

HOLY CROSS HEALTH

FALL 2018

*How Being F.A.S.T.
During a Stroke
Saved Chris' Life | 8*

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HC HOLY CROSS
HEALTH

*Moving Life Ahead*SM

New & Noteworthy

Serving You as You Served Us: Military and Veterans Health



Holy Cross Health is proud to participate in Trinity Health's Military and Veterans Health Program to provide military service members, veterans and their families convenient access to high-quality, people-centered health care services that meet their specific needs.

Through the Military and Veterans Health Program, Holy Cross Health provides respectful and culturally competent health care services at Holy Cross Health Partners in Kensington, Holy Cross Germantown Hospital and Holy Cross Hospital.

Visit HolyCrossHealth.org/MilitaryHealth, for more information.

2018 Holy Cross Health Women's Health Ball

*Saturday,
September 29*

*Bethesda North
Marriott Hotel &
Conference Center*

Join us for a special evening benefiting the Holy Cross Health Women's Health Program, the region's leader in women's health services. Your support of this event helps to move lives ahead for women in

our community. For sponsorship information or to purchase tickets, contact Bethany Fox at 301-754-7133 or visit HolyCrossHealth.org/HealthBall.



A Great Place to Work, 19 Years in a Row

Holy Cross Health is proud to have again earned the Workplace Excellence Seal of Approval. We are the only health care provider in Maryland to receive this honor every year since 1999. More than 6,000 employees, physicians and volunteers work together to provide innovative, high-quality care throughout Holy Cross Health.

Holy Cross Health also won the Seal of Approval in the following areas: Health & Wellness initiatives to promote the well-being of all employees (11th year in a row); Eco Leadership for promoting environmentally sustainable workplaces (10th year in a row); and Diversity programs to ensure an ethnically rich team that reflects the community (seventh year in a row). In this year's new categories, Holy Cross Health was recognized for supporting Workers of All Abilities and Workers 50+.



The Medical Adult Day Center is Hosting an Open House

Come learn more about the Holy Cross Medical Adult Day Center at an open house on Wednesday, September 19, from 4 to 6 p.m. Staff will be on hand to answer questions and provide tours of the facility.

The Holy Cross Medical Adult Day Center provides a full scope of aging adult services, including medical, social, rehabilitative and recreational programs focused on compassion, quality of life, and safety. Health services are provided by a full-time geriatric registered nurse with expertise in caring for seniors with a variety of health issues.

To ensure that the Holy Cross Medical Adult Day Center is the right place for every person involved, potential participants may spend two days at the center, free of charge.

The Holy Cross Medical Adult Day Center is located at the Holy Cross Resource Center, 9805 Dameron Drive in Silver Spring. For more information, visit HolyCrossHealth.org/MADC or call 301-754-7150.

Celebrating 25 Years of Helping Faith Communities Transform Health

As the first of its kind in the Washington metropolitan area, the Holy Cross Faith Community Nurse Program has been supporting local faith communities since 1993.

The spiritually focused health promotion program equips faith communities to promote integrated care of the body, mind and spirit. The program provides consultation, mentoring and resources to support faith communities in the development of intentional, holistic health ministries.

Through the program's unique partnerships, nurse and non-nurse leaders of all faiths are able to offer their congregations and communities healing resources such as educational programs, preventive screenings, community referrals, and more.

To explore a health ministry in your faith community, email FCNprogram@holycrosshealth.org.

Leading Breastfeeding Support for Mothers and Babies

Holy Cross Hospital has again received the International Board Certified Lactation Consultant (IBCLC) Care Award in recognition of its lactation program for breastfeeding families.

The hospital also carries out activities that help protect, promote and support breastfeeding, reflecting the organization's commitment to best practices that nurture the bonding and well-being of mothers and their babies.

Holy Cross Hospital is the only hospital in Montgomery County to earn the 2018 IBCLC Care Award, a two-year recognition.

A Message from

Norvell V. Coots, MD

President and CEO, Holy Cross Health

When I joined Holy Cross Health just over two years ago, I did so because of Holy Cross' commitment and ability to reach the community with care—where, how and when they needed it most. I remain impressed with our colleagues, physicians, and partners who continue to advance care and innovate for the future to serve the entire community.

Nothing demonstrates this more clearly than the patient stories highlighted in this issue of our community magazine.

For Chris of Gaithersburg, fast, expert stroke care at Holy Cross Germantown Hospital resulted in him returning to everything he loved before his stroke. This type of advanced, neurological care is also available at Holy Cross Hospital. In fact, both of our hospitals are recognized as Primary Stroke Centers and are American Heart Association Gold certified.

When Alicia of Silver Spring received a cancer diagnosis, she was devastated. Holy Cross Health physicians eased her fears and performed cutting-edge robotic surgery. Then, her specialized care continued at the Holy Cross Radiation Treatment Center, and today, Alicia is cancer free.

For those, like Susan of Prince George's County, who want to be healthier, Holy Cross Health offers more than 70 low-cost or no-cost exercise, health education, screening and self-management classes each week at convenient community locations. Susan has taken our exercise classes for decades so that she will live longer and stronger.

Whatever your path forward holds, you can rest assured that Holy Cross Health is here for you. Our commitment to excellence supports community members while they address their individual needs and goals to achieve a better quality of life.

Thank you for trusting Holy Cross Health, our hospitals, health centers, primary and specialty care sites, and community outreach and education programs, with your health. Our commitment to meeting your needs remains steadfast.





Alicia received her leading-edge cancer care at Holy Cross Germantown Hospital and the Holy Cross Radiation Treatment Center.

“Having cancer has been a spiritual journey for me,” explains Alicia Harripaul. “I am grateful that the Lord, my doctors, my family and my friends (shown here) were with me every step of the way.”

