

HC HOLY CROSS
HOSPITAL

HC HOLY CROSS
GERMANTOWN
HOSPITAL

HOLY CROSS HEALTH

SPRING/SUMMER 2015



HOLY CROSS GERMANTOWN HOSPITAL

Surgery Repairs
Marie's Injuries | 6



HOLY CROSS HOSPITAL

All Private Rooms
in the Fall | 7

**Vannesa's
Special Delivery
at the New
Holy Cross
Germantown
Hospital** | PAGE 4



Free Community Events in Germantown and Boyds—See Page 8

New & Noteworthy

NEW PARTNERSHIP AT ASBURY METHODIST VILLAGE

On February 23, Asbury Communities and Holy Cross Health formally celebrated the opening of a new primary care site at Asbury Methodist Village in Gaithersburg. This new primary care site offers the more than 1,300 residents of the continuing care retirement community convenient access to health services just steps from their homes. "The friendly, compassionate staff of Holy Cross Health Partners is a very welcomed addition to our community, and we are proud to partner with such a highly trusted health care provider in our area," says Ed Thomas, CEO of Asbury Communities, Inc.

For more information, visit HolyCrossHealth.org/Asbury.



Left to right at the ribbon cutting are: Ed Thomas, CEO, Asbury Communities, Inc.; Henry Moehring, executive director, Asbury Methodist Village; Annice Cody, president, Holy Cross Health Network; Kevin J. Sexton, president and CEO, Holy Cross Health; Yelena Melyakova, MD, and Jesse Sadikman, MD, physicians, Holy Cross Health Partners at Asbury Methodist Village.



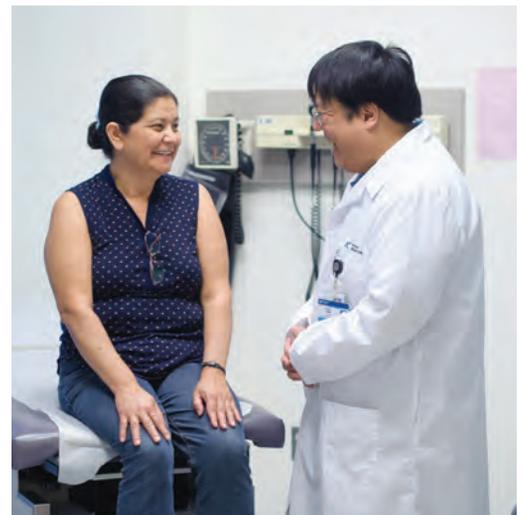
Join us on May 11 for the Holy Cross Health Golf & Tennis Classic at the beautiful Woodmont Country Club in Rockville. This fun-filled day of socializing, contests and an awards banquet supports Holy Cross Health's nursing excellence programs and expansion projects to better meet the needs of our communities and improve health for all.

For more information, to register or for sponsorships, call the Holy Cross Health Foundation at 301-754-7130 or visit HolyCrossHealth.org/Golf.

PROVIDING MORE THAN \$55 MILLION TO IMPROVE OUR COMMUNITY'S HEALTH

Linda Vidal-Flores' visit represents one of the 30,192 patient appointments provided by Holy Cross Health's three primary care health centers in fiscal 2014, which delivered free or reduced-cost services worth approximately \$2.8 million. After receiving emergency care at Holy Cross Hospital related to diabetes, she was referred to the Holy Cross Health Center in Silver Spring.

Linda Vidal-Flores with internal medicine specialist Ronald J. Hong, MD.



GROWING AND INNOVATING TO MEET HEALTH CARE NEEDS

Holy Cross Health has evolved into a comprehensive system of connected hospitals, health centers, primary care sites and community outreach and education programs that are working together to provide much-needed, high-quality health care to our entire community. We are proud to be your trusted partner for improving health—in more ways and for more people than ever before.

