

HC HOLY CROSS
HOSPITAL

HC HOLY CROSS
GERMANTOWN
HOSPITAL

HOLY CROSS HEALTH

SPRING/SUMMER 2017



4 | Hip Replacements
Restore Susannah's
Quality of Life



8 | High-Quality
Care for Rosa
and Her Baby

**Robotic Surgery
Gets Vance Back
to His Active
Lifestyle** | PAGE 6



Ranked Among the Top 5% of Hospitals Nationwide for Quality | PAGE 3

HOLY CROSS HEALTH COMMUNITY EVENTS

FREE



IT'S YOUR TIME: WOMEN'S HEALTH EVENT

Saturday, May 20
9:30 a.m. to 2:30 p.m.
Holy Cross Hospital

Take charge of your destiny. Attend this educational, energizing and empowering event, and get motivated to take charge of your physical, mental and emotional health. Hear great health lectures; receive health screenings and information; and enjoy uplifting music, food, massages and dance. All are welcome.

2ND ANNUAL COMMUNITY HEALTH AND WELLNESS DAY

Saturday, June 17
10 a.m. to 1 p.m.
Holy Cross Germantown Hospital

Come and learn more about living a healthy lifestyle. Through educational activities, fun demonstrations, kid's activities, health screenings and community resources, this event will provide an environment that supports the nutritional and physical well-being of those who live, work and play in our community.

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



HOLY CROSS HEALTH ANNUAL GOLF CLASSIC

Join us on Monday, May 8, for the Holy Cross Health Annual Golf Classic at the beautiful Woodmont Country Club in Rockville. This fun-filled day of socializing, contests and an awards banquet supports nursing excellence at Holy Cross Health through professional advancement and continuing education.

For more information, to register or for sponsorships, call the Holy Cross Health Foundation at 301-754-7133 or visit HolyCrossHealth.org/Golf.



HOLY CROSS HOSPITAL RANKED AMONG THE TOP 5% OF HOSPITALS NATIONWIDE FOR QUALITY

Holy Cross Hospital received the Healthgrades 2017 Distinguished Hospital Award for Clinical Excellence™ in recognition of the hospital's superior performance in delivering safe, comprehensive and consistent quality care. Holy Cross Hospital is the only hospital in Montgomery County, Prince George's County and the District of Columbia to achieve this distinction.

Healthgrades also awarded Holy Cross Hospital the Patient Safety Excellence Award™ for the third year in a row encompassing 2014, 2015 and 2016, which recognizes hospitals that have prevented the occurrence of serious, potentially avoidable complications for patients during their hospital stays.

For more information and additional photos, like us on Facebook at Facebook.com/HolyCrossHospital.



Celebrating Holy Cross Hospital's Clinical Excellence Award are Evelyn Lynch, RN, Diabetes and Pregnancy Education (left), and Priya Bullava, health unit coordinator, High Risk Perinatal Center (right).

THE WORLD'S SMALLEST PACEMAKER

Holy Cross Hospital is the first hospital in Maryland to offer the world's smallest pacemaker for patients with bradycardia. Recently approved by the U.S. Food and Drug Administration, the Micra® Transcatheter Pacing System is a new type of heart device that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker. To learn more, visit HolyCrossHealth.org/News.

PRESIDENT AND CEO, HOLY CROSS HEALTH

A MESSAGE FROM NORVELL V. COOTS, MD

As a physician, I know the value of a hospital that ensures high-quality care for its community. At Holy Cross Health, this is our focus and passion, and it drives every decision we make. I am pleased to share with you that Healthgrades has recognized Holy Cross Hospital with its 2017 Distinguished Hospital Award for Clinical Excellence™, placing it in the top 5% of hospitals nationwide for quality.



Norvell V. Coots, MD

This exceptional care is available throughout our comprehensive system of connected hospitals, health centers, primary and specialty care sites, and community outreach and education programs.

And, it is available to everyone in our community, including our most vulnerable residents. In fiscal 2016, Holy Cross Health provided \$59 million in community benefit, including \$36 million in free or reduced-cost services to those facing financial barriers to care.

Holy Cross Health provides high-quality care to everyone. We always have, and we always will. This was the vision of the Sisters of the Holy Cross when they opened Holy Cross Hospital more than 50 years ago, and remains our promise today.

Thank you for placing your trust, faith and confidence in Holy Cross Health for your health care needs. Thank you for being a part of the Holy Cross family.

