

HC HOLY CROSS
HOSPITAL

HC HOLY CROSS
GERMANTOWN HOSPITAL

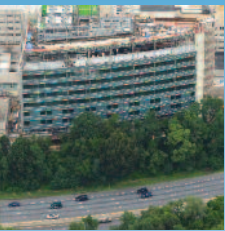
HOLY CROSS HEALTH

FALL 2014



ALL PRIVATE MATERNITY SUITES

Sabrina Plans to Deliver
at Holy Cross
Germantown Hospital



HOLY CROSS HOSPITAL EXPANSION

New Patient Care
Building

**OPENING
OCTOBER 1
HOLY CROSS
GERMANTOWN
HOSPITAL**

PAGE 4



Community Open House September 21—See Back Cover for Details!

New & Noteworthy

A U.S. NEWS & WORLD REPORT BEST HOSPITAL — AGAIN



Holy Cross Hospital has been ranked as one of the best hospitals for 2014-2015 by *U.S. News & World Report*. Holy Cross Hospital is ranked as the third highest performing acute care hospital in the Washington, D.C., metro area and fifth acute care hospital out of the total 70 hospitals in the state of Maryland. This ranking makes Holy Cross Hospital the highest ranked Maryland hospital in the Washington, D.C., metro area and the top ranked hospital in Montgomery County.

U.S. News & World Report ranked Holy Cross Hospital as high performing in nine adult specialties, including neurology and neurosurgery, geriatrics, cancer, gynecology, diabetes and endocrinology, gastroenterology and GI surgery, nephrology, pulmonology and urology.

Harvest Ball

Join us for the 50th Annual Holy Cross Health Harvest Ball on Saturday, October 18 at the Bethesda North Marriott Hotel and Conference Center. This special evening will feature a reception, dinner, dancing and an auction. Proceeds from this year's Harvest Ball will support Holy Cross Health's expansion projects, maternity services and surgical care. For sponsorship information or to reserve seats, contact the Holy Cross Health Foundation at 301-754-7130 or Leah.Fraley@holycrosshealth.org.

AN OUTSTANDING PLACE TO WORK

For the 15th year in a row, Holy Cross Health has been awarded a Workplace Excellence Seal of Approval—making Holy Cross Health the only health care provider in Maryland to achieve this distinction every year since 1999. Holy Cross Health also won the Seal of Approval for the following areas: Health & Wellness (seventh year in a row), EcoLeadership (sixth year in a row), and Diversity (third year in a row). The awards are sponsored by the Alliance for Workplace Excellence.



IMPROVING THE HEALTH OF OUR COMMUNITIES—NOW AND IN THE FUTURE

We will open the doors to Holy Cross Germantown Hospital for the first time on October 1, creating a critical new health care resource that you can depend upon to provide high-quality care during times of need.

This historic moment has been years in the making. More than 50 years ago, when the Sisters of the Holy Cross founded Holy Cross Hospital, they committed to meeting the health care needs of the community, whatever and wherever those needs may be. Holy Cross has continued that commitment with a focus on providing access to high-quality, compassionate health care for all.

Seven years ago, as we were examining the growth, diversification and aging of our community, we honed in on the clear need for hospital services in upper Montgomery County. Locating a hospital in Germantown on the campus of Montgomery College was the obvious choice because it was at the center of the largest concentration of people in the state without a hospital, and because our innovative partnership with Montgomery College meets a second need of educating future health care workers.

Establishing Holy Cross Germantown Hospital is one of many ways that we are working hard to anticipate—and proactively meet—the health care needs of all of our diverse and changing communities. We are expanding the award-winning Holy Cross Hospital in Silver Spring (see page 8). We've opened three Holy Cross Health Centers to provide affordable primary care to people who have financial barriers to accessing care, with plans to open a fourth in Germantown. And we've established the Holy Cross Health Network to forge partnerships with physicians, community health organizations and insurers to improve the health of individuals and the community.

With the trust of the community, Holy Cross Health has grown into a comprehensive, connected system of health and wellness services to serve as a partner for improving your health. Now we are focused on evolving care delivery systems so that we can continue to improve the health of our communities in the future, in the most affordable and sustainable way.

