids.”

Buczynski and other experts suggest the following tips to help make sure you are consuming the water you need every day:

- Take water breaks during the day instead of coffee breaks.

If urinary incontinence is affecting your life, Holy Cross Hospital’s continence services can help. Call 301.754.7340.

- Take a sip whenever you pass a water fountain.
- Carry a bottle of water with you.
- Drink water, milk, or juice with each meal.
- Eat foods that contain water, such as lettuce, watermelon, soup, and broccoli.

You can count any beverages, including caffeinated drinks, toward your daily fluid intake, the IOM advises. Consuming beverages regularly allows your body to make necessary adjustments to retain more of the ingested fluid, according to Buczynski.

If you have a chronic health condition, such as high blood pressure or diabetes, or if you are taking a diuretic medicine, ask your doctor if you should avoid drinks with caffeine.

COPING WITH INCONTINENCE.

According to the American Geriatrics Society, dehydration is one of the causes of urinary incontinence.

“If you have continence concerns, consuming about four ounces of liquid per hour is generally recommended,” says Buczynski.

To stay hydrated, she and other experts recommend taking small sips of water throughout the day, drinking water instead of soda, coffee, tea, or juice, and limiting fluids to three or four ounces in the evening,



Holy Cross Hospital’s Continence Services

“We teach strategies for improving continence through diet modifications, exercise of the pelvic floor muscle, biofeedback, and careful coaching to ‘retrain’ the bladder,” says Buczynski. “Our goal is to provide you with the information and skills necessary

to re-establish normal bladder function so you can be in control.”

For more information about Holy Cross Hospital’s continence services, call **301.754.7340**.



Maureen Buczynski will host a free lecture about incontinence on Tuesday, July 11, at the Holy Cross Hospital Senior Source. For more information, turn to page 7 or call **301.754.3404**.

Hospital Volunteers

A VITAL PART of OUR CARE TEAM

WHEN PEOPLE COME to Holy Cross Hospital, they know they will receive great care from skilled physicians, nurses, and clinicians. What they may not expect to receive is exceptional support from people just like themselves who volunteer at the hospital.

There are hundreds of people in the community who choose to volunteer their time and energy to help make a hospital stay as pleasant as possible for our older patients.

TAKING TIME. Volunteer Yilmaz Tepedelen spends his time talking with older patients on the Intermediate Care Unit, sometimes using more than one of the four languages he speaks fluently.

“I really like chatting with the patients and listening to their stories,” says Tepedelen. “Talking helps people feel more at ease in the hospital.”

Tepedelen is retired and volunteers at the hospital two days a week. He hopes his wife will join him in volunteering at the hospital after she retires.

COMPANIONSHIP. Danna Hinton works full time but volunteers one day a week. She also enjoys interacting with patients. “Often when people are in the hospital, their family and friends are not able to stay with them all the time. I love being their companion so they don’t feel as lonely,” says Hinton.

Other volunteers focus their energy on making senior patients feel more physically comfortable when they are away from their own homes.

Louise Grant has become known as “Louise the Lotion Lady”

“I love being their companion so they don’t feel as lonely.”

—DANNIA HINTON,
VOLUNTEER AT HOLY CROSS HOSPITAL

for the special lotion treatment she provides to patients to moisturize their often-dry skin. “I’ve never had a patient who didn’t enjoy it,” says Grant, who

volunteers on Sundays because she works full time.

She decided to volunteer because she didn’t want to look back with regret. “I kept saying I would volunteer and finally decided not to wait anymore,” says Grant. “It is the most rewarding job I’ve ever had.”

CARING COMMUNITY. Sonya Vasquez and Christine Wellons are both young professionals in their 20s but choose to volunteer



Volunteers Yilmaz Tepedelen (left), Louise Grant, and Christine Wellons visit Maria Mansilla to offer companionship and help make her hospital stay comfortable.

at the hospital with older patients as their way of giving back to the community. They volunteer on the weekends, visiting patients and helping them feel comfortable by providing beverages and snacks.

