

# HOLY CROSS HEALTH

Winter 2022

***An Early Holiday  
Gift for Linda —  
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*Moving Life Ahead*<sup>SM</sup>

**HC** HOLY CROSS  
HEALTH

A Member of Trinity Health

# New & Noteworthy

## Bringing Vaccine Clinics to Our Community

Since February 2021, Holy Cross Health has been conducting free COVID-19 vaccine clinics in partnership with schools, churches, social service organizations and local businesses. Our goal is to break down barriers to receiving the vaccine by offering the vaccine in community-based locations, at a variety of times, working with partners who have trusted relationships in the community. We offer vaccines to all who are eligible — adults, adolescents and children — for first vaccines, second vaccines and boosters. Our community partners identify the locations and assist with outreach, while Holy Cross provides and administers the vaccines. Together we engage our community in increasing protection against COVID-19.



Find upcoming vaccine clinics by scanning this QR code.

## Annice Cody Named One of the “Most Powerful Women” in the DMV by Washingtonian Magazine



Congratulations to Annice Cody, president of Holy Cross Health Network, on receiving this distinguished honor. *Washingtonian's* 2021 list of the region's most powerful women also includes the First Lady and the Vice President of the United States, along with national and local leaders from medicine to business and government to philanthropy.

In a career at Holy Cross spanning more than 20 years, Annice has led the community-based operating division of Holy Cross Health since 2014. Her role at Holy Cross Health Network is to create healthier communities by making primary care more accessible, expanding access to health education, addressing societal factors that affect community health, and building partnerships to reduce health care costs. Holy Cross Health Network operates four primary care safety-net health centers and two geriatric-focused primary care practices; provides more than 200,000 community health encounters annually through health education and fitness programs; promotes health equity; oversees Holy Cross Health's \$57 million community benefit program; and leads Holy Cross Health's population health initiatives. “Improving health is not only about medical care, it requires thinking holistically about the well-being of individuals and our community,” said Annice. “I’m proud to work with my Holy Cross Health Network colleagues toward those goals.”

# A Message from Norvell V. Coots, MD

President and Chief Executive Officer,  
Holy Cross Health

## Nationally Recognized for High-Quality Stroke Care



Holy Cross Health is committed to providing heart and stroke care that aligns with the latest research-based treatment guidelines to help our patients achieve the best possible outcomes. Implementing the American Heart Association/American Stroke Association's Get With The Guidelines® program helps us achieve that goal. We

are proud to be recognized by the American Heart Association for:

- **2021 Get with the Guidelines® – Stroke Gold Plus Achievement Award** for Holy Cross Germantown Hospital and Holy Cross Hospital. To earn this achievement, hospitals have reached an aggressive goal of treating patients with 85% or higher compliance to core standard levels of care as outlined by the American Heart Association/American Stroke Association for two consecutive calendar years.
- **2021 Target: Stroke Honor Roll Elite Award** for Holy Cross Hospital. This recognizes hospitals that administer thrombolytic therapy in 60 minutes or less in 85% or more of applicable acute ischemic stroke patients treated with intravenous tPA to improve quality of patient care and outcomes. Holy Cross Hospital's advanced, mechanical thrombectomy program provides patients with rapid access to care from experienced, specialized providers, reducing the need for transferring patients to other facilities.
- **2021 Target: Type 2 Diabetes Honor Roll Award** for Holy Cross Germantown Hospital and Holy Cross Hospital. This award recognizes the most up-to-date, evidence-based care for patients with type 2 diabetes who are hospitalized with cardiovascular disease or stroke.

**Holy Cross Germantown Hospital and Holy Cross Hospital were recognized in the U.S. News & World Report 2021 Best Hospitals for achieving 85% or higher adherence to stroke core measures.**

## A Season of Beauty and Joy

As the crisp fall air transitions to the clear frost of winter, accompanied by holiday melodies of all faiths, I am reminded that every season has its unique beauties and joys. So too with the seasons of life.

In this issue we highlight the importance of regular screenings and preventive care, which can reduce the accumulating health risks in middle age. Prevention, screening and a trusted partner for treatment can help us all safely navigate our senior years.