Our success is the result of the dedication and contributions of countless people who believe deeply in these efforts and the positive, long-lasting impact that Holy Cross Health has on our community members. I would like to express my profound gratitude to the employees, physicians, donors, volunteers, state and local officials, Montgomery College partners and community members who participated in this once-in-a-lifetime opportunity to establish a new hospital.

Holy Cross Germantown Hospital is our living legacy, which will be woven into the fabric of the community and part of the story of people's lives for generations to come. It is my pleasure to welcome you to Holy Cross Germantown Hospital.



Kevin J. Sexton



HOLY CROSS GERMANTOWN HOSPITAL

COUNTDOWN
TO OPENING!

On October 1, the doors will open at Holy Cross Germantown Hospital—the first new hospital in Montgomery County in more than three decades. The brand new hospital provides high-quality inpatient and outpatient services that area residents can depend upon in their time of need.

“The hospital features the best elements in current health care design,” says Kevin Sexton, president and chief executive officer, Holy Cross Health. “It’s a new state-of-the-art facility housing all of the latest medical technology. And it has been designed with all private rooms to promote our patients’ overall well-being and comfort. We’ve blended the best of medical technology with our clinical expertise in each facet of the hospital’s services,” he adds.

The hospital is also a “green” building inside and out, featuring energy efficient systems and environmentally friendly elements, to meet LEED (Leadership in Energy and Environmental Design) Gold standards.

“Every aspect of the hospital’s services has been developed to meet very high standards of clinical excellence,” says Doug Ryder, president, Holy Cross Germantown Hospital. “In addition to constructing a top-of-the-line hospital, we’ve assembled a team of highly skilled physicians, nurses and other health care professionals to staff the hospital. When people walk through our doors they can expect the highest quality of compassionate health care.”

EMERGENCY SERVICES

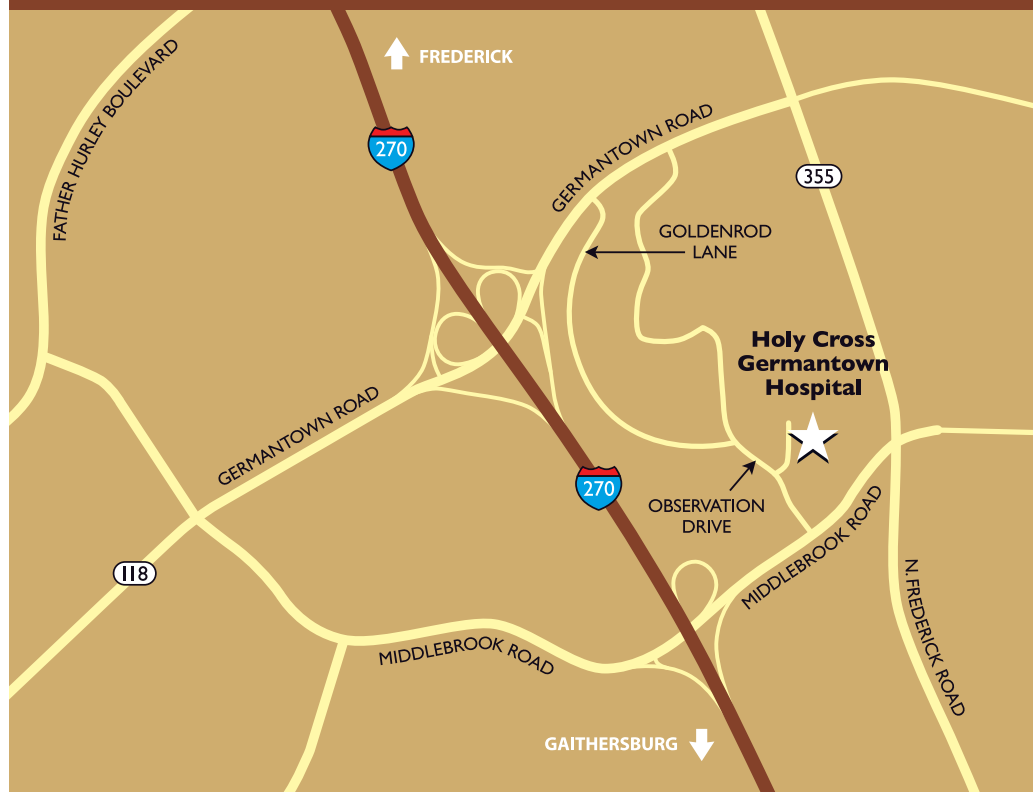
Our full-service Emergency Department provides around-the-clock emergency services for adults, seniors and children. It is staffed by board-certified emergency medicine physicians, physician assistants, nurse practitioners, registered nurses and patient care technicians. It provides a full range of services from rapid care for less serious medical issues to acute care for critical conditions and special rooms for psychiatric patients.