Some of our most recent contributions to the community include:

- In October 2014, we opened Holy Cross Germantown Hospital, a state-of-the-art facility serving upper Montgomery County residents, making hospital care more accessible to those in need.
- As an owner of Maryland Physicians Care, the fourth largest Medicaid-managed care organization in Maryland, we continue to enroll newly qualified members of our community into a comprehensive insurance program.
- Our new primary care site at Asbury Methodist Village in Gaithersburg opened in January (see page 2) and provides health and wellness care for senior community members.
- In May, we will expand access to affordable primary care for those facing financial barriers by opening our fourth Holy Cross Health Center, in Germantown.
- This fall, the highly anticipated opening of the new South Patient Care Building at Holy Cross Hospital will bring private rooms to all patients throughout our health system (see page 7).

Our ability to construct and coordinate all of these new facilities and services showcases Holy Cross Health's continued dedication to meet community needs in a rapidly changing environment. We are committed to a continuing leadership role as the state of Maryland and the entire nation face unprecedented challenges and opportunities, including health care delivery and insurance reform, and the extraordinary growth in the size of the senior population.

ACCESS TO CARE FOR ALL

An unchanging element in Holy Cross Health's plans is our commitment to ensuring access to health care for those in need and to better health throughout our region. In fiscal 2014, Holy Cross Health provided more than \$55 million in community benefit, including \$30 million in financial assistance for those in need of health care without the resources to pay for it.

As we manage in a fast changing world, we think every day about our community and all the people who look to us for care. We value your trust in us and we will work every day to maintain it. Thank you.



Kevin J. Sexton

To learn more about how Holy Cross Health is meeting the complex health care needs of our diverse community, download our 2014 Community Report at HolyCrossHealth.org/CommunityReport.

HAPPY BIRTHDAY



“We are glad we had our baby at Holy Cross Germantown Hospital. The staff was so experienced and the hospital is gorgeous,” says Vannesa’s husband, David.



“As soon as my pregnant sister-in-law saw my private maternity suite, she decided she wanted to have her baby at Holy Cross Germantown Hospital, too.”

—VANNESA RODRIGUEZ

Vannesa gave birth to her son, Jonathan, a few months after Holy Cross Germantown Hospital opened in October 2014.

“When my sister-in-law came to visit, she felt really good about the brand new hospital, the private rooms and the Maternity Center,” explains Vannesa. So good, in fact, that she is now planning to deliver her baby at Holy Cross Germantown Hospital.

It’s a decision many expectant parents are making these days—and with good reason.



“More and more of my patients are delivering at Holy Cross Germantown Hospital, which provides the same sophisticated, comprehensive and compassionate care that Holy Cross Hospital has always been known for,” says Eric M. Ashkin, MD, obstetrician and gynecologist.

Holy Cross Germantown Hospital is staffed around the clock by obstetricians, neonatologists and anesthesiologists, and has a Level II special care nursery for babies who need extra care.

Expectant parents like the Maternity Center’s spacious, private suites with a private bathroom, cable television and wireless Internet access.

“Plus, the new hospital is convenient and easily accessible to communities in upper Montgomery County,” says V. Ashok Rangnath, MD, chairman of Obstetrics and Gynecology, Holy Cross Germantown Hospital.

Vannesa and her husband, David, live in Rockville, less than 15 minutes from Holy Cross Germantown

Hospital. They could not have been happier with their experience.

“The labor and delivery room was very spacious,” she says. “And, the sleeping couch was very comfortable for my husband.”

Holy Cross Germantown Hospital’s Maternity Center is staffed by highly trained, experienced maternal health experts. Vannesa noticed this right away.

“The whole environment was calm,” she says. “The nurses were very attentive.”

After Jonathan was born, he stayed with Vannesa in a bassinet in her private room. Even though Vannesa has a kindergartner at home, the nurses still took time with her to go through the basics of infant care, such as bathing her baby.

“It’s been five years, so it was good to refresh my memory!” she says.

To find a physician on our growing Holy Cross Germantown Hospital medical staff, visit HolyCrossHealth.org.

CHILDBIRTH EDUCATION CLASSES AT HOLY CROSS GERMANTOWN HOSPITAL

MAYBE A BABY FREE

Wednesday, May 13
6:30 to 8 p.m.

Hear from experts and have your questions answered. Participating physicians specializing in Obstetrics and Gynecology are: Eric M. Ashkin, MD, and Mark Siegel, MD.