Putting the *Swing*

BACK INTO SUSANNAH'S STEP

Susannah Newman, 73, is no stranger to overcoming debilitating joint problems. Even after two total hip replacements more than 27 years ago, when she was still in her 40s, she continued to enjoy an intensely physical lifestyle as a professional dancer, choreographer, university professor of dance and guest artist.

But when both of her old hip replacements were failing, Susannah turned last spring to Douglas Murphy, MD, an orthopedic surgeon at Holy Cross Germantown Hospital, for help.

“My hips would make a lot of noise when I walked, like a machine grinding,” Susannah says, recalling years of deterioration she endured before her hip replacement last July.

It turned out that the grinding sound was due to a dangerous



Douglas Murphy, MD



Yelena Melyakova, MD



Zohair Alam, MD

breakdown of her old hip replacements. According to Dr. Murphy, “Fragments had broken free and were eroding into the pelvic bone, and causing chronic inflammation.”

Although both hips needed to be replaced, Dr. Murphy began with the left, which was more severely damaged. The three-hour procedure required grafting to replace eroded bone, and Susannah had to spend

more than eight weeks in a full leg brace to allow the hip to stabilize so it wouldn't dislocate.

“She was the role model of a positive attitude in rehabilitation and recovery,” says Dr. Murphy, who also performed replacement surgery on her right hip in February, with excellent results and no leg brace needed afterward.

YOUR JOINT QUESTIONS ANSWERED

JOINT REPLACEMENT CLASS

Holy Cross Hospital
Holy Cross Germantown Hospital
For dates and times, see page 9

If you are considering knee or hip replacement or if you are scheduled for the procedure, attend a free pre-operative class to meet your caregivers; see our facility; and learn what to expect before, during and after surgery. For more information, visit HolyCrossHealth.org/joints.

JOINTS: REPAIRS AND REPLACEMENTS

Holy Cross Germantown Hospital
Thursday, July 13, 6:30 to 7:30 p.m.

Return to a full and active life by learning more about the risks and benefits of various treatment options for joint tears and fractures, including joint replacement. Panelists include: orthopedists Douglas Murphy, MD, and Gabriel Petruccelli, MD. Bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. Light refreshments will be served.

FREE

To find a physician or surgeon at Holy Cross Hospital or Holy Cross Germantown Hospital, visit HolyCrossHealth.org or call 301-754-8800.

COMPREHENSIVE JOINT CARE

A resident of Asbury Methodist Village in Gaithersburg, Susannah describes her experience through planning, joint replacement and recovery from both operations as seamless. She is particularly grateful for the fact that her primary care physician, Yelena Melyakova, MD, at Holy Cross Health Partners at Asbury Methodist Village, was in communication throughout with Dr. Murphy in an effortless continuum of care.

“Our comprehensive, multi-disciplinary approach to care guides the patient from planning through recovery,” says Zohair Alam, MD, medical director, Joint Center, Holy Cross Hospital.

Rehabilitation, exercise classes, home health services, and health and wellness programs round out Holy Cross Health’s commitment to long-term joint health.

Susannah is still recovering from her second replacement—and says she is taking her rehabilitation, literally, one step at a time.

“I know my body, and I have complete confidence in Dr. Murphy and my physical therapists at Asbury. This isn’t my first rodeo,” she says. “I am going to keep doing what feels right, and I will get there.”

► **Holy Cross Hospital and Holy Cross Germantown Hospital follow the same evidence-based care for joint repair and replacement. Holy Cross Hospital has earned The Joint Commission’s Gold Seal of Approval® for Hip and Knee Replacement, and recognition as a Blue Distinction® Center+ by Blue Cross Blue Shield.**



“I am grateful that my primary care physician and surgeon, who are both with Holy Cross, worked together seamlessly to care for me during my joint replacement journey,” says former dancer, Susannah Newman.



YOUR HEALTH COVERED

FROM PREVENTION TO SURGERY

Finding the courage to talk about difficult health matters is never easy, but it may improve your quality of life for years to come. Sometimes the solution is as easy as participating in one of Holy Cross Health's more than 50 different types of health and wellness classes, health screenings, lectures or chronic disease prevention or management programs.

Other times, it may require a more serious approach, such as surgery.

For years, Holy Cross Hospital and Holy Cross Germantown Hospital have provided expert surgical services for a host of conditions, including orthopedic, gynecologic, urologic, neurologic, cancer and others. More recently, experienced surgeons at Holy Cross

Germantown Hospital are using advanced technology and techniques to treat disorders affecting the abdomen, prostate, colon and rectum.