Volunteer Opportunities

Last year, 650 volunteers contributed more than 89,000 hours of extraordinary service to 80 departments at Holy Cross Hospital.

But assisting others doesn’t have to involve a large time commitment. Most volunteers commit to just 100 hours of service and come to the hospital one day a week for four hours.

“More than half of our volunteers are seniors,” says Dellona Davis, Director of Volunteer Services at Holy Cross Hospital. “Our senior volunteers contribute so much to the hospital because of their rich life experiences.”

While many volunteers spend time giving care in nursing units, there are also opportunities to assist with administrative duties, such as staffing information desks, answering phones, delivering mail, and filing.



To learn more about how you can become a vital part of the Holy Cross Hospital team through volunteering, please call **301.754.7305**.

Help avoid medical errors

Mistakes in your medical care can harm your health. Do your part to help prevent them.

Consider these tips from the Agency for Healthcare Research and Quality.

Be careful with medications. "To avoid harmful drug interactions,

tell your doctor about all of the medications you take and have your prescriptions filled at one pharmacy," says Katie Choe, RPh, a pharmacist at Holy Cross Hospital. "When you receive a prescription, double-check that it is the correct medication."


Ask why a treatment

is recommended. Find out why it is considered better than other options.

Don't assume everyone treating you knows everything about your health. For example, they may not know you're allergic to a certain medication. Be sure they do.

Sign your site. If you're having surgery, be sure that you or a member of your medical team initials the area of your body to be treated. ■



 Katie Choe will host a free lecture about medication safety on Tuesday, Aug. 8, at the Holy Cross Hospital Senior Source. See page 7.

SUPPORT GROUPS

Bereavement Support Groups

For more information, call **301.754.7742**.

Breast Cancer Support Group

For more information, call **301.754.7149**.

Cancer Caregiver Support Group

For more information, call **301.754.7149**.

Hematology Support Group

For more information, call **703.960.1100, ext. 231**.

Internal Cardioverter Defibrillator (ICD) Support Group

For more information, call **301.754.7389**.

Look Good...Feel Better

Wednesday, May 10, 6:30 to 8 p.m.

Sponsored by the American Cancer Society.

To register, call **301.754.7149**.

Lung Cancer Support Group

For more information, call **301.754.7149**.

Holy Cross Hospital Senior Services

Adult Day Center

301.754.7150

Cancer Institute

301.754.8800

Caregiver

Resource Center

301.754.7152

Community Health and Education

301.754.7160

Emergency Center

301.754.7500

Genetic Counseling and Cancer Risk

Assessment Program

301.754.7922

Home Care and Hospice

301.754.7740

Joint Center

301.754.7929

Lifeline® Emergency Notification System

301.754.7040

Palliative Care

301.754.7891

Patient Information and Main Number

301.754.7000

Physical Medicine

Outpatient Services

301.754.7340

Physician Referral

301.754.8800

Private Home Services

301.754.7780

Senior Source

Health and Wellness Programs

301.754.8510

Spine Center

301.754.7929

Support Groups

301.754.7130

Volunteer

Opportunities

301.754.7305

WHERE TO FIND US

HC Holy Cross Hospital
1500 Forest Glen Road, Silver Spring

Holy Cross Resource Center
9805 Dameron Drive, Silver Spring

Maryland Regional Cancer Care
2121 Medical Park Drive, Suite 4, Silver Spring

Holy Cross Hospital Senior Source
8580 Second Ave., Silver Spring

Holy Cross Hospital Health Center
7987 Georgia Ave., Silver Spring

Surgery Center of Maryland
3801 International Drive, Silver Spring

Holy Cross Hospital Rehabilitation and Nursing Center
3415 Greencastle Road, Burtonsville

HOLY CROSS HEALTH 60+

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