INFANT CPR

Wednesday, May 20 or
Thursday, June 11
6 to 9 p.m.

\$30 per person

Addresses baby proofing, safety, CPR and choking rescue techniques for infants up to one year of age. This class is recommended for families; not licensed childcare providers.

CHILDBIRTH – JUST THE FACTS

Saturday, June 13
1 to 5 p.m.

\$60 per couple

This four-hour class addresses the signs and process of labor, medical interventions, medications and pain management. It is offered for parents who may not be able to attend a full childbirth class series or who need a refresher class.

BABY CARE INSTRUCTIONS

Saturday, June 27
9:30 a.m. to 3 p.m.

\$60 per couple

Learn the basics of caring for your newborn with hands-on practice, and other important and practical information. Lunch is included.

To register, call 301-754-8800 or visit HolyCrossHealth.org.



Come take a complimentary tour of the Maternity Center at the new Holy Cross Germantown Hospital and see the spacious, private maternity suites. Register at HolyCrossHealth.org/prenatal-tours.



EXPERT SURGERY CLOSE TO HOME

Holy Cross Germantown Hospital's experienced surgeons are using the latest technology and techniques to successfully treat patients who require surgery.

"Our surgeons perform state-of-the-art, minimally invasive procedures across a wide range of surgical specialties," explains Douglas Murphy, MD, orthopedic surgeon, and president of the medical staff at Holy Cross Germantown Hospital.

In addition to general surgery, surgical care at Holy Cross Germantown Hospital includes:

GYNECOLOGIC

A highly skilled team of gynecologic surgeons provide care, including a range of minimally invasive procedures, to women with gynecologic and urologic problems that require surgery. "My patients like the private rooms in this beautiful new facility, which is close to home," says Ebony Hoskins, MD, gynecologic oncologist.

ORTHOPEDIC

Physicians use the latest advances in orthopedics to diagnose, treat and rehabilitate injuries, disorders or diseases that affect the joints. "We perform a wide range of procedures, from arthroscopic repairs to joint replacement surgery," says Ricardo Cook, MD, orthopedic surgeon.

UROLOGIC

Board-certified urologists provide surgery for patients with diseases of the urinary tract and male reproductive organs. "The hospital may be new, but all of the urologic equipment and instruments needed to perform complex urologic procedures are readily available," says Jonathan White, MD, urologist.

COLON AND RECTAL

Our colorectal specialists treat lower-digestive-system diseases and disorders that require surgery. "The technology at Holy Cross Germantown Hospital enables surgeons to expertly perform minimally invasive surgeries, colonoscopies, endoscopic procedures and the like," says Rami Makhoul, MD, colon and rectal surgeon.

After a misstep in her home, Marie Wallace was rushed by ambulance to the Emergency department at Holy Cross Germantown Hospital. "We were very impressed with the amount of caring attention given to my mother," explains Marie's son, Glenn.

Marie's accident resulted in a broken right ankle and left foot. She was admitted to the hospital where Douglas Murphy, MD, orthopedic surgeon, performed surgery to repair her feet. Marie is now on the road to recovery.



"We cannot thank Holy Cross Germantown Hospital enough for the tremendous, high-level care they offered my mother," says Glenn Wallace of Montgomery Village.

PRIVATE ROOMS

Spacious private rooms at Holy Cross Germantown Hospital have comfortable furniture, private bathrooms, cable television and wireless Internet access. For added comfort and convenience, patients at Holy Cross Germantown Hospital are able to control their own room temperature and lighting.

To find a physician on our growing Holy Cross Germantown Hospital medical staff, visit HolyCrossHealth.org.

BRINGING PRIVATE ROOMS TO ALL PATIENTS

When patients are hospitalized, private rooms provide a healing environment for body and mind. That's the primary reason behind Holy Cross Hospital's new South Patient Care Building, scheduled to open this fall. The seven-story, 150-bed expansion ensures that all patients will have the privacy they want and deserve.

Once the South Patient Care Building is completed, Holy Cross Health will be the only health care system in Montgomery and Prince George's counties with all private patient rooms.

"The new South Patient Care Building is one more example of Holy Cross Hospital's commitment to our community," says Judith Rogers, president, Holy Cross Hospital.

