

HOLY CROSS HEALTH

WINTER 2018



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life again after robotic
gynecologic surgery

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YOUR HEALTH

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

Once again, national rankings recognize Holy Cross Hospital for delivering high-quality care. Of the nearly 5,000 hospitals that *U.S. News & World Report* evaluated for its 2017-2018 Best Hospitals, Holy Cross Hospital was among only 10 percent to earn the status of a best regional hospital.

Holy Cross Hospital tied for the highest ranking of any hospital in Montgomery County, Md.; ranked eighth (tied) out of 56 hospitals in the Washington, D.C., area; and ranked 11th (tied) out of nearly 70 hospitals in Maryland.

Holy Cross Hospital also received distinction as high-performing in three adult procedures/conditions categories, including heart failure, chronic obstructive pulmonary disease and colon cancer surgery.

For more information on Holy Cross Health recognition, visit [HolyCross Health.org/Awards](http://HolyCrossHealth.org/Awards).



BLUE TIE BALL BENEFITS NEUROSCIENCE PROGRAM

The 2017 Holy Cross Health Blue Tie Ball, which was held on October 14, raised more than \$375,000 to help Holy Cross Health remain at the forefront of neuroscience by investing in new services and technologies to lead our region and transform the lives of people in our community. Shown here are grateful patient Grant Geisler (left) with Zachary Levine, MD, medical director, Neurosurgery and Neuroscience, Holy Cross Health. Dr. Levine performed Deep Brain Stimulation surgery to install a pacemaker-like device in Grant's brain to relieve symptoms from dystonia, a disorder that causes involuntary muscle contractions. Today, Grant is back to playing the sports he enjoys. To learn more about our Neuroscience Program and how you can make a tax-deductible donation, visit HolyCrossHealth.org/Foundation.



HOLY CROSS HOSPITAL CANCER SERVICES RECEIVE HONORS

Two reaccreditations assure cancer patients they can count on Holy Cross Health's comprehensive care.

CANCER INSTITUTE

Holy Cross Hospital's Cancer Institute has earned full reaccreditation from the Commission on Cancer (CoC), a quality program of the American College of Surgeons.

The CoC recognizes cancer care programs for their commitment to providing comprehensive, high-quality and multidisciplinary patient-centered care. Holy Cross Hospital has been accredited by the CoC since 2000.

For more information about Holy Cross Health's award-winning cancer services, call 855-HCH-HOPE (424-4673) or visit [HolyCrossHealth.org/Cancer](https://www.HolyCrossHealth.org/Cancer).



BREAST CENTER

The Holy Cross Hospital Breast Center, the first center in Montgomery or Prince George's County to be accredited in 2011, was granted its third three-year reaccreditation by the National Accreditation Program for Breast Centers (NAPBC), which is administered by the American College of Surgeons. Accreditation by the NAPBC is only given to centers that have voluntarily committed to provide the highest level of quality breast care and have undergone a rigorous evaluation process.

For more information about Holy Cross Health's advanced breast care through highly trained specialists and state-of-the art technology, visit [HolyCrossHealth.org/BreastCenter](https://www.HolyCrossHealth.org/BreastCenter).

PRESIDENT AND CEO, HOLY CROSS HEALTH

A MESSAGE FROM NORVELL V. COOTS, MD

At Holy Cross Health, we recognize that each person has his or her own path to good health. We are happy to join you on that path, whether caring for a patient with a serious health challenge at one of our hospitals, at a primary or specialty care site, or simply helping you lead a healthier life through a community-based wellness program.



Norvell V. Coots, MD

We live in a fast-paced, progressive area, and Holy Cross Health is advancing as a forward-thinking health system committed to helping our community members address their individual needs and goals to achieve a better quality of life. The promise we make to everyone we meet is that we'll help you move your life ahead.

In this issue of our magazine, I am pleased to share accolades for our cancer and neuroscience programs—where we are innovating and investing to meet your needs. The lesson of always being present with community education and responsive services is one Holy Cross focuses on to meet and support patients like Cantor Redfern, whose story is on the following pages.

All of this proactivity is delivered with a spirit of inclusivity and service, rooted in our mission and values that go back more than 50 years. Thank you for trusting Holy Cross Health with your health care needs. I look forward to meeting you on the path.