How Alicia and Her Doctors Beat an Aggressive Endometrial Cancer

Alicia had been experiencing heavy menstrual bleeding and intermittent bleeding that had steadily gotten worse over several years. Then one day, it changed dramatically and became an emergency. “There was so much blood and I was very scared,” Alicia explains.

She immediately went to the Emergency Center at Holy Cross Hospital. There, the emergency-medicine specialists were able to treat her immediate needs and advised her to follow up with her gynecologist.

Alicia went to see her new doctor, Adrienne Potts, MD, Obstetrics and Gynecology.

“I was able to accurately diagnose Alicia’s condition, which unfortunately was an aggressive form of endometrial cancer,” explains Dr. Potts. To escalate Alicia’s care, Dr. Potts referred her to Ebony Hoskins, MD, Gynecologic Oncology.

“For 80 percent of women with endometrial cancer, surgery is the first method of treatment,” explains Dr. Hoskins. “And with robotic surgery,

we are able to perform more complex and intricate procedures with faster recovery times for patients.”

Alicia received her leading-edge cancer care at Holy Cross Germantown Hospital—the first community hospital in Montgomery County to have the *da Vinci Xi*®, which is the latest in robotic surgery technology.

“My experience at Holy Cross Germantown Hospital was amazing,” says Alicia. “All of the nurses and staff were spectacular, and the hospital is very nice.”



Cheryl Aylesworth, MD



Ebony Hoskins, MD



Sheela Modin, MD



Adrienne Potts, MD

During Alicia’s surgery, Dr. Hoskins was able to remove all of the affected tissue. “I woke up feeling great! I had no pain.” Alicia says, “And through it all, Dr. Hoskins was so kind and warm.”

The experienced surgeons at Holy Cross Hospital and Holy Cross Germantown Hospital 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.

Alicia’s journey to better health did not end with her surgery; she continued her treatment with chemotherapy and radiation in the months following.

“Holy Cross Health has the finest multi-modality cancer diagnosis and treatment available, and we know our patients and understand their challenges and needs. That’s a powerful combination,” says Cheryl Aylesworth, MD, Medical Oncology.

Dr. Aylesworth treated Alicia with six rounds of chemotherapy and was able to manage most of the side effects with medications.

“Holy Cross Health offers advanced radiation services and access to national and international oncology clinical trials through an active research program focused on

gynecologic cancers,” says Sheela Modin, MD, Radiation Oncology.

Alicia finished her treatment with five rounds of intravaginal brachytherapy, an advanced technique offered at the Holy Cross Radiation Treatment Center. This procedure

involves insertion of a small tube with radiation “seeds” placed for a short time near the affected tissue.

Alicia now has clear scans and is cancer-free. “I am so thankful to the Lord, who guided me and my caregivers through this journey,” she says.

How Can We Help You?

During every stage of a woman’s life, there is a path to better health. See how Holy Cross Health can help you on yours.



Stay Healthy

We offer dozens of exercise classes throughout our community. Turn to pages 10-15, or for a full listing of classes, visit HolyCrossHealth.org/Classes-Events.



Join a Primary Care Practice

Holy Cross Health Partners are primary care sites owned and operated by Holy Cross Health. Holy Cross Health Centers provide affordably priced health care services to those facing financial barriers to accessing care. Visit HolyCrossHealth.org/Locations, to learn more.



Find a Specialist

Our women’s health specialists include experts in gynecology, pelvic health, breast care and obstetrics. In total, more than 1,575 physicians are affiliated with Holy Cross Health. To find one who meets your needs, visit HolyCrossHealth.org/Find-A-Physician.



Receive Care at Home

Holy Cross Private Home Services, Inc., and Holy Cross Home Care and Hospice provide treatment at home and offer assistance with activities of daily living. Visit HolyCrossHealth.org/Home-and-Community-Based-Care, to learn more.

Visit HolyCrossHealth.org/TreatingWomensCancers, to watch our physicians discuss specialized treatment options for women with cancer.

What Is Susan's Secret to Living Longer and Stronger?

A simple squat became the tipping point for Susan Ungar's healthier life. Twenty years ago, the now 76 year old was traveling with her husband, Steve, when she found herself unable to stand from a squatting position. "I had to yell to my husband for help," Susan recalls. "Then I realized I needed to improve my strength and fitness, and fast."

That's when Holy Cross Health's community health classes became a critical part of her daily life. For decades since, Susan has been reaping the benefits.

Wellness for Seniors

Like thousands of other area older adults, Susan found Senior Fit, Holy Cross Health's free, award-winning

exercise program that is offered at 24 accessible locations, and tailored to helping adults age 55 and older improve their health and quality of life.

"Senior Fit is just one of many Holy Cross Health programs designed to serve the unique health needs of seniors—everything from disease prevention and wellness to specialized emergency services and inpatient hospital care," explains Annice Cody, president, Holy Cross Health Network.

For Susan, years after her first Senior Fit class, she was diagnosed with osteoporosis and again turned to Holy Cross Health for help. "I didn't want to rely on medication, and I discovered the Better Bones class," says Susan. "I tried it and it just blew my mind. We keep moving for an hour, exercising every single muscle group that is important to healthy bones."

First 'Seniors Emergency Center' in the Nation

Susan learned about Holy Cross Health's depth of commitment to seniors earlier this year when she was experiencing pain in her chest, neck and arm. "I called my doctor who insisted that I go to Holy Cross Hospital," she says.

When she arrived at the hospital's Emergency Center, Susan was very anxious. "But I immediately felt safe," she says. "They took me in right away, performed all the tests and then determined it was acid reflux. Still, they kept me for 24 hours—and brought a recliner in for my husband so he could sleep. Everyone was very kind. It may seem strange to say that a hospital visit was a lovely experience, but it was."