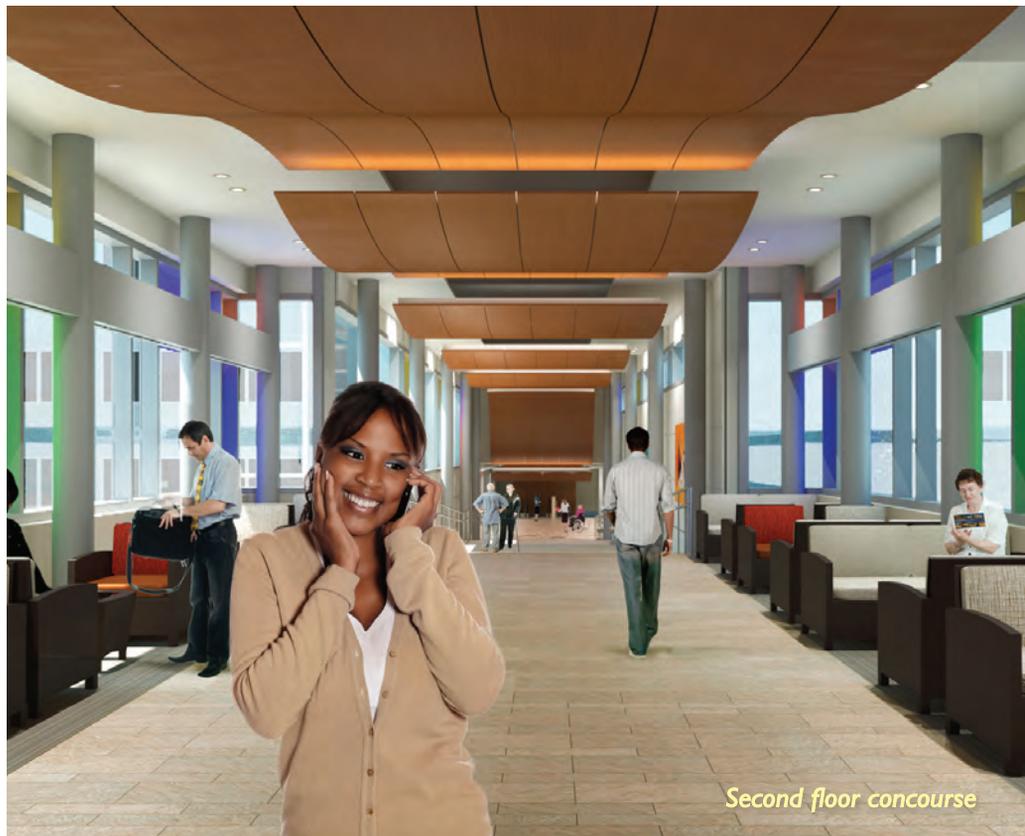
From the hospital's main entrance, a grand staircase, escalator and elevator behind the information desk will provide direct access to a new second floor concourse that connects to the South Patient Care Building.

The hospital expansion is designed to Leadership in Energy and Environmental Design (LEED) Gold Standards to promote environmental sustainability.

Parking at Holy Cross Hospital is easier and more convenient now. An additional 300 spaces have already been added to the existing parking garage.



The new South Patient Care Building opens fall 2015. To learn more, visit HolyCrossHealth.org.



Second floor concourse

HOLY CROSS GERMANTOWN HOSPITAL

COMMUNITY EVENTS



To register for these free events, call 301-754-8800 or visit HolyCrossHealth.org.

SUMMER LECTURE SERIES FREE

LOCATION: 19801 OBSERVATION DRIVE / GERMANTOWN, MD 20876

Make your summer healthy and safe. Come to our free, informative Summer Lecture Series at Holy Cross Germantown Hospital and hear our experts.

Thursday, May 7 / 6:30 to 8 p.m.

Our Aging Joints

Irvin Guterman, MD, Orthopedic Surgery;
David Levin, MD, Orthopedic Surgery;
Zachary Levine, MD, Neurosurgery;
Douglas Murphy, MD, Orthopedic Surgery

Wednesday, May 20 / 3 to 4:30 p.m.