MATERNITY SERVICES

Expectant mothers in upper Montgomery County can now have all of the maternity expertise that Holy Cross Hospital is known for, at a conveniently located hospital close to home. Holy Cross Germantown Hospital offers a wide range of maternity services, from prenatal care to delivery. A prenatal clinic, full-service labor and delivery rooms, and dedicated Cesarean section operating rooms help ensure a healthy and safe pregnancy and birth. And if your

YOUR VERY OWN HOLY CROSS GERMANTOWN HOSPITAL

Conveniently located off I-270 at 19801 Observation Drive in Germantown. Accessible by public transportation services.



baby needs extra care, Holy Cross Germantown Hospital has a fully equipped Level IIB Neonatal Unit.

BEHAVIORAL HEALTH

The hospital's Behavioral Health services provide a much-needed resource for the community by offering a trusted place for patients who voluntarily seek psychiatric health services. It is staffed by specially trained psychotherapists, psychiatric nurses and psychiatrists.

MEDICAL AND SURGICAL SERVICES

Surgical care is available at the hospital across a wide range of specialties, including general surgery, orthopedics and gynecologic surgery. Additionally, our Procedure Center provides endoscopy and a suite for interventional cardiac and radiology procedures. There are special care areas for patients before, during and after surgery.

The hospital also provides a full scope of inpatient medical services, including an Intensive Care Unit for critically ill patients.

ALL PRIVATE ROOMS

Holy Cross Germantown Hospital is the only hospital in the area with all private rooms, which enhances patient safety, patient satisfaction, and family and visitor comfort.

Each room has a bathroom, cable television, and wireless Internet access. Comfortable furniture, calming colors, subdued lighting, patient control of room temperature, and the hospital's healing garden are all aimed at promoting maximum recovery.



OPEN HOUSE SEPTEMBER 21

*Tour Holy Cross
Germantown Hospital.*

See back cover for details.

Follow us on Facebook and visit HolyCrossHealth.org.

HIGH • QUALITY

Maternity Care

As soon as she found out she was pregnant, Sabrina Intoranat of Clarksburg knew exactly where she wanted to have her baby—the new Holy Cross Germantown Hospital.



“My husband, JJ, and I have been watching the hospital go up,” Sabrina says. “When we saw the sign ‘Opening in October’ on the hospital, JJ said, ‘That would be perfect for us—it’s so close and convenient.’” The Intoranats live just 15 minutes from Holy Cross Germantown Hospital.

“I’ve always heard good things about Holy Cross Hospital,” Sabrina says. “I was born there myself!”

In fact, more babies are delivered at Holy Cross Hospital each year than at any other hospital in the state or the District of Columbia. Holy Cross Hospital’s Neonatal Intensive Care Unit (NICU) cares for more newborns than any other hospital in Maryland.

EXPERT CARE AT HOLY CROSS GERMANTOWN HOSPITAL

“Holy Cross Hospital is an established leader in women’s health and is committed to providing the best quality health care,” says Eric M. Ashkin, MD, chairman of Obstetrics and Gynecology, Holy Cross Hospital.

Now, the same sophisticated, comprehensive and compassionate care for moms and newborns living in upper Montgomery County will be

Sabrina Intoranat is looking forward to delivering her baby at the new Holy Cross Germantown Hospital, which has all-private maternity suites.