That is the objective of the hospital's Seniors Emergency Center.

'Ask Our Doctors' Events

Joints: Repairs and Replacements Thursday, October 18 6:30 to 7:30 p.m.

Learn about the risks and benefits of various treatment options for joint pain, including joint replacement. Panelists include: orthopedic surgeons Ricardo Cook, MD; Korboi Evans, MD; and Tariq Nayfeh, MD, PhD.

Location: Holy Cross Germantown Hospital, 19801 Observation Drive Germantown.

Navigating Urologic Health Issues Thursday, October 18 / 2 to 3 p.m.

A panel of health experts discusses treatment options for urinary incontinence, various types of urologic cancers and other urologic disorders that may be impacting your quality of life. Panelists include: urologists Mohammed Haseebuddin, MD; and Kathleen Sterling, MD.

Location: Asbury Methodist Village, 417 Russell Avenue, Gaithersburg. Visitors may enter the campus at the intersection of Odendhal Avenue and Lost Knife Road. Follow signs to the Rosborough Community Rooms.

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

For additional 'Ask Our Doctors' events, see page 12.





“For a woman my age, I’m in terrific shape,” says Susan Ungar. “My husband and I are gearing up for a trip to three countries, which may not have been possible without Holy Cross Health.”

It was the first of its kind in the nation, and is the only program in the region tailored to meet the unique needs of people age 65 and older. The center’s team members are specially trained in geriatric emergency medicine—and everything from soft lighting and thicker mattresses are designed for the comfort of older adults.

High-quality emergency care for seniors also is available in upper Montgomery County at Holy Cross Germantown Hospital. Its Emergency Department is fully equipped to care for seniors, built with several of the same senior-friendly design elements and processes used in Holy Cross Hospital’s Seniors Emergency Center.

“While I didn’t need to stay in the hospital,” says Susan, “I wouldn’t hesitate to come to Holy Cross Hospital if I needed to. Everyone made me feel nurtured and well cared for.”

For more information about our comprehensive Senior Services, visit [HolyCrossHealth.org/Senior-Services](https://www.holycrosshealth.org/Senior-Services).

To see a list of classes and events, turn to pages 10-15, visit [HolyCrossHealth.org](https://www.holycrosshealth.org), or call 301-754-8800.

Chris Is Living Life to the Fullest Thanks to Fast, Expert Stroke Care



“If you start having stroke symptoms, you need to get to the emergency room right away,” explains Chris (shown here with his wife, Susan). “If you react quickly, then you can have a good outcome, like me. I have my wife and Holy Cross Germantown Hospital to thank for that.”

Although he has retired, long-time Gaithersburg resident Christopher Moody, 75, likes to keep busy. He and his wife of 48 years, Susan, enjoy traveling, and Chris loves to play classical guitar, work on his golf game, and read.

One Saturday in March 2017, Chris was reading the morning paper when he suddenly started to have trouble understanding the words on the page. This had happened a few times before, and he had attributed it to a migraine

headache. So he did what he always did—took some aspirin and went to lie down in a dark room.

But this time was different. “When Susan came up a few minutes later to check on me, she took one look at me and knew right away that something was seriously wrong,” Chris says.

Fifteen minutes later, Chris and Susan arrived in the Emergency Department at Holy Cross Germantown Hospital, where, as a Primary Stroke Center, the hospital’s stroke team was ready.

“As soon as Susan said the words ‘possible stroke,’ everyone sprang into action. Within a minute, I was in an examination room doing a neurological exam and preparing to get a CT scan of my brain,” Chris explains.

Allen Silfee, MD, Emergency Medicine, Holy Cross Germantown Hospital, quickly diagnosed that Chris was suffering a stroke caused by a blood clot in his brain. Stroke is the leading cause of long-term disability in the United States.

The stroke team quickly and calmly worked through stroke protocol, as Chris' condition steadily deteriorated. He lost the ability to speak about 10 minutes after he arrived. But because Susan took Chris to Holy Cross Germantown Hospital right away, he was able to receive the clot-busting drug tPA (tissue plasminogen activator), which restores blood flow to the brain and may stop an ischemic stroke. tPA can be given to patients who meet certain criteria within a three to four-and-a-half hour window from the start of a stroke.

"Dr. Silfee was instrumental in getting Chris the care he needed," explains Susan.

Comprehensive Stroke Care

"A fast, accurate diagnosis and rapid treatment can minimize the negative effects of stroke and greatly improve patient outcomes," says



Shahid Rafiq, MD

Shahid Rafiq, MD, medical director, Neurology and Stroke, Holy Cross Health.

As needed, stroke patients at Holy Cross Germantown Hospital and Holy Cross Hospital may receive inpatient rehabilitation services, including speech, occupational and physical therapy, before continuing recovery at home or at an acute care rehabilitation facility. Patients can also benefit from Holy Cross Health's comprehensive Neuroscience Program, including preventive medicine, community health services, support groups, rehabilitation, education and coordinated follow-up care.

On Monday morning—just two days after his stroke—Chris woke up in the hospital feeling like his old self. He picked up the phone and called his wife to say good morning and talk.

Two Designated Primary Stroke Centers in Your Community

Holy Cross Germantown Hospital and Holy Cross Hospital are both recognized as Primary Stroke Centers by the Maryland Institute for Emergency Medical Services Systems (MIEMSS) for delivering top-quality stroke care.

Both hospitals also earned the American Heart Association/American Stroke Association 2018 Get with the Guidelines®-Stroke Gold Plus Achievement Award. This national and state recognition affirms these hospitals' commitment to providing consistent, high-quality care that saves lives and improves outcomes for stroke patients.