REPAIRING COMPLEX HERNIAS

Hernias can lead to a noticeable bulge in the abdominal area, along with pain and discomfort. "Hernias affect people in different ways, but complex hernias are often long-standing issues that impact your functionality and quality of life," says Stephen McKenna, MD, General Surgery.

"Holy Cross Germantown Hospital's team of specialists is able to treat patients with hernias ranging from the simple to the very complex—even after prior surgeries have failed," explains George Conrad, MD, General Surgery.

Our care team of clinical and support professionals collaborate to provide comprehensive care to patients needing hernia treatment. "General surgeons and plastic surgeons may work together during surgery to address large, complex hernias," says Ali Al-Attar, MD, Plastic Surgery. The muscles of the abdomen are mobilized to allow the hernia to be closed. "If excess skin is present, it may be removed during the repair surgery as well," adds Alex Sailon, MD, Plastic Surgeon.

◀ *The first robotic prostatectomy at Holy Cross Germantown Hospital gets Vance Perkins of Annapolis back to his active lifestyle.*



Stephen McKenna, MD



George Conrad, MD



Ali Al-Attar, MD



Alex Sailon, MD



HEALING COLON AND RECTAL DISEASES

Habitual heartburn, indigestion, bloating or constipation that interferes with your daily activities is cause for concern. More severe symptoms like rectal bleeding, severe pain in the digestive tract, and changes in bowel habits, stool color or consistency are cause for further alarm. A conversation with your doctor can lead to a better quality of life or even save your life.

“Physicians at Holy Cross Germantown Hospital and Holy Cross Hospital have specialty training in the diagnosis and treatment of gastrointestinal conditions,” explains Rami Makhoul, MD, colon and rectal surgeon. “In critical cases where surgery is required, both hospitals are equipped with the latest technology—and our team has advanced training in the newest methods and procedures such as minimally invasive robotic and endoscopic microsurgery for treating colon and rectal disease and disorders.”



Rami Makhoul, MD

TREATING PROSTATE CANCER

A prostate cancer diagnosis comes with many fears. For Vance Perkins, one of his top concerns was maintaining an active lifestyle. “I work out daily with my 17-year-old son, and coach my 7-year-old son’s

football and lacrosse teams,” says Vance. “I didn’t want to be incontinent and I wanted a healthy adult life.”

“For Vance, surgery was his best option to remove all the cancer in its entirety,” explains Roy Joseph, MD, Urology. Dr. Joseph performed Vance’s procedure using the *da Vinci*® Surgical System, the first robotic prostatectomy performed at Holy Cross Germantown Hospital, expanding the hospital’s surgical offerings. “The robot helps with earlier recovery and less pain and bleeding,” explains Dr. Joseph.



Roy Joseph, MD

RECOVERING IN COMFORT

Many surgical procedures are done on an outpatient basis, allowing you to return home the very same day. If you do require a hospital stay, Holy Cross Hospital and Holy Cross Germantown Hospital offer private patient rooms, around-the-clock visiting hours, room-service-style meal delivery, free Internet access, cable television and a sleeper sofa to accommodate overnight guests.

To take a virtual tour of Holy Cross Germantown Hospital’s surgical services, visit HolyCrossHealth.org/HCGHSurgery.

To find a surgeon at Holy Cross Hospital or Holy Cross Germantown Hospital, visit HolyCrossHealth.org or call 301-754-8800.

ASK THE DOCTORS EVENTS

FREE

Holy Cross Germantown Hospital
19801 Observation Drive
Germantown, MD 20876

HELP FOR HERNIAS

Thursday, May 18
6:30 to 7:30 p.m.

Get the facts on hernia pain, types of hernias, symptoms, treatment preferences and surgical options. Panelists include general surgeons George Conrad, MD, and Stephen McKenna, MD; and Alex Sailon, MD, Plastic Surgery.

NAVIGATING UROLOGIC AND GYNECOLOGIC HEALTH ISSUES

Thursday, June 29
6:30 to 7:30 p.m.

A panel of women’s health experts discusses issues that may be impacting your quality of life, such as fibroids, abnormal bleeding, incontinence, vaginal prolapse and other gynecologic or pelvic health concerns. Panelists include James Barter, MD, Gynecologic Oncology, and Shobha Sikka, MD, Obstetrics and Gynecology.