Degenerative Joint Disease: Causes, Treatment, Prevention

Samuel Sanders, MD, Orthopedic Surgery

Wednesday, May 27 / 6:30 to 8 p.m.

ACL Injury Prevention

Douglas Murphy, MD, Orthopedic Surgery

Tuesday, June 9 / 6:30 to 8 p.m.

Fun in the Sun: Summer Nutrition

Patricia Ethridge, Diabetes Educator,
Holy Cross Health

Wednesday, June 17 / 6:30 to 8 p.m.

Aging and Women's Health

Ebony Hoskins, MD, Gynecologic
Oncology; Rami Makhoul, MD, Colorectal
Surgery; Shobha Sikka, MD, Obstetrics
and Gynecology; Patricia DeHof, CRNP

Wednesday, June 24 / 6:30 to 8 p.m.

Proper Weight Lifting Techniques

Douglas Murphy, MD, Orthopedic Surgery

Thursday, June 25 / 6:30 to 8 p.m.

Maintaining Joint Health and an Active Lifestyle

Ricardo Cook, MD, Orthopedic Surgery;
Leo Rozmaryn, MD, Orthopedic Surgery;
Samuel Sanders, MD, Orthopedic Surgery

Wednesday, July 22 / 6:30 to 8 p.m.

Sports Ankle Injuries

Ricardo Cook, MD, Orthopedic Surgery

Thursday, Aug. 13 / 6:30 to 8 p.m.

Prevention of Concussions and Other Head Injuries

Zachary Levine, MD, Neurosurgery

Wednesday, Aug. 26 / 6:30 to 8 p.m.

Dietary Supplements for a Healthy You

Douglas Murphy, MD, Orthopedic Surgery

MARYLAND SOCCERPLEX EVENTS FREE

LOCATION: 18031 CENTRAL PARK CIRCLE / BOYDS, MD 20841

HEALTH LECTURES 6:30 to 8 p.m.

The first 20 people to register will be placed in a drawing to win DC United tickets.

Wednesday, May 13 / Prevention of ACL Injuries

Douglas Murphy, MD, Orthopedic Surgery

Tuesday, June 2 / Diabetes Prevention

Patricia Ethridge, Diabetes Educator, Holy Cross Health

MID-ATLANTIC CUP

Saturday & Sunday / June 13 & 14

The Mid-Atlantic Cup is an end-of-the-soccer-year tournament, spanning the course of two days on the pristine fields of the Maryland SoccerPlex. Holy Cross Health's Community and Minority Outreach department will be onsite to provide free body fat/BMI screenings and nutrition health information for those in attendance. Visit marylandsoccerplex.org for more details.

For additional events and classes at Holy Cross Germantown Hospital, see pages 5 and 9 – 11.

TAKE TIME **FOR** 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 and 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 Germantown Hospital**
19801 Observation Dr., Germantown
Parking is free.

▲ **Holy Cross Resource Center**
9805 Dameron Dr., Silver Spring

■ **Holy Cross Senior Source**
8580 Second Ave., Silver Spring

Special Events

MINORITY HEALTH AWARENESS MONTH LUNCH & LEARN **FREE**

Wednesday, April 29
10 a.m. to 1 p.m. / Location: ◆

Join us for a health event focusing on minority health concerns facing the Montgomery County community. Hear lectures on cancer prevention and infant mortality, visit health exhibitors, and enjoy free screenings and lunch. The first 25 people to register will be entered into a raffle.

COMMUNITY FITNESS DAY **FREE**

Saturday, May 30
9 a.m. to 2:30 p.m. / Location: ▲

Enjoy a day of fitness. Zumba, yoga, piloxing, tabata and other free classes will be offered in 30-minute sessions throughout the day. Free seated massage and health screenings available.

HEALTH PRIORITIES IN MONTGOMERY COUNTY **FREE** Mondays

May 11: Obesity

May 18: Cancer

June 1: Behavioral Health
6 to 8:30 p.m. / Location: ★

Each class provides an opportunity to participate in learning about the identified health priorities in Montgomery County. The classes cover how obesity, cancer and behavioral health touch our community and innovative techniques for prevention, healthy lifestyle changes and disease self-management. Certificate of class completion is optional.