To learn more about stroke care at Holy Cross Health, visit HolyCrossHealth.org/Stroke.

B.E. F.A.S.T.

This 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.

"The fact that he could string all of those words together after losing his ability to speak was amazing," Susan says.

On Wednesday morning, Chris went home with no lingering effects from his stroke.

"I thought Holy Cross Germantown Hospital was great. They responded quickly and professionally. It's close

to us, it's a fabulous facility, and the people who work there are excellent," says Chris. "It was a wonderful experience and a great outcome."

For information about the Stroke Support Group at Holy Cross Germantown Hospital, see page 11 or visit HolyCrossHealth.org/Support.

Take Time for Your Health

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



★ **Holy Cross Hospital, Holy Cross Health Conference Center**
1500 Forest Glen Road
Silver Spring

◆ **Holy Cross Germantown Hospital**
19801 Observation Drive
Germantown

▲ **Holy Cross Resource Center**
9805 Dameron Drive
Silver Spring

■ **Holy Cross Senior Source**
8580 Second Avenue
Silver Spring

Holy Cross Health offers 70 exercise, health education, screening and self-management classes each week at convenient community locations. Classes and events are held at the locations above, unless otherwise noted. Class dates, instructors and fees are subject to change. For hospital-based parking information, visit HolyCrossHealth.org/Parking.

Disease Prevention & Management

Blood Pressure Free
Second Thursday of each month
Noon to 2 p.m. / Location: ■
Come get a free blood pressure screening. Walk-ins are welcome.

Diabetes Prevention Program Free

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

Programa de Prevención de Diabetes

Este programa de modificación de estilo de vida durante años ofrece orientación nutricional, sesiones de ejercicio y apoyo para ayudar a prevenir o retrasar la aparición de diabetes. Para más información, llame a Lourdes Nunez, 301-754-8133.

Diabetes Self-Management Education

Mondays, Sept. 10, 17, 24 & Oct. 1 or Nov. 5, 12, 19 & 26
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, helps you self-manage diabetes on a daily basis. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

Programa de Manejo Personal de la Diabetes

Viernes / 7 to 9:30 p.m.
Octubre 5 - Noviembre 9
(St. Mark the Evangelist Catholic Church
7501 Adelphi Rd., Hyattsville)
Un curso GRATIS de seis semanas para los que quieren aprender cómo mantener una vida activa y manejar su salud mientras viven con la Diabetes Tipo 2 o Pre-Diabetes. Bienvenidos a las familias y los que cuidan a los diabeticos.

Living Well: Chronic Disease Self-Management Workshop Free

Thursdays, Sept. 13 - Oct. 18
10 a.m. to 12:30 p.m.
(North Potomac Community Center,
13850 Travilah Rd., Rockville)
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 advocate.

Living Well: Diabetes Self-Management Workshop Free

Thursdays, Sept. 6, 13, 20 & 27, Oct. 4 & 11 / 9:30 a.m. to Noon
(Asbury Methodist Village, Parker Hall,
405 Russell Ave., Gaithersburg)
Fridays, Sept. 7, 14, 21 & 28, Oct. 5 & 12 / 9:30 a.m. to Noon
(Stedwick Community Center, 10401 Stedwick Rd., Montgomery Village)
This six-week workshop teaches you how to better manage your health and maintain an active lifestyle while living with type 2 diabetes or pre-diabetes.

Medication Review Free

Wednesday, Sept. 26 or Dec. 5

10 a.m. to 2 p.m. / Location: ■

Friday, Sept. 28, Oct. 26, Nov. 30

or Dec. 28 / Noon to 1 p.m.

Location: ◆ (Room 1509)

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

Orthopedics & Joint Health

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 consent form to register and for a schedule of classes.

Joint Replacement Class Free

Mondays, Sept. 10 & 17, Oct. 1 & 15, Nov. 5 & 19, Dec. 3 & 17

2 to 3:30 p.m. / Location: ★

Tuesdays, Sept. 11 & 25, Oct. 9 & 23, Nov. 6 & 20, Dec. 4 & 18

11 a.m. to 12:30 p.m. / Location: ◆

Learn what to expect before, during and after surgery.

Brain Health

Alzheimer's Awareness Seminar Free

Thursday, Nov. 8

11 a.m. to Noon / Location: ■

Gain a better understanding of Alzheimer's disease and related dementias, including symptoms, diagnosis, progression and coping strategies.

Epilepsy Support Group

Wednesday, Sept. 12 & Nov. 14

6 to 7:30 p.m. / Location: ★

For people of all ages with epilepsy, and their family members and friends. Hear from medical experts, gain coping insights and learn from the experience of others. Registration requested.

Memory Academy

Fridays, Sept. 14 - Oct. 5 / 10 a.m. to

Noon / (Booster sessions: Oct. 19,

Nov. 2 & 16) Location: ■ \$5

This new memory program created by UCLA Center on Aging teaches techniques that work for everyone. Those who successfully complete the four-week course will be invited to attend three free booster sessions afterward.

Memory Screening Free

Tuesday, Sept. 25 or Nov. 13

10 a.m. to Noon / Location: ■

A trained professional provides memory screening, answers questions about memory loss and discusses community resources.

Parkinson's Exercise

Mondays, Sept. 10 - Oct. 15 or

Nov. 5 - Dec. 10 / 10 to 11 a.m.

Location: ■ \$20

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

Stroke Support Group

Third Wednesday of each month

6:15 to 7:30 p.m. / Location: ◆

Connect with other stroke survivors, caregivers and professionals. Registration is required only for the first meeting you attend.