IMPROVING YOUR DIGESTIVE HEALTH

Thursday, August 17
6:30 to 7:30 p.m.

Hear from Faisal Bhinder, MD, Gastroenterology, about issues that may be impacting your quality of life, such as heartburn, indigestion, bloating and constipation, as well as the latest advancements in the diagnosis and treatment for conditions and diseases affecting the gastrointestinal tract and organs in the abdomen.

Bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. Light refreshments will be served. To register, visit HolyCrossHealth.org/AskTheDoctors or call 301-754-8800.

HIGH-QUALITY CARE FOR ROSA AND HER BABY

The phrase, "Where Care Meets Commitment" embodies Holy Cross Health's longstanding commitment to ensuring that all community members have access to high-quality health care services.

Two of these community members are Rosa Pineda and her daughter Ana Sophia—the happy and healthy outcome of months of prenatal care Rosa received at the OB/GYN clinic at Holy Cross Germantown Hospital. The clinic, as well as the OB/GYN clinic at Holy Cross Hospital, provides high-quality maternity services, including prenatal care, the baby's delivery and follow-up care, to uninsured women such as Rosa.

"As soon as I learned I could get free prenatal care from a Holy Cross OB/GYN clinic, I signed up," says Rosa. "I knew it was important for my baby's development and for my own health. I received excellent medical attention."

This is just the beginning of Holy Cross Health's commitment to Rosa's family. Today, Ana Sophia and her siblings receive care at the Holy Cross Health Center in Germantown, which provides pediatric and family services as well as care for adults.

Rosa Pineda and her daughter Ana Sophia



..... HOLY CROSS HEALTH CONTRIBUTED

\$59 Million in Community Benefit*

..... INCLUDING

\$11 million in mission-driven health care services



..... RESULTING IN

125,410 encounters with community members including our Maternity Partnership Program with the Montgomery County Department of Health and Human Services, which provides maternity services to patients regardless of their ability to pay

..... AT OUR

OB/GYN CLINICS

at Holy Cross Hospital and Holy Cross Germantown Hospital, which see more than **80** new patients every week, like **Rosa!**

*Fiscal 2016 statistics



To learn more about Holy Cross Health and all of the ways we are caring for our community's most vulnerable members, download the *2016 Community Report: Where Care Meets Commitment* at HolyCrossHealth.org.

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**, Holy Cross Health Conference Center
1500 Forest Glen Rd., Silver Spring. For parking information and fees, 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 FREE

ADDRESSING STIGMAS & DISPARITIES IN BEHAVIORAL HEALTH CARE

Wednesday, May 24 / 6:30 to 8:00 p.m. / Location: ◆

Positive emotional and behavioral well-being can improve health outcomes and reduce your risk of diabetes, cardiovascular disease and obesity. This informative lecture will break down misperceptions, discuss early identification, and access to services—all to promote a healthy lifestyle.

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, June 5, 12, 19 & 26 or July 10, 17, 24 & Aug. 7
1 to 4 p.m. / Location: ■
or 6:30 to 9:30 p.m. / Location: ▲

A four-week class series taught by a registered nurse to help you self-manage diabetes on a daily basis. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

JOINT REPLACEMENT CLASS FREE

Mondays, May 1 & 15, June 5 & 19, July 3 & 17, Aug. 7 & 21
2 to 4 p.m. / Location: ★
Wednesdays, May 17 & 31,
June 14, Aug. 2 & 16
11 a.m. to Noon / 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.

Disease Prevention

Holy Cross Health also promotes healthy choices throughout our community through our programs and services designed to fight obesity and by advocating for stronger tobacco policies. To learn more, visit HolyCrossHealth.org.

FITNESS & MOVEMENT

BABY BOOMER BOOGIE

Thursdays, June 8 - July 27 / 9 to 10 a.m.
Location: Margaret Schweinhaut Senior Center
1000 Forest Glen Rd., Silver Spring, MD 20901
8-week session: \$40

This high-energy, creative cardio workout combines basic dance steps and diverse musical styles to leave you feeling energized.

BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

Tuesdays, May 23 - June 27,
July 11 - Aug. 15 or Aug. 22 -
Sept. 26 / 6:30 to 7:30 p.m.
Location: ▲
6-week session: \$70

Learn the social style of ballroom dancing in a friendly, fun and supportive atmosphere. Enjoy a gentle, varied cardiovascular workout. Couples and singles welcome.