CANTOR REDFERN IS SINGING THE PRAISES OF HIS EXPERT STROKE TEAM



Shahid Rafiq, MD



Zachary Levine, MD

“When this happened I couldn’t talk, let alone sing,” says Elwin Redfern, a cantor who sings liturgical music and leads prayer at his synagogue. Shown here with his wife Roberta, he adds, “I’m so thankful to be back doing what I love.”

Elwin Redfern was showering one morning when he collapsed and could not move his right side or call out for help. Luckily, his wife Roberta heard the fall and immediately called 911. First responders recognized the signs of stroke and brought him directly to Holy Cross Hospital, for expert diagnosis and treatment at one of the region’s most comprehensive primary stroke programs.

Fast, innovative stroke care begins in the Emergency Center at both Holy Cross Hospital and Holy Cross Germantown Hospital by alerting the stroke activation team. This group of specialists—including emergency room staff, stroke physicians, neuroradiologists, nurses and nurse practitioners, intensive care specialists and laboratory technologists—responds to every stroke emergency, 24 hours a day, seven days a week.

“It was really, in many ways, a miracle from heaven,” says the 64-year-old cantor, of the care he received.

Holy Cross Hospital has achieved Gold Plus recognition and Holy Cross Germantown Hospital has achieved Silver Plus recognition in the American Heart Association's/American Stroke Association's Get with the Guidelines®—Stroke Program for 2017. The awards recognize Holy Cross Health's commitment and success in improving stroke care by adherence to the latest evidence-based treatment guidelines.



“A fast, accurate diagnosis and rapid treatment can minimize the negative effects of stroke and greatly improve patient outcomes for our community members,” explains Shahid Rafiq, MD, medical director, Neurology and Stroke, Holy Cross Health.

Because Elwin was able to get to the hospital and was diagnosed quickly, his doctors were able to give him tPA (tissue plasminogen activator) therapy, a “clot-busting” drug that restores blood flow and may stop an ischemic stroke, thus reducing its disabling effects. tPA can be delivered to patients who meet certain criteria within a three to four-and-a-half hour window from the start of a stroke.

While in the Emergency Center, Elwin had a MRI/MRA, which revealed a stroke and that a segment of his carotid artery on the left side of his neck was 95 percent blocked. To open blood flow to Elwin's brain, a neuro-interventionalist performed an innovative, less invasive endovascular procedure—entering through an artery in his groin—to reach the blockage and place a stent to repair it.

COMPREHENSIVE STROKE CARE

Elwin was walking the day after his stroke and received five days of comprehensive inpatient rehabilitation services including speech, occupational and physical therapy before continuing his recovery at an acute care rehabilitation facility, like Sanctuary at Holy Cross.

Patients like Elwin who are at risk for or suffer a stroke can benefit from Holy Cross Health's preventive medicine, community health services, support groups, rehabilitation, education and coordinated follow-up care to help stay on the path to better health.

NEUROSCIENCE EXPERTISE

This kind of multidisciplinary treatment is not unusual at Holy Cross Health. “Our Neuroscience Program includes specialists in neurology, neurosurgery, neuroradiology and interventional neuroradiology who work together to plan the best possible, minimally invasive treatment for patients facing neurologic diseases, such as stroke, epilepsy, spinal problems, Parkinson's disease and others,”

says Zachary Levine, MD, medical director, Neurosurgery and Neuroscience, Holy Cross Health.

Three months after his stroke, as part of his follow-up treatment, Elwin received a second stent to open another section of his left carotid artery that was constricted.

“The care was absolutely superb,” says Roberta. “Every person was so kind and knowledgeable—and the professionalism was amazing. Elwin was even singing to the staff before he left.”

BE FAST

Be Fast* is a simple way to remember the signs and symptoms of stroke.

BALANCE Is there a sudden loss of balance or coordination?

EYES Is there a sudden change in vision?

FACE Does the face look uneven?

ARMS Is one arm weak or numb?

SPEECH Is speech slurred or strange?

TIME If you observe any of these signs, call 911 immediately!

*Be Fast was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Health Care.



For more information about our new Stroke Support Group at Holy Cross Germantown Hospital, visit HolyCrossHealth.org/Support.