CLOSE TO HOME



available at Holy Cross Germantown Hospital when it opens October 1.

V. Ashok Rangnath, MD, chairman of Obstetrics and Gynecology, Holy Cross Germantown Hospital, has been delivering babies at Holy Cross Hospital for more than 16 years. “Holy Cross Germantown Hospital’s Maternity Center is staffed by a team of maternal and infant health experts with the same outstanding level of commitment, skill and expertise for which Holy Cross Hospital is known,” says Dr. Rangnath.

With state-of-the-art equipment, advanced technology and highly trained staff, Holy Cross Germantown Hospital will provide expert maternity care for moms, from routine births to more complicated deliveries. Information systems connect patients’ medical records throughout the entire Holy Cross Health system, resulting in better-coordinated, seamless care.

A COMFORTABLE ENVIRONMENT

The beautiful Maternity Center at Holy Cross Germantown Hospital has all-private suites where moms like Sabrina can rest and recuperate after giving birth. Each spacious suite has a private bathroom, comfortable furniture, muted colors and subdued lighting. Bassinets in each suite encourage rooming in with baby and 24-hour open visitation makes it easy for loved ones to celebrate this special time together. Experienced nurses teach new moms about after-delivery care, as well as breast-feeding, basic infant care and safety.

Recently, Sabrina and her mom talked about when she was born at Holy Cross Hospital. “My mom was in labor for quite a while and was so grateful for the excellent care she received, I was almost named after her nurse, Karen,” Sabrina says.

“That’s the kind of care I’m looking forward to when I give birth at Holy Cross Germantown Hospital.”

ACCESS TO CARE FOR ALL

“In keeping with our mission of meeting the needs of our community and creating access to high-quality care for all, Holy Cross Germantown Hospital has a prenatal care clinic to serve women who face financial barriers to care. Babies have the best chance to be born healthy when their mothers are under a doctor’s care for their entire pregnancy,” says Ann Burke, MD, medical director, Obstetrics and Gynecology, Holy Cross Hospital.

Tour our Maternity Center during our Community Open House on Sept. 21. See back cover.

WE’RE HERE FOR YOU EVERY STEP OF THE WAY

The Maternity Center at Holy Cross Germantown Hospital includes:

- ◆ **Robust prenatal classes and education:** A variety of birthing classes, exercise classes during and after pregnancy, and parenting classes.
- ◆ **Antepartum rooms:** Expert care in a comfortable setting for pregnant women who need monitoring to protect their health and the health of their babies.
- ◆ **Labor and delivery rooms:** Home-like rooms with private bathrooms and family zones with a sleeper sofa and other amenities.
- ◆ **Cesarean-section operating rooms:** Dedicated operating rooms located in the Maternity Center.
- ◆ **Private maternity suites:** Home-like suites with comfortable furniture, private bathrooms, room for your support person to stay overnight, cable television and wireless Internet access.
- ◆ **Level IIB Neonatal Unit:** A fully-equipped newborn care center for babies who need extra care.
- ◆ **Prenatal care clinic:** Medical care throughout pregnancy for expectant mothers who face financial barriers to care.

To find a physician, visit HolyCrossHealth.org.

WHAT'S THE LATEST LANDMARK IN THE SKY OVER THE BELTWAY?



Holy Cross Hospital's brand new seven-story patient care building is the latest landmark on the Capital Beltway's skyline.

Holy Cross Hospital's brand new seven-story patient care building has risen on the south side of the hospital and will house 150 private rooms. It's the centerpiece of the Holy Cross Hospital expansion and modernization project that is targeted for completion in fall 2015.

BENEFITS FOR PATIENTS

"The new patient care building will allow us to move to all private rooms throughout the hospital," explains Judith Rogers, president, Holy Cross Hospital. "This provides huge benefits for our patients."

Private rooms allow for undisturbed discussions between patients and clinicians. And they also provide space for patients' families, whose emotional support is so important to recovery.