For Ask the Doctors events at Holy Cross Germantown Hospital, see pages 4 and 7.

BUILDING RESILIENCE NEW

**Sundays, May 14 - June 18 or
June 25 - Aug. 13 (no class July 9)
3:15 to 4:15 p.m. / Location: ▲**

6-week session: \$70; 7-week session: \$80

Learn how to use breathing, meditation, healing foods and gratitude practices to build your resilience for better health. Enjoy a positive coaching environment and the accountability of a group for sustainable results.

GENTLE YOGA

**Thursdays, May 11 - June 15 or
June 22 - Aug. 17 (no class July 13)
6 to 7:15 p.m. / Location: ▲**

6-week session: \$70; 8-week session: \$90

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

INTEGRATIVE HEALTH WORKSHOP FREE

**Saturday, July 1 / 9 a.m. to Noon
Location: ▲**

Integrative health focuses on the whole person and solidifies the relationship between health care providers and patients. It is informed by evidence and incorporates therapeutic approaches and teaching to help achieve optimal health and healing. This workshop includes sessions on food for resilience, restorative yoga, tips for being a health care advocate and care for caregivers.



PILATES

**Wednesdays, May 24 - June 21
6:30 to 7:15 p.m. / Location: ▲
5-week session: \$60**

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

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 and for a class schedule and locations.

SWEET DREAMS, SLEEP MATTERS

**Sundays, May 14 - June 18 or
June 25 - Aug. 13 (no class July 9)
6 to 7 p.m. / Location: ▲**

6-week session: \$70; 7-week session: \$80

iRest® Yoga Nidra is a guided meditation practice to reduce stress and anxiety to help improve sleep. Includes gentle stretching.

YOGA FOR WOMEN

**Sundays, May 14 - June 18 or
June 25 - Aug. 13 (no class July 9)
4:30 to 5:45 p.m. / Location: ▲**

6-week session: \$70; 7-week session: \$80

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

YOGA I

**Thursdays, May 11 - June 15 or
June 22 - Aug. 17 (no class July 13)
9 to 10:15 a.m. / Location: ▲**

6-week session: \$70; 8-week session: \$90

**Mondays, May 15 - June 19 or
June 26 - Aug. 14 (no class July 10)
6:15 to 7:30 p.m. / Location: ▲**

6-week session: \$70; 7-week session: \$80

This physically active, meditative experience develops flexibility and strength.

YOGA II

**Thursdays, May 11 - June 15 or
June 22 - Aug. 17 (no class July 13)
7:30 to 8:45 p.m. / Location: ▲**

6-week session: \$70; 8-week session: \$90

For continuing yoga students who have taken Yoga I.



ZUMBA

**Wednesdays, May 24 - June 21
5:30 to 6:30 p.m. / Location: ▲
5-week session: \$60**

A professional dancer and choreographer leads this low-impact, Latin dance-based aerobic class.

EDUCATION & SCREENING

MATTER OF BALANCE FREE

**Wednesdays, May 10 - June 28
10 a.m. to Noon / Location: ◆
Tuesdays, June 13 - Aug. 8
10 a.m. to Noon / Location: ■**

Are you worried about falls or near-falls? Learn how to reduce your risk for falls and increase strength and balance in this eight-class series.

MEDICATION REVIEW FREE

**Friday, April 28, May 26, June 30,
July 28 or Aug. 25
(registration not required)**

**Noon to 1 p.m. / Location: ◆
Wednesday, June 7 or Aug. 2
(by appointment only)
10 a.m. to 2 p.m. Location: ■**

Bring in your medications and consult a Holy Cross Health pharmacist about drug interactions, proper dosing and side effects.

Childbirth, Parenting & Education

BABY CARE INSTRUCTIONS

Saturday, May 13 / 9:30 a.m. to 3 p.m.

Location: ♦ / \$60 per couple

Learn the basics of caring for your newborn with hands-on practice and other practical information.

BREASTFEEDING: GETTING STARTED

Wednesday, June 14 / 6 to 9 p.m.

Location: ♦ / \$30 per couple

Get off to a great start in nourishing your baby. Topics include affirming the benefits, how breastfeeding works, latching on, positioning and signs that baby is getting enough. Partner encouraged to attend.

COMFORT MEASURES FOR LABOR

Sunday, June 18

9:30 a.m. to 12:30 p.m. / Location: ♦

\$40 per couple

Learn and practice non-medical methods to cope with labor, including relaxation positioning, breathing techniques, massage and other comfort techniques.