WENDY IS ENJOYING LIFE AGAIN AFTER ROBOTIC SURGERY



In 2016, Wendy Gao and her family traveled 9,000 miles from New Zealand to resettle in the United States. Her husband Patrick was busy traveling for his new job and her daughter was adjusting well to high school and thinking ahead to college. But Wendy faced a troubling medical crisis that tested her natural resilience and optimism.

“I was impressed with my care at Holy Cross Germantown Hospital. Everything was so organized and the whole process went like clockwork,” says Wendy, shown here with her husband Patrick.

The 49-year-old Shanghai native—herself a trained physician—had been experiencing pain in her abdomen for months. The pain raised concerns in her primary care physician who ordered a sonogram, which revealed ovarian growths.

That’s when Wendy’s doctor referred her to James Barter, MD, medical director, Gynecologic Oncology Research, Holy Cross

Health—a research clinician with specialized training in the diagnosis and treatment of gynecologic cancers.

“Dr. B,” as Wendy affectionately calls him, ran some additional tests and recommended surgery to remove the growths, which is the only definitive way to determine if the growths are cancerous, precancerous or benign.

While no one likes the prospect of an operation, Dr. Barter had some

good news for Wendy. Her procedure would be performed using a minimally invasive technique that features sophisticated robotic technology. And she could have her surgery close to home at Holy Cross Germantown Hospital.

REVOLUTIONARY ANATOMICAL ACCESS

“The robotic surgery program at Holy Cross Health continues to pioneer minimally invasive surgery advancements as part of its ongoing commitment to innovation and high-quality care,” explains Dr. Barter.

“Holy Cross Hospital was the first hospital in Montgomery County to offer robotic surgery



James Barter, MD

in 2008, and now Holy Cross Germantown Hospital has acquired the *da Vinci Xi*® Surgical System, the latest in robotic technology.”

Robotic surgery allows surgeons to perform more complex and intricate procedures with faster recovery times for patients.

NATIONALLY RECOGNIZED EXPERTISE

Holy Cross Health is a regional leader in the treatment of medical problems requiring gynecologic surgery. Our gynecology experts, including gynecologic oncologists, urogynecologists and gynecologic surgeons, are innovators in gynecologic surgical procedures.

In fact, our specialists perform more gynecologic and gynecologic

oncology inpatient surgeries each year in Maryland than any other health system or hospital. Holy Cross Hospital’s gynecologic surgery program is designated as a Center of Excellence in Minimally Invasive Gynecology™ by the American Association of Gynecologic Laparoscopists and the Surgical Review Corporation. Additionally, the Holy Cross Cancer Research Program provides access to clinical trials, offering state-of-the-art, innovative medical treatments.

IN AND OUT IN ONE DAY

For Wendy, robotic surgery was ideal. She was admitted to the hospital early one morning in June—and released that same afternoon.

“Her procedure took just one hour,” Dr. Barter explains. “I removed cysts from each ovary, as well as both fallopian tubes. Through the greater precision achieved through robotic surgery, I was able to preserve a good deal of her ovaries.” The best news? The growths were benign.

“Apart from a little pain the first couple of days, I resumed life as usual within a week,” says Wendy, who now is happily building her new life in her adopted country—including weekly yoga classes with her daughter.

EXTENSIVE WOMEN’S SERVICES

In addition to comprehensive gynecologic care, Holy Cross Health provides advanced medical expertise and research to meet a wide spectrum of women’s life-long health care needs including pelvic, breast, obstetrics and more. We also offer a full complement of health and wellness classes, and support groups.

FREE



Holy Cross Germantown Hospital
19801 Observation Drive
Germantown, MD 20876

NAVIGATING UROLOGIC AND GYNECOLOGIC HEALTH ISSUES

Thursday, Jan. 18 / 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; Adam Footer, MD, Obstetrics & Gynecology; Rami Makhoul, MD, Colon Rectal Surgery; Aliya Poshni, MD, Obstetrics & Gynecology; and Kathleen Sterling, MD, Urology.

BREAST HEALTH AND DISEASE

Thursday, April 26 / 6:30 to 7:30 p.m.