"Private rooms also reduce the risk of infection. We know that patients feel less stressed, more comfortable, and rest more easily in private rooms—and this has been

shown to shorten hospital stays. In many ways, privacy helps preserve each patient's personal dignity—and promote excellent clinical care," Rogers explains.

The expansion incorporates modern health care design, including the latest technology and energy efficient design.

In addition to the new patient care building and the move to all private rooms, the surgical areas of the existing hospital will be renovated. The reconfigured space will create more efficiency and additional room for patients and families before and after their procedures.

These projects are helping to ensure that Holy Cross Hospital meets the changing health care needs of this growing region—and maintains the high level of quality and compassionate care the community depends on.

To learn more and to follow the building's progress through time lapse photography, visit HolyCrossHealth.org/hospital-expansion.

TAKE TIME YOUR HEALTH

For additional classes, more information or to register, please call 301-754-8800 or visit HolyCrossHealth.org. There you also may download a printable class registration form. Class dates, instructors and fees are subject to change.

Locations: Classes and events are at the following locations, unless otherwise noted.

★ **Holy Cross Hospital Professional & Community Education Center**

1500 Forest Glen Rd., Silver Spring

There is a parking fee after the first 30 minutes in the hospital garage.

For more information, please visit HolyCrossHealth.org/parking.

▲ **Holy Cross Resource Center**

9805 Dameron Dr., Silver Spring

■ **Holy Cross Senior Source**

8580 Second Ave., Silver Spring

Special Events

10TH ANNUAL CANCER EDUCATION & SCREENING DAY

FREE

Saturday, Oct. 4

(On-site early registration starts at 9 a.m.)

10 a.m. to 2 p.m. / Location: ★

An interactive health fair complete with exhibitors and free screenings. Annual clinical breast examinations and Pap testing will be provided for women over age 21. Screenings are on a first-come, first-served basis.

IT'S ABOUT TIME: WOMEN'S HEALTH SYMPOSIUM

FREE

Saturday, Nov. 15

8 a.m. to 12:30 p.m. / Location: ★

The Community and Minority Outreach department and Taking Effective Action, Inc. (TEA) present an educational, entertaining Women's Health Symposium focusing on obstacles that hinder women from enjoying optimal mind, body and spirit health. Dynamic speakers address a variety of women's health topics. Visit interactive exhibitors and enjoy motivational fellowship for women of all ages. Registration required.



NATIONAL HEALTH AWARENESS EVENTS

FREE

11 a.m. to 1 p.m.

Holy Cross Hospital Cafeteria

The Community and Minority Outreach department provides health awareness information and resources on the following topics.

- **Sept. 9** – Ovarian Cancer and Infant Mortality Awareness Months
- **Oct. 14** – National Breast Cancer Awareness Month
- **Nov. 11** – Lung Cancer Awareness Month

Blood pressure screenings will be available at each date.

Disease Prevention

EDUCATION & SCREENINGS

DIABETES PREVENTION PROGRAM

Wednesdays, Sept. 24 - Dec. 10

11 a.m. to 1 p.m. / Location: ■

7 to 9 p.m. / Location: ★

Nutritional guidance, exercise sessions and support to help prevent or delay diabetes. If you have pre-diabetes or higher than normal blood sugar, you may qualify to attend. Lab results must be evaluated for each participant at least two weeks prior to beginning each series of classes.

LOOK GOOD...

FEEL BETTER FREE

Thursday, Oct. 9 or Dec. 11

6:30 to 8 p.m. / Location: ★

If you have started a course of radiation or chemotherapy treatment for any type of cancer, you may experience temporary changes in the appearance of your skin and hair. With Look Good...Feel Better, you will learn about new hairstyles, skin care, cosmetic tips and nail care. For more information, call 301-592-9124.