MORE CHILDBIRTH AND PARENTING CLASSES

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 complete list of classes, visit HolyCrossHealth.org.



FERTILITY CARE

INTRODUCTORY LECTURE **FREE**

Tuesday, June 6 / 7 to 9 p.m.

Location: ♦

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 6
9 a.m. to 12:30 p.m. / \$50
- **Heartsaver: Adult CPR**
(AED training)
Monday, June 5
5:30 to 9:30 p.m. / \$60
- **Heartsaver: Adult/Infant/Child CPR**
(AED training)
Saturday, May 20 or June 10
9 a.m. to 2 p.m. / \$70
Location: ▲

GIRL TALK

Saturday, June 3 / 1 to 3 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.

INFANT CPR & SAFETY

Wednesday, May 17 / 6 to 9 p.m.

Thursday, May 25 / 6 to 9 p.m.

Saturday, June 3 / 9:30 a.m. to 12:30 p.m.

Wednesday, June 21 / 6 to 9 p.m.

Location: ♦ / \$30 per person

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

SAFE SITTER

Sunday, May 7

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.

SUPPORT GROUPS

Holy Cross Health hosts a variety of FREE support groups. For a complete list, call 301-754-8800 or visit HolyCrossHealth.org/Support.

SUPPORT FOR CAREGIVERS

HOW TO ADVOCATE IN A HOSPITAL SETTING

Tuesday, May 23 / 10:30 a.m. to Noon

Join us for a presentation by Bonnie Friedman, author of *Hospital Warrior*.

GROUPS FOR ADULT CHILDREN

Mondays, 6 to 8 p.m.

Tuesdays, 3 to 4:30 p.m.

Thursdays, 10 to 11:30 a.m.

GROUPS FOR SPOUSES

Wednesdays, 10 to 11:30 a.m.

Thursdays, 3 to 4:30 p.m.

Fridays, 10 to 11:30 a.m.

GROUP FOR CAREGIVERS OF ADULTS

1st & 3rd Thursdays, 2 to 3:30 p.m.

Gaithersburg Senior Center, 80-A

Bureau Dr., Gaithersburg

TELEPHONE SUPPORT GROUP FOR SPOUSES AND ADULT CHILDREN

Tuesdays, 6 to 7:30 p.m.

Call 301-754-7152 in advance to obtain access numbers for the conference call.

Unless otherwise noted, all groups are held in the Holy Cross Caregiver Resource Center, Room 12, 9805 Dameron Dr., Silver Spring. For more information, call Sister Kathy Weber at 301-754-7152.

For more information, including programs for caregivers, visit HolyCrossHealth.org/CaregiverSupport.

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

Norvell V. Coots, MD / 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

Gustavo's *Spirit of Giving*

Gustavo Matheus has a profound respect for health care. His father was an internal medicine physician on staff at Holy Cross Hospital and his two nieces were born there.

"Holy Cross Health provides world-class care right here in our community," he says. "Holy Cross is a leader in health care, attracting top-tier medical professionals, investing in the latest technology and bringing a strong commitment to excellence in nursing care."

Gustavo is an attorney who has practiced health care law for the past 20 years in Rockville, and his firm is a corporate contributor to the Holy Cross Health Foundation.

"My law firm recognizes and supports the value of the high-quality care Holy Cross Health provides to our community," he says. "Holy Cross is part of the fabric of Montgomery County."

To honor generous supporters, like Gustavo and his firm, the Holy Cross Health Foundation has established the Holy Cross Health Giving Societies. These societies celebrate the cumulative, life-time philanthropy of our supporters, encompassing all levels of giving. These funds support initiatives that meet the health and wellness needs of our community, and increase access to high-quality and compassionate care for all.

To make your first gift or to renew your support, visit Giving.HolyCrossHealth.org or call 301-557-GIVE (4483).

"I'm proud to support the work of Holy Cross Health and their mission to provide health care for all people in our community, regardless of their ability to pay," says Gustavo Matheus.



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. Personal health problems should be brought to the attention of the appropriate health professionals. To be added or removed from this mailing list, call 301-754-7712. Submit your comments to Nancy Graham, editor, at grahan@holycrosshealth.org.

HC HOLY CROSS
HOSPITAL

HC HOLY CROSS
GERMANTOWN
HOSPITAL