Learn about mammography recommendations, the latest breast cancer treatments and reconstructive surgery. Panelists include: Ali Al-Attar, MD, Plastic Surgery; Christopher Boyd, MD, General Surgery; Anu Gupta, MD, Radiation Oncology; Ram Trehan, MD, Oncology; and Mary McCarthy, nurse navigator, Oncology Services.

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.

For additional Ask the Doctors events at Holy Cross Germantown Hospital, see page 9.



For more information about our comprehensive care for women at every stage of life, visit HolyCrossHealth.org/Womens-Health.

TAKE TIME



FOR YOUR HEALTH

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

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, Jan. 8, 22, 29 & Feb. 5; Feb. 26, March 5, 12 & 19; or April 23, 30, May 7 & 14 / 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, Jan. 8 & 15, Feb. 5 & 19, March 5 & 19, April 2 & 16 2 to 4 p.m. / Location: ★

Wednesdays, Jan. 16 & 30, Feb. 13 & 27, March 13 & 27, April 10 & 24 / 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.



Sheila Langston is **Managing Her Chronic Illness** ▶

"The Living Well: A Chronic Disease Self-Management Program helped me realize that supporting my chronic illness wasn't just about seeing doctors. It was about my lifestyle—eating well, exercising and maintaining my strong mental health."

ASK THE DOCTORS EVENTS

JOINTS: REPAIRS AND REPLACEMENTS

FREE

Thursday, Feb. 22 / 6:30 to 7:30 p.m.

Location: ◆

Learn about the risks and benefits of various treatment options for joint pain, including joint replacement. Panelists include: orthopedists Ricardo Cook, MD; Korboi Evans, MD; Christopher Farrell, MD; and Gabriel Petrucci, MD.

IMPROVING YOUR DIGESTIVE HEALTH

Thursday, March 22 / 6:30 to 7:30 p.m.

Location: ◆

A panel of experts discusses the latest advancements in the diagnosis and treatment of conditions and diseases affecting the gastrointestinal tract such as heartburn, indigestion, bloating, constipation and more. Panelists include: Halim Charbel, MD, Gastroenterology, and Rami Makhoul, MD, Colon Rectal Surgery.

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.

For additional Ask the Doctors events, see page 7.

SPECIAL EVENTS

FREE

NATIONAL HEALTH AWARENESS EVENTS

Wednesdays, 11 a.m. to 1 p.m. / Location: ★ (Cafeteria)

The Health Equity, Healthy Behaviors department provides health awareness information/resources on the topics below. Blood pressure screenings will be available at each date.

- Jan. 17: Cervical Cancer
- March 14: Colorectal Cancer
- Feb. 14: Heart Health
- April 18: Minority Health

JUST FOR THE HEALTH OF IT, YOU CAN'T BEAT A HEALTHY HEART

Saturday, Feb. 3 / 9 a.m. to 1 p.m. / Location: ★

Saturday, Feb. 24 / 9 a.m. to 1 p.m. / Location: ◆

Celebrate Heart Health Month by participating in a morning filled with health information, fun activities, free health screenings and more, all to reduce the risk of developing heart disease. Light refreshments provided. The first 50 participants dressed in red receive a free gift.

WITH A HEALTHY HEART, THE BEAT GOES ON

Tuesday, Feb. 6 / 6:30 to 8 p.m. / Location: ★

Tuesday, Feb. 27 / 6:30 to 8 p.m. / Location: ◆

High blood pressure can often be improved or even reversed with diet and lifestyle changes. Bring a friend and learn about the power of a healthy heart.

HEALTHY YOU CHALLENGE

Thursdays, March 15, 22, 29 & April 5, 12, 19
6:30 to 8:30 p.m. / Location: ★

Join us for this six-part series to learn more about staying healthy and active, nurturing your spirit, reducing stress, and maintaining healthy relationships, all to improve health outcomes. Pre- and post-measurements will be taken to determine body changes, with a celebration at the conclusion for accepting this challenge to become a healthier you. Registration required.

BREASTFEEDING BEYOND THE EARLY WEEKS

Sunday, April 22 / 1 to 3 p.m. / Location: ◆

Are you interested in breastfeeding but wondering how to manage beyond the early days? With a little planning, you can do it! Our workshop for parents and parents-to-be also features exhibitors, refreshments and giveaways. Registration required.