MATTER OF BALANCE

FREE

Mondays, Oct. 6 - Nov. 24

1 to 3 p.m. / Location: ■

Have you fallen? Are you worried about falls or near-falls? Are you restricting your activities? During these eight, two-hour classes, you will set goals for increasing activity and learn how to:

- View falls as preventable
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

TRANSITION TO WELLNESS WORKSHOP

FREE

Thursday, Oct. 2

6 to 8 p.m. / Location: ★

If you are completing breast, ovarian or gynecological cancer treatment or in your first year of survivorship, this workshop will help you transition from treatment to life after cancer. Light refreshments provided. For more information, contact Senta Benson at senta.benson@holycrosshealth.org or 301-754-7879.



FITNESS & MOVEMENT

BABY BOOMER BOOGIE NEW

Wednesdays, Oct. 1 - Nov. 5

5:30 to 6:30 p.m.

Holiday Park Senior Center

3950 Ferrara Dr., Wheaton

\$35 per six-week session

This creative cardio workout combines basic dance steps and diverse musical styles to leave you feeling energized. Taught by singer/dancer/performer Ann Johnson. All fitness levels welcome.

BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

Tuesdays, Sept. 23 - Oct. 28,

Nov. 11 - Dec. 16 or Dec. 30 - Feb. 3

6:30 to 7:30 p.m. / Location: ▲

\$70 per six-week session

Learn the social style of ballroom dancing in a friendly, fun and supportive atmosphere. Enjoy a gentle, varied cardiovascular workout. Couples and singles are welcome. Instructor team: Diane Ellis-McRoberts and Paul McRoberts.

GENTLE YOGA

Thursdays, Sept. 11 - Oct. 16,

Oct. 23 - Nov. 20 or Dec. 4 - 18

10:30 to 11:45 a.m. or 6 to 7:15 p.m.

Location: ▲

\$70 per six-week session

\$60 per five-week session

\$40 per three-week session

A relaxing and restorative yoga class for adults of all ages and those with physical challenges.



PILATES

Wednesdays, Sept. 10 - Oct. 22

(no class Sept. 24) or Nov. 5 - Dec. 17

(no class Nov. 26) / 6:30 to 7:15 p.m.

Location: ▲

\$70 per six-week session

A mat class to improve flexibility, core strength and posture.

YOGA I

Mondays, Sept. 8 - Oct. 13,

Oct. 20 - Nov. 24 or Dec. 1 - 22

6:15 to 7:30 p.m. / Location: ▲

Thursdays, Sept. 11 - Oct. 16,

Oct. 23 - Nov. 20 or Dec. 4 - 18

9 to 10:15 a.m. / Location: ▲

\$70 per six-week session

\$60 per five-week session

\$50 per four-week session

\$40 per three-week session

This physically active, meditative experience develops flexibility and strength.

YOGA II

Mondays, Sept. 8 - Oct. 13,

Oct. 20 - Nov. 24 or Dec. 1 - 22

7:45 to 9 p.m. / Location: ▲

Thursdays, Sept. 11 - Oct. 16,

Oct. 23 - Nov. 20 or Dec. 4 - 18

7:30 to 8:45 p.m. / Location: ▲

\$70 per six-week session

\$60 per five-week session

\$50 per four-week session

\$40 per three-week session

For continuing yoga students who have taken Yoga I.

YOGA NIDRA

Sundays, Sept. 7 - Oct. 12,

Oct. 19 - Nov. 23 or Nov. 30 - Dec. 21

6 to 7 p.m. / Location: ▲

\$70 per six-week session

\$50 per four-week session

Join us for iRest® Yoga Nidra, a guided meditation practice to teach you how to restore your deepest sense of well-being. Learn the ancient yoga process of how to let go of the resistance that causes suffering.

YOGA FOR WOMEN

Sundays, Sept. 7 - Oct. 12,

Oct. 19 - Nov. 23 or Nov. 30 - Dec. 21

4:30 to 5:45 p.m. / Location: ▲

\$70 per six-week session

\$50 per four-week session

A yoga class designed for women age 30 and older to help reduce muscle tension and enhance well-being.



ZUMBA

Wednesdays, Sept. 10 - Oct. 22

(no class Sept. 24) or Nov. 5 - Dec. 17

(no class Nov. 26)

5:30 to 6:30 p.m. / Location: ▲

\$70 per six-week session

Join professional dancer and choreographer Meryl Shapiro for a Latin dance-based aerobics class.