LINCS HEALTH & RESOURCE DAY **FREE**

Saturday, June 20
9 a.m. to 1 p.m. / Location: ★

Bring your whole family to the first ever LINCS (Linking INdividuals to Community Services) Health & Resource Day and learn how to stay safe during hot summer days. Health education and screenings, information on Montgomery County community resources, exhibits, fun activities and more. Light refreshments provided.

IT'S YOUR TIME: WOMEN'S HEALTH EVENT **FREE**



Saturday, May 9
9:30 a.m. to 2:30 p.m.

Location: ★

Need inspiration to get healthy? Attend this fun and informative health event and get motivated to take charge of your health. Receive health screenings, participate in informative health lectures and enjoy a seated massage. Great exhibits, giveaways and much more.

COOKING FOR ONE 101 **FREE**

Thursday, May 21 / 6:30 to 8:30 p.m.

Location: ◆

Thursday, May 28 / 6 to 8 p.m.

Location: ★

Tired of opening that can of tuna fish for supper? Or ordering overpriced and unhealthy carry out? It's hard to cook for one, or even two, without having lots of leftovers, and this class can help. A personal chef will teach you how to pare down recipes, use fresh ingredients without having them go bad, and freeze and store cooked meals. Best of all, you get to sample everything made.



For additional classes and locations, visit HolyCrossHealth.org or call 301-754-8800.

Disease Prevention

EDUCATION & SCREENINGS

INTRODUCTION TO DIABETES PREVENTION **FREE**

Tuesday, May 12, Thursday, June 18, Tuesday, July 14 or Thursday, Aug. 13 7 to 8:30 p.m. / Location: ◆

Attend this introductory session to learn how the 16-week Diabetes Prevention program can help you make lifestyle changes (see next class). Each session covers an overview of the program, eligibility requirements and how to register, exercise, nutrition support and other resources.

DIABETES PREVENTION **FREE**

Wednesdays, May 6 - Aug. 19 11 a.m. to 1 p.m. / Location: ■
7 to 9 p.m. / Location: ★

This 16-week class offers nutritional guidance, exercise sessions and support to help prevent or delay diabetes onset. You may be eligible to attend if your body mass index is 24 or higher (22 if Asian), a blood test within the last year indicated pre-diabetes or you have a history of gestational diabetes.

LOOK GOOD... FEEL BETTER **FREE**

Thursday, June 11
Call 301-557-1850 for the time and location of this evening class.

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.

MATTER OF BALANCE **FREE**

Fridays, June 5 - July 31
10 a.m. to Noon / 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

FITNESS & MOVEMENT

BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

Tuesdays, May 5 - June 9, June 16 - July 21 or July 28 - Sept. 1
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.

PILATES

For dates and times, call 301-754-8800. / Location: ▲
\$70 per six-week session

A mat class to improve flexibility, core strength and posture. Note: This class will be on a break from June to August.

GENTLE YOGA

Thursdays, May 14 - June 18, June 25 - July 30 or Aug. 6 - 27
10:30 to 11:45 a.m. or 6 to 7:15 p.m.
Location: ▲
\$70 per six-week session
\$50 per four-week session

Learn how to relax using yoga techniques. This class is taught on the floor with modifications for people with movement limitations.

YOGA FOR WOMEN

Sundays, May 17 - June 14 (no class May 24), June 21 - July 26 or Aug. 2 - 30
4:30 to 5:45 p.m. / Location: ▲
\$70 per six-week session
\$60 per five-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.

YOGA I

Mondays, May 11 - June 15 (no class May 25), June 22 - July 27 or Aug. 3 - 31
6:15 to 7:30 p.m. / Location: ▲
Thursdays, May 14 - June 18, June 25 - July 30 or Aug. 6 - 27
9 to 10:15 a.m. / Location: ▲
\$70 per six-week session
\$60 per five-week session
\$50 per four-week session

This physically active, meditative experience develops flexibility and strength.