Cancer Support

Gyn Cancer Support Group Free

Third Wednesday of each month

6:30 to 8 p.m. / Location: ★

Patients and survivors of gynecologic cancer receive support, information and hope.



DAVID NGO, PHARMACIST, IS REVIEWING MEDICATIONS FOR SAFETY

"During our free Medication Review sessions, community members bring in their medications for a comprehensive evaluation. If we notice any issues, we can contact their doctor to make recommendations for changes."

'Ask Our Doctors' Events

Look Good, Feel Better Free

Monday, Sept. 10 / 6 to 8 p.m.

Location: ★

A group workshop to help female cancer patients manage appearance changes that may occur during chemotherapy and radiation treatment. Learn about skin care, make-up applications and hair/wig techniques.

Lymphedema Support Group

Saturday, Sept. 8 / 10 a.m. to Noon

(Holy Cross Hospital, Physical Medicine, Ground Floor)

Receive support and helpful resources for the daily challenges of lymphedema. Patients, family members, friends and caregivers welcome. To register, call 301-754-7340.

Thyroid Cancer

Support Group Free

Third Saturday of each month
10 a.m. to Noon

(Holy Cross Hospital, Private Dining Rooms adjacent to Cafeteria)

Open to all thyroid cancer survivors and their families. To register, call 301-943-5419.

Fitness, Health & Wellness

Ballroom/Latin/Swing Dance: Basics & Beyond

Tuesdays, Sept. 4 - Oct. 9*, Oct. 16 - Nov. 20* or Nov. 27 - Dec. 18

6:30 to 7:30 p.m. / Location: ▲

6-week session \$70* / 4-week session \$50

This stress-free class will teach you how to have a great time on the dance floor. Couples and singles welcome.

Gentle Yoga

Thursdays, Sept. 6 - Oct. 11 or

Oct. 18 - Dec. 13* (no class Nov. 22)

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.

Help for Hernias

Thursday, Sept. 6 / 6:30 to 7:30 p.m. / Location: ◆

Learn about hernia types, symptoms and treatment options. Panelists include: George Conrad, MD, General Surgery; and Bryan Steinberg, MD, Thoracic Surgery.

Improving Your Digestive Health

Thursday, Sept. 13 / 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 and more. Panelists include: Halim Charbel, MD, Gastroenterology; Rami Makhoul, MD, Colorectal Surgery; and Bryan Steinberg, MD, Thoracic Surgery.

Improving Lung Health

Thursday, Nov. 15 / 6:30 to 7:30 p.m. / Location: ◆

Our experts discuss the latest advances in the diagnosis and treatment of lung conditions. Panelists include: Elliott Exar, MD, Pulmonology; and Bryan Steinberg, MD, Thoracic Surgery.

Bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. These events are free and light refreshments will be served. For additional 'Ask Our Doctors' events, see page 6. To register, visit HolyCrossHealth.org/AskOurDoctors or call 301-754-8800.

Pilates

Wednesdays, Sept. 5 - Oct. 17 or

Oct. 24 - Dec. 5 / 6:30 to 7:15 p.m.

Location: ▲ 7-week session \$80

Work to strengthen and sculpt your body, and improve flexibility, posture and core muscles using only a mat.

Yoga I

Mondays, Sept. 10 - Oct. 15 or

Oct. 22 - Dec. 17*

6:15 to 7:30 p.m. / Location: ▲

6-week session \$70 / 9-week session \$100*

Thursdays, Sept. 6 - Oct. 11 or

Oct. 18 - Dec. 13* (no class Nov. 22)

9 to 10:15 a.m. / Location: ▲

6-week session \$70 / 8-week session \$90*

This physically active, meditative class develops flexibility and strength.

Yoga II

Thursdays, Sept. 6 - Oct. 11 or

Oct. 18 - Dec. 13* (no class Nov. 22)

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.

Yoga for Osteoporosis

Thursdays, Sept. 6 - Oct. 11 or

Oct. 18 - Dec. 13* (no class Nov. 22)

10:30 to 11:30 a.m. / Location: ▲

6-week session \$70 / 8-week session \$90*

Mondays, Sept. 10 - Oct. 15 or

Oct. 22 - Dec. 17*

7:45 to 8:45 p.m. / Location: ▲

6-week session \$70 / 9-week session \$100*

Sundays, Sept. 16 - Oct. 21 or

Oct. 28 - Dec. 16* (no class Nov. 25)

6 to 7 p.m. / Location: ▲

6-week session \$70 / 7-week session \$80*

Learn postures to increase bone strength and density, balance and overall longevity.

Yoga for Women

Sundays, Sept. 16 - Oct. 21 or

Oct. 28 - Dec. 16* (no class Nov. 25)

4:30 to 5:45 p.m. / Location: ▲

6-week session \$70 / 7-week session \$80*

Designed for women age 30 and older, this class includes postures for hormone balance, strength, pelvic floor health, stress relief and more.

Zumba

Wednesdays, Sept. 5 - Oct. 17 or Oct. 24 - Dec. 5 / 5:30 to 6:30 p.m.

Location: ▲ 7-week session \$80

Take the “work” out of workout. Use low-impact moves in a calorie-burning, Latin dance, fitness party.

Fitness, Health & Wellness 55+

Holy Cross Senior Source—in partnership with the Housing Opportunities Commission of Montgomery County, Md.; the Maryland Department of Aging; and the Montgomery County Department of Health and Human Services—offers health education and wellness classes, health screenings and intellectually stimulating programs and events for people age 55 and older.

AARP Smart Driver Program

Wednesday, Oct. 17, Nov. 14 or Dec. 12 / 11 a.m. to 3:30 p.m.

Location: ■

AARP members: \$15

Nonmembers: \$20

Helps drivers 50 and older sharpen driving acumen and develop new techniques.