SENIOR FIT FREE

Senior Fit is a 45-minute exercise program for adults age 55+ that focuses on strength, balance, agility and cardiovascular fitness. Offered at 24 locations in partnership with National Lutheran Communities and Services, Kaiser Permanente, the Montgomery County Department of Recreation, Maryland-National Capital Park and Planning Commission, Asbury Methodist Village, and local churches. Call 301-754-8800 to request a physician's consent form to register.

Disease Management & Maintenance

BETTER BONES FREE

Maintain bone density while improving strength, flexibility and balance. Some exercises are done seated. For those age 55+. Classes are ongoing and are offered at four locations. Call 301-754-8800 to request a physician's consent form to register and for a schedule of classes.

DIABETES SELF-MANAGEMENT EDUCATION

Mondays, Sept. 15 - Oct. 6,

Oct. 20 - Nov. 10 or Nov. 17 - Dec. 8

6:30 to 9:30 p.m. / Location: ▲

A four-week class series to help you self-manage diabetes on a daily basis. Staffed by a certified diabetes nurse educator and a registered dietitian. Medicare covers diabetes education.

JOINT REPLACEMENT CLASS **FREE**

1st & 3rd Monday of each month
(except holidays)

2 to 4 p.m. / Location: ★

Learn what to expect before, during and after surgery.

LIVING WELL: A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM **FREE**

This six-week program teaches adults how to live a healthy life with chronic conditions and includes tools for improved self-management and ways to be your own best health care advocate.

MEDICAL ADULT DAY CARE

Holy Cross Medical Adult Day Center provides social, recreational and medical programs for seniors and disabled adults. The center fosters a community atmosphere by celebrating and acknowledging each participant's unique skills and contributions to the group. Staffed with caring professionals, adult day care is a cost-effective alternative to residential care. For more information, to register for two free trial days or to schedule a tour, call 301-754-7150.

Childbirth & Parenting Education

Holy Cross Hospital and Holy Cross Germantown Hospital offer a variety of classes, tours and exercise programs to help a family prepare for a new baby's arrival and beyond. For a list of classes, visit HolyCrossHealth.org.

PHYSICIAN LECTURES

Lectures will be held in the Holy Cross Hospital Professional and Community Education Center. To register or for more information, call 301-754-8800 or visit HolyCrossHealth.org.

NEUROSCIENCE LECTURES

Wednesday, Sept. 24 / 6 to 8 p.m.

Management of Brain Tumors with Stereotactic Radiation

Daniel Clarke, MD, Radiation Oncology

Wellness Education

A BABY, MAYBE? **FREE**

Tuesday, Oct. 7

7 to 9 p.m. / Location: ★

If you are planning a pregnancy soon or just thinking about it, come learn about preconception planning—the do's and don'ts of a healthy pregnancy, including nutrition, exercises, lifestyle changes and budgeting for a baby. Learn about our maternity services and take a tour. To register, call 301-754-8800.

FERTILITY CARE INTRODUCTORY LECTURE **FREE**

Wednesday, Nov. 12

7 to 9 p.m. / Location: ★

Therese Rodriguez, RN, FCP, FertilityCare Practitioner, presents a lecture on the basics of FertilityCare, a method of holistic fertility awareness that can benefit women from teens through the menopausal years.

FIRST AID & CPR

These classes are designed for the general public, meet the requirements for day care providers and are not intended for health care professionals. An American Heart Association card will be issued upon completion. Classes include:

- **Heartsaver First Aid**
Saturday, Sept. 13 or Nov. 22
9 a.m. to 12:30 p.m. / \$48 per person
- **Heartsaver: Adult CPR (AED training)**
Monday, Oct. 13 or Dec. 8
5:30 to 9:30 p.m. / \$55 per person
- **Heartsaver: Adult/Infant/Child CPR (AED training)**
Saturday, Sept. 27, Oct. 25 or Dec. 20
9 a.m. to 2 p.m. / \$65 per person

Location: ▲

Wednesday, Oct. 22 / 6 to 8 p.m.