YOGA II

Mondays, May 11 - June 15 (no class May 25), June 22 - July 27 or Aug. 3 - 31
7:45 to 9 p.m. / Location: ▲
Thursdays, May 14 - June 18, June 25 - July 30 or Aug. 6 - 27
7:30 to 8:45 p.m. / Location: ▲
\$70 per six-week session
\$60 per five-week session
\$50 per four-week session

For continuing yoga students who have taken Yoga I.

YOGA NIDRA

Sundays, May 17 - June 14 (no class May 24), June 21 - July 26 or Aug. 2 - 30
6 to 7 p.m. / Location: ▲
\$70 per six-week session
\$60 per five-week session
\$50 per four-week session

Join us for iRest® Yoga Nidra, a guided meditation practice to help heal the deepest held patterns of stress, anxiety, tension and illness. Restore optimal health and well-being. Includes gentle stretching.

SENIOR FIT **FREE** NEW UPPER MONTGOMERY COUNTY LOCATIONS

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 and for a class schedule and locations.

For more information or to register, visit HolyCrossHealth.org or call 301-754-8800.

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, May 18, June 1, 8 & 15; June 29, July 6, 13 & 20 or Aug. 10, 17, 24 & 31
6:30 to 9:30 p.m. / Location: ▲

A four-week class series to help you self-manage diabetes on a daily basis taught by a certified diabetes nurse educator. 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. Call 301-754-8800 for workshop dates and locations.

MEDICAL ADULT DAY CENTER

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.

Wellness Education

A BABY, MAYBE? **FREE**

Tuesday, June 9
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**

Tuesday, May 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, May 16
9 a.m. to 12:30 p.m.
\$48 per person
- **Heartsaver: Adult CPR**
(AED training)
Monday, June 15
5:30 to 9:30 p.m.
\$55 per person
- **Heartsaver: Adult / Infant / Child CPR**
(AED training)
Saturday, May 2 or June 20
\$65 per person
Location: ▲

GIRL TALK

Thursday, May 14
7 to 9 p.m. / Location: ◆
\$20 per family

For girls ages 8 to 11 and their moms. Explore puberty changes, menstrual cycles and maintaining the lines of communication.

SUPPORT GROUPS

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

SAFE SITTER

Sunday, June 14
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.

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. See page 5 for select classes, or visit HolyCrossHealth.org for a complete listing.



Allison and Wendell Jones delivered their baby at Holy Cross Germantown Hospital in October.

For additional classes and locations, visit HolyCrossHealth.org or call 301-754-8800.

Kevin J. Sexton / President and CEO, Holy Cross Health
Judith Rogers / President, Holy Cross Hospital
Doug Ryder / President, Holy Cross Germantown Hospital
Annice Cody / President, Holy Cross Health Network
Wendy Friar / Vice President, Community Health
Elizabeth Dooley / Director, Marketing
Nancy Graham / Editor

INSPIRED TO GIVE



Ernest Harley and Marye Wells-Harley of Silver Spring

My very dear friend was at Holy Cross Hospital many years ago. She had cancer and I visited her almost daily. During this time, I witnessed first-hand the excellent care and compassion she received from her medical team. It was a very difficult time for her, her family and her friends, and the staff made it better. This is what inspired me to make my first donation to the hospital; I made it in her honor.

Since then, I have continued to give because of the exceptional care my husband and I have both received over the years. We have had great experiences and have been impressed with the special care given to seniors.

I think it is important to support the many improvements to the hospital, which is why I give.

Marye Wells-Harley

The Holy Cross Health Foundation's Capital Campaign gives everyone the opportunity to support the important work of Holy Cross Health. To learn more or to make an online donation, visit HolyCrossHealth.org/Foundation. Gifts also may be mailed to: Holy Cross Health Foundation, 11801 Tech Road, Silver Spring, MD 20904.



Holy Cross Hospital | 1500 Forest Glen Road | Silver Spring, MD 20910 | Tel: 301-754-7000
Holy Cross Germantown Hospital | 19801 Observation Drive | Germantown, MD 20876 | Tel: 301-557-6000
HolyCrossHealth.org | TTY 301-754-7406 | To find a physician, 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.

HC HOLY CROSS
HOSPITAL

HC HOLY CROSS
GERMANTOWN
HOSPITAL