We celebrate Linda Enriquez, whose coordinated care for colorectal cancer has given her the precious gift of health. Five facts about this preventable disease will help you determine if it's time for your colonoscopy. Prostate health becomes a concern for men in middle age — but K.J. Mathew is here to tell you to speak up if you are having urinary problems at any age. Simple treatments can give you back a good night's sleep. And our health centers continue to make expert continuity of care possible for people like Manuel Martinez as he works to overcome the symptoms of long COVID and manage chronic conditions.

At Holy Cross, our commitment is to listen, to partner with, and to make it easy for you to receive the care you need. In 2022, we will open three new urgent care sites for conditions that are not life-threatening, but demand immediate attention. We also are expanding our primary care and specialty services to help keep you healthy. You can read highlights of our offerings on the back cover and make an appointment with any of our experienced providers.

And once again, I urge you to protect your health with one of the highly effective and safe COVID-19 vaccines or get a booster shot as another variant comes on the scene.

Wishing you a healthy and Happy New Year filled with blessings and celebration.





*"I am so grateful for the care I received from all my doctors and nurses at Holy Cross Germantown Hospital," said Linda, who was only 44 years old when she was diagnosed with colorectal cancer.*



## Linda Gets the Best Present

# *A Clean Bill of Health*

Linda Lopez Enriquez tried everything to make her stomach pain stop. "Everything I ate made me feel unwell," she said. She changed her diet and started going to the gym. When Linda saw blood in her stool, she went to her primary care provider for an exam and had a series of stool sample tests, which came back negative. Still, her rectal bleeding became more frequent and the pain got progressively worse. A diagnosis eluded her — until she saw **Halim Charbel, MD**, gastroenterologist, who immediately scheduled her for a colonoscopy.



"If someone is having symptoms as Linda had, they need to be evaluated right away. Colonoscopy is the best way

to screen for colorectal cancer,” Dr. Charbel said. “It is a safe and easy procedure. Some people are reluctant to have a colonoscopy because they are worried it will be painful, but that is not the case. You are asleep during the procedure and feel no pain afterward.”

For Linda, the test proved to be a turning point, revealing a 5-cm mass that appeared to be cancer. Dr. Charbel performed an endoscopic ultrasound for confirmation and to determine how advanced the tumor was. “Linda’s tumor was locally advanced, meaning it went beyond the bowel wall and some lymph nodes were involved. She would need chemotherapy and radiation prior to surgery,” said Dr. Charbel.



Holy Cross Health takes a comprehensive, collaborative approach to cancer care, putting the patient at the center of the treatment plan.

**Rami Makhoul, MD**, colorectal surgeon; **Frederick Min, MD**, medical oncologist; and **Sheela Modin, MD**, medical director of the Holy Cross Radiation Treatment Center, quickly came together to develop an individualized care plan for Linda that would offer the best outcomes.



The first step was to aggressively treat the tumor with a one-two punch: chemotherapy and radiation at the same time. “Chemo-radiation is done to improve the outcome of surgery, decrease the risk of recurrence and increase overall survival,” Dr. Makhoul said.

The chemo given during radiation is a low dose, which is meant to make the cells more sensitive to radiation. The goal is to shrink the tumor, making it easier to remove completely during surgery.

Linda tolerated the treatment well, with some medication to manage side effects. “This approach typically results in a 70% to 90% reduction of the tumor, and 20% of cases have complete clearance of disease,” Dr. Modin said.

A CT scan showed Linda had an excellent response to chemo-radiation. “By the time of her surgery, we couldn’t find any cancer,” said Dr. Min. “The residual tumor was less than one centimeter and the lymph nodes were clear.”

Dr. Makhoul performed Linda’s surgery robotically at Holy Cross Germantown Hospital using the *da Vinci*<sup>®</sup> Xi Surgical System. He removed the small residual tumor and reconstructed the bowels to create a temporary ileostomy, which was reversed eight weeks later to restore normal bowel function. Both surgeries went very well and Linda was back home quickly.

“Holy Cross has a well-established robotic colorectal surgery program with a highly-trained team,” said Dr. Makhoul. “The experienced nursing care on our surgical units expedites the recovery process for patients, enabling them to go home sooner.”

After surgery, Linda had additional chemotherapy to reduce the risk of recurrence and is in remission.