Disease Prevention

FITNESS & MOVEMENT

BABY BOOMER BOOGIE II

Thursdays, Jan. 11 - March 15 / 9 to 10 a.m.

Location: Margaret Schweinhaut Senior Center
1000 Forest Glen Rd., Silver Spring, MD 20901
10-week session: \$50

This high-energy, creative cardio workout combines basic dance steps and diverse musical styles to leave you feeling energized. (Prior experience with Baby Boomer Boogie or cardio dance recommended).

BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

Tuesdays, Jan. 2 - Feb. 6; Feb. 13 - March 20; or
March 27 - May 8 (no class April 17) / 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.

BUILDING RESILIENCE

Sundays, Jan. 7 - Feb. 11; Feb. 18 - March 25 (no class Feb. 25);
or April 8 - May 13 / 3:15 to 4:15 p.m. / Location: ▲

5-week session: \$60; 6-week session: \$70

Got Stress? Learn how to use breathing, meditation, healing foods and gratitude practices to build resilience to manage life's challenges and support optimal health.

GENTLE YOGA

Thursdays, Jan. 4 - Feb. 8; Feb. 22 - March 29; or
April 5 - May 10 / 6 to 7:15 p.m. / Location: ▲

6-week session: \$70

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

PILATES

Wednesdays, Jan. 24 - Feb. 28; March 14 - April 18; or
April 25 - May 30 / 6:30 to 7:15 p.m. / Location: ▲

6-week session: \$70

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 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, Jan. 7 - Feb. 11; Feb. 18 - March 25 (no class Feb. 25); or April 8 - May 13

6 to 7 p.m. / Location: ▲
5-week session: \$60; 6-week session: \$70

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

YOGA I

Mondays, Jan. 8 - Feb. 12; Feb. 19 - March 26; or April 9 - May 14
6:15 to 7:30 p.m. / Location: ▲

6-week session: \$70

Thursdays, Jan. 4 - Feb. 8; Feb. 22 - March 29; or April 5 - May 10
9 to 10:15 a.m. / Location: ▲

6-week session: \$70

This physically active, meditative experience develops flexibility and strength.

YOGA II

Mondays, Jan. 8 - Feb. 12; Feb. 19 - March 26; or April 9 - May 14
7:45 to 9 p.m. / Location: ▲

Thursdays, Jan. 4 - Feb. 8; Feb. 22 - March 29; or April 5 - May 10
7:30 to 8:45 p.m. / Location: ▲

6-week session: \$70

For continuing yoga students who have taken Yoga I.

YOGA FOR BONE HEALTH

Mondays, Jan. 8 - Feb. 12; Feb. 19 - March 26; or April 9 - May 14
7:45 to 8:45 p.m. / Location: ▲

6-week session: \$70

Learn the latest research about food choices, specific exercises and behavior changes to improve bone density naturally.

Rick Ramirez is Preventing Diabetes ▶

"The Diabetes Prevention Program is helping me make lifestyle changes to put my health on the right track. When I make choices about what to eat, I remember what I learned in class. And, I'm exercising regularly."



YOGA FOR LOWER BACK PAIN

Thursdays, Jan. 4 - Feb. 8; Feb. 22 - March 29; or April 5 - May 10
10:30 to 11:30 a.m. / Location: ▲

6-week session: \$70

Learn specific postures to help relieve back pain from an experienced yoga therapist.

YOGA FOR WOMEN

Sundays, Jan. 7 - Feb. 11; Feb. 18 - March 25 (no class Feb. 25); or April 8 - May 13 / 4:30 to 5:45 p.m.

Location: ▲

5-week session: \$60; 6-week session: \$70

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

ZUMBA

Wednesdays, Jan. 24 - Feb. 28; March 14 - April 18; or April 25 - May 30 / 5:30 to 6:30 p.m.

Location: ▲ / 6-week session: \$70

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

EDUCATION & SCREENING

DIABETES PREVENTION PROGRAM

This year-long, comprehensive, lifestyle behavior modification program is for individuals at risk for developing type 2 diabetes. Designed for non-diabetic, overweight individuals age 18 years and older who have pre-diabetes and/or metabolic syndrome, the program includes group classes, telephone support and access to a lifestyle coach, free exercise classes and ongoing support after program completion. Call 301-557-1231 to see if you qualify. For more information, visit HolyCrossHealth.org/DiabetesPrevention.