Active Aging Week Free

Sept. 24 - 28 / 9 a.m. to 4 p.m.

Location: ■

Tour Holy Cross Senior Source and sign up to try out a Senior Fit, Better Bones, Chair Tai Chi or Zumba Gold class.

Ballet Gold

Tuesdays or Thursdays / 1 to 2 p.m.

Location: ■

(Call 301-754-8800 for dates. \$15 per multi-week session.)

This beginner's ballet class will give you a great, well-rounded workout at a special price.

Chair Exercise Beginner

Tuesdays & Thursdays, Sept. 11 - Oct. 18 or Nov. 6 - Dec. 13

11:45 a.m. to 12:45 p.m.

Location: ■ \$15

A great workout for those with mobility issues. Work toward fitness and less pain.

Chair Exercise Intermediate

Tuesdays & Thursdays, Sept. 11 - Oct. 18 or Nov. 6 - Dec. 13 / 1 to 2 p.m.

Location: ■ \$15

For those who have been coming to Chair Exercise for a while, bump it up a notch with this new class.

Coffee & Crafts Club

Mondays, Sept. 10 - Dec. 10

10:30 a.m. to 12:30 p.m.

Location: ■ \$10

Join this established group to knit, crochet, quilt, embroider and cross stitch.

Contemporary Issues Discussion Group Free

Wednesdays, Sept. 12 & 26, Oct. 10 & 24, Nov. 14 & 28, Dec. 12

1:30 to 3:30 p.m. / Location: ■

Exchange ideas on a variety of issues.

Gentle Yoga

Mondays, Sept. 10 - Oct. 15 or Nov. 5 - Dec. 10 / 10:30 to 11:30 a.m.

Location: ■ \$33

Reduce stress, improve balance, and build strength and movement. Ideal for people with chronic conditions or pain.

Holiday Safety Free

Wednesday, Nov. 7

11 a.m. to 12:30 p.m. / Location: ■

A retired community police officer explains how to stay safe and prevent scams and theft.

Jazz Dance

Fridays, Sept. 14 - Oct. 19 or Nov. 2 - Dec. 14 / 2 to 3 p.m. / Location: ■ \$15

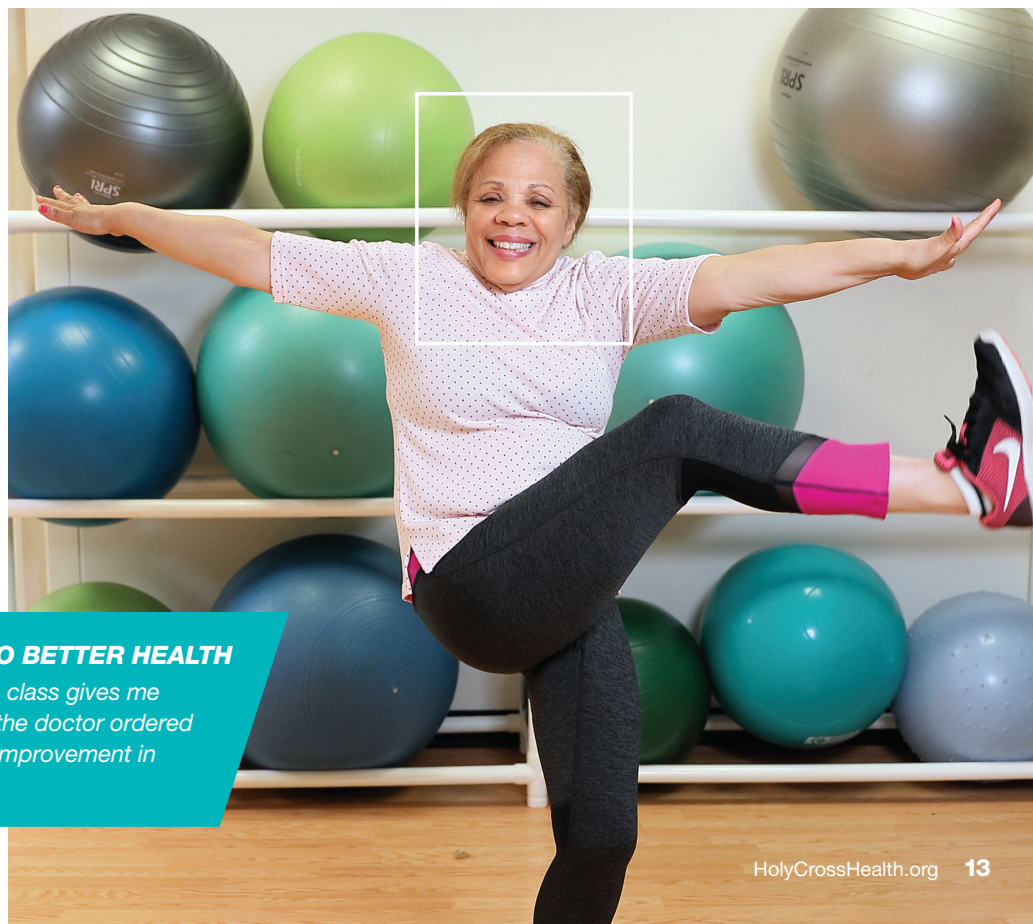
Experience the joy of motion. Jazz it up to some fun routines set to a variety of music and styles.

Manage Clutter Free

Tuesday, Oct. 16

1:30 to 3 p.m. / Location: ■

A productivity consultant leads an interactive session to help you get organized. Learn about clutter—what it is, why you keep it and how to let it go.



TONI MORCH IS DANCING HER WAY TO BETTER HEALTH

“I like Zumba because I love to dance and the class gives me a real, heart-pumping workout. It is just what the doctor ordered to help control my diabetes. I’m seeing a big improvement in my glucose levels.”