General Movement Disorders

Ann Constantino, MD, Neurology

Wednesday, Nov. 19 / 6 to 8 p.m.

Deep Brain Stimulation

Zachary Levine, MD, Neurosurgery

Wednesday, Dec. 17 / 6 to 8 p.m.

Neck Pain and Diseases of the Neck/Cervical Spine

Amin Amini, MD, Neurosurgery

SUPPORT GROUPS

Holy Cross Health sponsors more than 20 **FREE** support groups. For a complete list, call 301-754-8800 or visit HolyCrossHealth.org/support.

GIRL TALK

Thursday, Oct. 2 / 7 to 9 p.m.

Location: ▲

Wednesday, December 3 / 7 to 9 p.m.

Great Beginnings

18501 N. Frederick Ave., Gaithersburg

\$20 per family

For girls ages 8 to 11 and their moms.

Explore puberty changes, menstrual cycles and maintaining the lines of communication.

SAFE SITTER

Sunday, Nov. 2 or Saturday, Dec. 6

9 a.m. to 4 p.m. / Location: ▲

\$65 per person

A class for 11- to 13-year-olds who are embarking on babysitting that covers child care safety, handling emergencies, first aid techniques and more.

GETTING READY FOR BABY:

A BABY FAIR **FREE**

Sunday, Nov. 9

1 to 4 p.m. / Location: ★

Meet our nurses, childbirth educators and lactation specialists; as well as many community vendors. Attend lectures on birth and babies. Learn about our maternal child services, including high-risk services:

- Neonatal Intensive Care Unit (NICU)
- Perinatal Diagnostic Center (PDC)
- High-Risk Perinatal Center (HRPC)

Receive giveaways and raffle prizes.

JOINT & SPINE LECTURES

Tuesday, Oct. 21 / 6:30 to 7:30 p.m.

New Minimally Invasive Spine Surgery

Philip Schneider, MD, Spine Center

Tuesday, Nov. 18 / 6:30 to 7:30 p.m.

Lumbar Stenosis

Frederic Schwartz, MD
Neurosurgeon

FREE

Kevin J. Sexton / President and CEO, Holy Cross Health

Judith Rogers / President, Holy Cross Hospital

Doug Ryder / President, Holy Cross Germantown Hospital

Annicc Cody / President, Holy Cross Health Network

Wendy Friar / Vice President, Community Health

Elizabeth Dooley / Director, Marketing

Nancy Graham / Editor

YOU'RE INVITED!

HOLY CROSS GERMANTOWN HOSPITAL COMMUNITY OPEN HOUSE

SUNDAY, SEPTEMBER 21 | 10 A.M. TO 4 P.M.

Come tour Holy Cross Germantown Hospital, the newest hospital in Montgomery County. Stop by at your convenience to see the new hospital, enjoy refreshments and pick up your free tote bag.

Our Community Health team will be on hand to offer free health screenings and answer your questions.

DIRECTIONS

Holy Cross Germantown Hospital is located right off I-270, near the intersection of Middlebrook Road and Observation Drive at 19801 Observation Drive. See map page 4.

From I-270 heading north, take exit 13A for Middlebrook Road East and merge onto Middlebrook Road. Turn left onto Observation Drive. The hospital will be on your right.

From I-270 heading south, take exit 15A for I 18 North toward Damascus. Turn left onto Germantown Road. Turn right onto Goldenrod Lane and then right onto Observation Drive. The hospital will be on your left.

To learn more and to let us know you are coming, visit HolyCrossHealth.org/OpenHouse or call 301-754-8800.



This magazine is published for friends and patients of Holy Cross Health and is not meant to replace professional medical advice or service. To be added or removed from this mailing list or if you have comments about this magazine, please call 301-754-7712. Personal health problems should be brought to the attention of the appropriate health professionals.

HolyCrossHealth.org / 301-754-7000 / TTY 301-754-7406
To find a physician, call 301-754-8800.



**HC HOLY CROSS
HOSPITAL**

**HC HOLY CROSS
GERMANTOWN HOSPITAL**