DIABETES PREVENTION PROGRAM—SPANISH NEW

Saturdays starting Jan. 6
10:30 a.m to 12:30 p.m. / Location: ◆

This year-long, lifestyle modification program offers nutritional guidance, exercise sessions and support to help prevent or delay diabetes onset.

MATTER OF BALANCE **FREE**

Fraturdays, Feb. 9 - March 30
10 a.m. to Noon / Location: ■
Tuesdays, Jan. 9 - Feb. 27
1 to 3 p.m. / 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**

Wednesday, Feb. 21 or April 4
10 a.m. to 2 p.m. / Location: ■
Friday, Jan. 26, Feb. 23, March 30 or
April 27 / Noon to 1 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

A BABY, MAYBE? **FREE**

Thursday, Feb. 8 / 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.

BABY CARE INSTRUCTIONS

Tuesday, Jan. 30 & Wednesday, Jan. 31
6:30 to 9 p.m. / Location: ◆
Saturday, March 17
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 in this two-session or one-session class.

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, Feb. 27 or April 24
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, Jan. 6 or March 10
9 a.m. to 12:30 p.m. / \$50
- **Heartsaver: Adult CPR (AED training)**
Monday, Feb. 26 or April 9
5:30 to 9:30 p.m. / \$60
- **Heartsaver: Adult/Infant/Child CPR (AED training)**
Saturday, Jan. 13, Feb. 10, March 24
or April 21 / 9 a.m. to 2 p.m. / \$70
Location: ▲

GIRL TALK

Tuesday, Feb. 6
6:30 to 8:30 p.m.
Location: ◆
Thursday, April 19
6:30 to 8:30 p.m.
Location: ▲

\$20 per girl with accompanying adult

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

INFANT CPR & SAFETY

Thursday, Jan. 4 / 6:30 to 9:30 p.m.
Wednesday, Jan. 17 / 6 to 9 p.m.
Wednesday, Feb. 7 / 6:30 to 9:30 p.m.
Tuesday, Feb. 20 / 6 to 9 p.m.
Wednesday, March 14 / 6 to 9 p.m.
Saturday, March 24 / 9:30 a.m. to 12:30 p.m.
Wednesday, April 4 / 6 to 9 p.m.
Sunday, April 22 / 9:30 a.m. to 12:30 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, Feb. 25 or Saturday, April 28
9 a.m. to 4 p.m. / Location: ▲
\$70 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.



Desma Nesmith
is **Enjoying**
Motherhood ▶

"I was in a beautiful private maternity suite at Holy Cross Germantown Hospital and the care team was excellent."

Norvell V. Coots, MD / President and CEO, Holy Cross Health
Louis Damiano, MD / President, Holy Cross Hospital
Doug Ryder / President, Holy Cross Germantown Hospital
Annice Cody / President, Holy Cross Health Network

Holy Cross Health's integrated system of locations and services is providing high-quality, innovative health care that is moving life ahead for our entire community.

HOSPITALS

1. Holy Cross Hospital
2. Holy Cross Germantown Hospital

HEALTH CENTERS

3. Holy Cross Health Center in Aspen Hill
4. Holy Cross Health Center in Gaithersburg
5. Holy Cross Health Center in Germantown
6. Holy Cross Health Center in Silver Spring

PRIMARY CARE SITES

7. Holy Cross Health Partners in Kensington
8. Holy Cross Health Partners at Asbury Methodist Village, Gaithersburg

EDUCATION AND WELLNESS

9. Holy Cross Resource Center, Silver Spring
10. Holy Cross Senior Source, Silver Spring

SPECIALIZED RESOURCES

11. Holy Cross Dialysis Center at Woodmore
12. Holy Cross Home Care and Hospice (Trinity Home Health Services)
13. Holy Cross Radiation Treatment Center
14. Sanctuary at Holy Cross (Trinity Health Senior Communities)
15. The Blue Door Pharmacy in Partnership with Holy Cross Health

For addresses and phone numbers, visit HolyCrossHealth.org.



Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000

**Holy Cross
Germantown Hospital**
19801 Observation Drive
Germantown, MD 20876
301-557-6000

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