JACKIE BROWN IS MOVING HER BODY

"Gentle Yoga is helping me to maintain my flexibility, and relieving some of my aches and pains. Every time I take the class, I feel like I'm ready to conquer the world!"

Mat Pilates

Tuesdays, Sept. 11 - Oct. 16 or Nov. 6 - Dec. 11 / 11:45 a.m. to 12:45 p.m.

Location: ■ \$33

Tone and lengthen core muscles to balance the strength of abdominal and back muscles while improving posture and flexibility.

My Inner Peace

Tuesdays, Sept. 11 - Oct. 30 or Nov. 6 - Dec. 11 / 12:30 to 1:30 p.m.

Location: ■ 6-week session: \$15

Start a meditation practice or improve the one you already have.

Senior Fit Free

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 for a physician's consent form to register and for a class schedule and locations.

Stay Active—Move Free

Mondays & Wednesdays, Sept. 10 - Oct. 17 (no class Sept. 19) or Nov. 5 - Dec. 10

1 to 2 p.m. / Location: ■

Learn safe, simple exercises to help increase your level of endurance, boost energy and improve range of motion.



For class details, see page 13.

Strength Training

Tuesdays or Thursdays

10:30 to 11:30 a.m. / Location: ■

(Call 301-754-8800 for dates and cost.)

Strengthen muscles, joints and bones in a fun, supportive environment.

Tai Chi

Wednesdays, Sept. 12 - Oct. 24 or Nov. 7 - Dec. 12

Beginner Level: 9:30 to 10:30 a.m.

Intermediate Level: 10:30 to 11:30 a.m.

Location: ■ \$15

Tai chi integrates health, self-defense and meditation and improves balance.

Tap Dance

Fridays, Sept. 14 - Oct. 19 or Nov. 2 - Dec. 14 / 12:30 to 1:30 p.m.

Location: ■ \$15

This beginner class introduces the rhythms and coordination of making clear tapping sounds.

World of Art Free

Monday or Tuesday

1:30 to 3 p.m. / Location: ■

Sept. 18: Van Gogh's Starry Night

Oct. 29: American Women in Art, Mary Cassatt and her Contemporaries

Nov. 26: Corot's Portraits of Women

Dec. 17: Scandinavian Women Artists

(Register for each class individually.)

World of Finance Free

Tuesdays, Oct. 2, 9, 16 & 23

11 a.m. to Noon / Location: ■

Make sense of investing and planning for your financial future in this four-part series led by a certified financial planner.

Yoga 1.5

Thursdays, Sept. 13 - Oct. 18 or Nov. 1 - Dec. 13

11:45 a.m. to 12:45 p.m.

Location: ■ \$33

Offers multiple levels of yoga beyond Gentle Yoga. Moderate difficulty level.

Falls Prevention Program Free

Falls Risk Assessment

Wednesday, Sept. 19

11:45 a.m. to 2 p.m. / Location: ■

State-of-the-art Biodex/BioSway Balance System, and gait and balance testing determine your personal falls risk. Pre-registration required. Space is limited.

Matter of Balance

Tuesdays, Oct. 2 - Nov. 20

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.

Upright! Balance Training

Mondays & Wednesdays

Oct. 1 - Dec. 12

11:45 a.m. to 12:45 p.m. / Location: ■

Sensory training and exercises are used to increase skills for balance maintenance. Learn how to prevent and manage falls. Prerequisite: must have received a recent falls risk assessment at Holy Cross Senior Source.

Yoga as Therapy

Wednesdays, Sept. 12 - Oct. 17 or
Nov. 7 - Dec. 12 / 3:15 to 4:15 p.m.

Location: ■ \$33

A good beginner class. A step up from Gentle Yoga.

Yoga for Bone Health

Thursdays, Sept. 13 - Oct. 18 or
Nov. 1 - Dec. 13 / 3:30 to 4:15 p.m.

Location: ■ \$33

Yoga poses and practices increase bone density and also improve strength and coordination. Moderate difficulty level.

Zumba Gold

Fridays, Sept. 14 - Oct. 19 or
Nov. 2 - Dec. 14 / 10:30 to 11:30 a.m.

Location: ■ \$15

A dance-fitness class with easy-to-follow, choreographed moves to enhance balance, range of motion and coordination, and build cardiovascular health.

Family Health

Maternity Classes

Holy Cross Germantown Hospital and Holy Cross 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.

Grandparents-To-Be

Thursday, Nov. 8 / 6:30 to 8:30 p.m.

Location: ◆ \$15 per person

Current trends in labor and delivery practices, infant care and feeding are addressed. A short (optional) tour of our maternity services is provided.

Sibling Class

Age 3 - 5:

Saturday, Sept. 15 / 10 to 11 a.m.

Sunday, Oct. 28 / 1:30 to 2:30 p.m.

Saturday, Dec. 15 / 10 to 11 a.m.

Location: ★ \$20 per child

Age 6 - 10:

Saturday, Sept. 15 / 11:15 a.m. to 12:15 p.m.

Sunday, Oct. 28 / 2:45 to 3:45 p.m.

Saturday, Dec. 15 / 11:15 a.m. to 12:15 p.m.

Location: ★ \$20 per child

Help siblings take steps toward becoming big brothers and sisters. Children must be accompanied by an adult.

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.



Youth Programs

Girl Talk

Tuesday, Oct. 16 or Dec. 11

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.

Safe Sitter

Saturday, Oct. 13 or Sunday, Dec. 2

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.

CPR & First Aid

These classes are for the general public, meet the requirements for day care providers and are not intended for health care professionals. An American Heart Association card is issued upon completion.

● **Heartsaver First Aid**
Saturday, Sept. 15 or Nov. 3
9 a.m. to 12:30 p.m. / \$50

● **Heartsaver: Adult CPR**
(AED training)
Monday, Oct. 8 or Dec. 3
5:30 to 9:30 p.m. / \$60

● **Heartsaver: Adult/Infant/Child CPR**
(AED training)
Saturday, Sept. 29, Oct. 27, Nov. 10
or Dec. 1 / 9 a.m. to 2 p.m. / \$70

Location: ▲

Caregiver Resources

Caregivers Support Groups

Location: ▲

Room 12 (unless otherwise noted)

- **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.
(For more information, call Sister Kathy Weber at 301-754-7152 or visit HolyCrossHealth.org/CaregiverSupport.)

Validation Therapy Workshop for Dementia Caregivers

Thursday, Oct. 18 / 7 to 9 p.m.

Location: ▲

Validation therapy helps caregivers change themselves so they can enter the personal reality of the person for whom they are caring, making communication meaningful and less stressful for the elder.

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
Louis Damiano, MD / President, Holy Cross Hospital
Doug Ryder / President, Holy Cross Germantown Hospital
Annice Cody / President, Holy Cross Health Network

Holy Cross Health delivers care throughout the community to meet each individual on their path to good health.

Hospitals

- 1 Holy Cross Hospital**
1500 Forest Glen Road
Silver Spring, MD 20910 / 301-754-7000
- 2 Holy Cross Germantown Hospital**
19801 Observation Drive
Germantown, MD 20876 / 301-557-6000

Health Centers for Low-Income Individuals

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

Primary Care Sites

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

Education and Wellness Centers

- 9** Holy Cross Resource Center, Silver Spring
- 10** Holy Cross Senior Source, Silver Spring

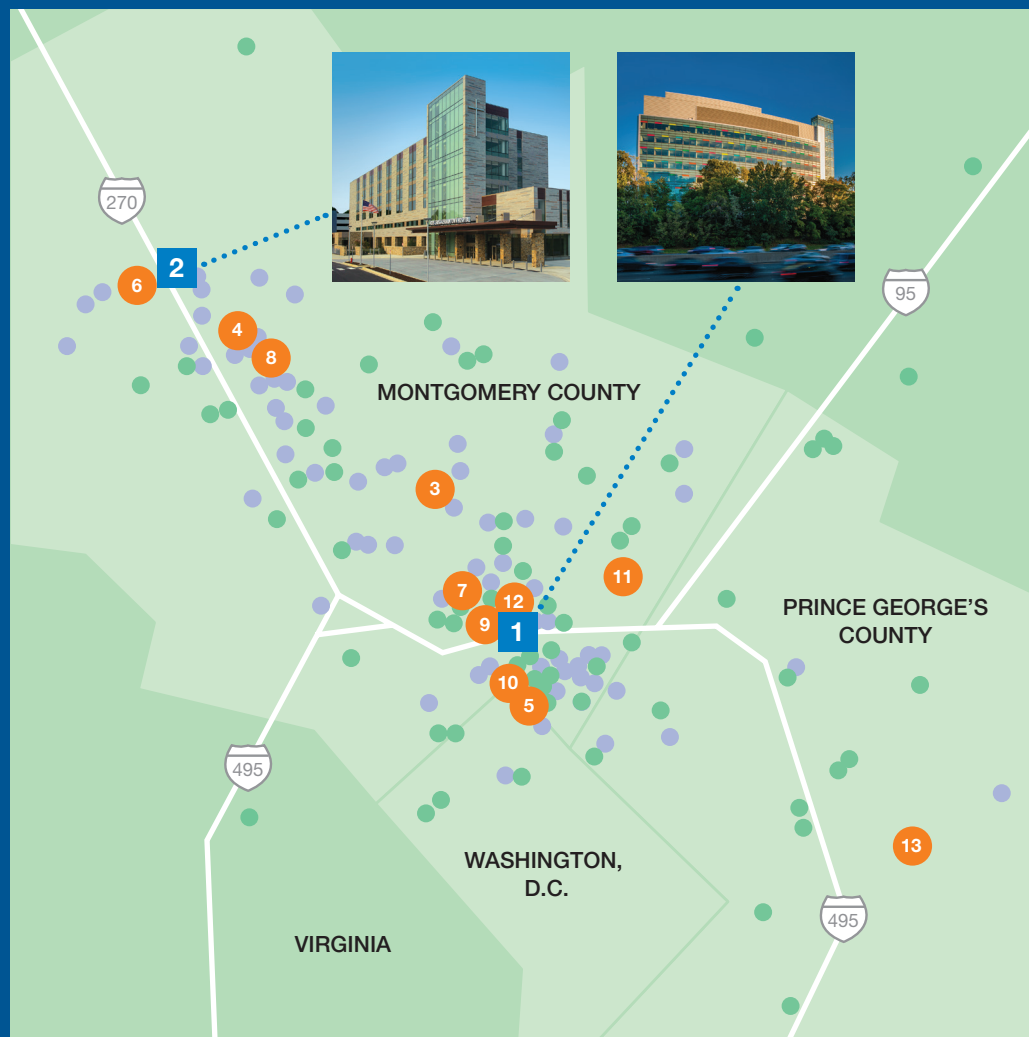
Specialized Sites and Services

- 11** Holy Cross Home Care and Hospice (Trinity Health at Home)
- 12** Holy Cross Radiation Treatment Center, Silver Spring
- 13** Holy Cross Dialysis Center at Woodmore, Mitchellville

● **Community Health Programs**

● **Faith Community Nurse Programs**

For addresses and phone numbers, visit HolyCrossHealth.org.



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