“As a single mother who tragically lost her husband, Linda faced a lot of stress,” Dr. Modin said. “Her willingness to go through such aggressive treatment is a testament to her strength.”

Linda will continue with routine follow-up with her cancer team and can take advantage of Holy Cross survivorship programs and guidance from our cancer nurse navigators to support her ongoing wellbeing.

If you’re 45, it’s time to get checked for colorectal cancer.

## 5 FACTS ABOUT COLORECTAL CANCER

- 1 Colorectal cancer is **preventable, treatable and beatable** — as long as you get screened.
- 2 Screening reveals polyps, which can take about 10 years to become cancerous. **Early detection means prevention.**
- 3 The **recommended age to begin colorectal cancer screening has been lowered to age 45** from 50 for individuals at average risk. Family history and certain medical conditions can put you at higher risk, requiring screening at a younger age. Talk to your doctor.
- 4 It’s easy to have a **colonoscopy — the best and most accurate way to screen for colorectal cancer**. And, if polyps are found during a colonoscopy, they can be removed immediately.
- 5 At any age, **see your doctor if you have any of these symptoms:**
  - Rectal bleeding
  - Changes in bowel habits, such as new or worsening constipation
  - Unexplained abdominal pain
  - Iron-deficiency anemia for no clear reason



Holy Cross Health is affiliated with highly skilled gastroenterologists, colorectal surgeons and oncologists who can review your health care risks and talk with you about cancer screenings. Find a physician by visiting [HolyCrossHealth.org/colorectal-cancer](https://HolyCrossHealth.org/colorectal-cancer)



# Be Proactive About Your Prostate Health



*“I was fortunate to have excellent care from Dr. Roy Joseph and his team,” said K.J.*

When Dr. K.J. Mathew, 88, saw large amounts of blood in his urine in January 2021, he was very concerned. He had experienced prostate problems for several years and had two previous procedures. It was a weekend and when K.J. was unable to reach his prior surgeon right away, he sought out **Roy Joseph, MD**, sub-section chief of urology at Holy Cross Hospital. Dr. Joseph prescribed medication to stop the bleeding, but told K.J. he needed a surgical procedure.



“One of the most common causes of blood in the urine in men over 50 is benign prostatic hyperplasia, or BPH — enlargement of the prostate gland,” Dr. Joseph said. “The blood vessels on the surface of benign tissue tend to bleed. When men come in to see their doctor with bleeding, they worry about having cancer. However, if they are not having any pain, it is likely BPH — a condition that is easily treated and cured.”

In fact, BPH is one of the most common diseases in men as they age and the most common cause of lower urinary tract symptoms. About half of all

“Leaving BPH untreated for too long can lead to bladder and kidney injuries.”

— Roy Joseph, MD, Urology

men between ages 51 and 60 have BPH, and up to 90% of men over age 80 have it, according to the Urology Care Foundation.

To treat K.J., Dr. Joseph performed a minimally invasive procedure called bipolar transurethral vaporization of the prostate (TUVP). During the procedure, Dr. Joseph used a bipolar electrical wire loop to remove the tissue blocking the urethra and allowing urine to flow freely.

The TUVP procedure took only 30 minutes. K.J. had no pain and did not even need to take acetaminophen.

“My entire experience at Holy Cross Germantown Hospital was very pleasant,” K.J. said. “The nurses on my floor were so friendly. Everything went smoothly. I was very impressed and would recommend the hospital for any kind of procedure.”

Because the prostate surrounds the urethra, any enlargement of the gland can squeeze it and impede urination. The causes of BPH are unclear and it can't be prevented, but there are a wide range of treatment options. They include behavior modifications such as drinking water when thirsty (but not overhydrating), medication, minimally invasive outpatient procedures performed in a urologist's office and surgery.

“About 30% of men require another surgery five to eight years after having a prostate procedure,” Dr. Joseph said. “That's what happened to K.J. He had a regrowth of tissue that occurs commonly in men who have BPH.”

Many men with BPH would benefit from having treatment early on, as opposed to waiting. In Dr. Joseph's experience, they often postpone seeking help for treatment, coming in only after

their partner notices they're getting up several times during the night to urinate.

“Leaving BPH untreated for too long can lead to bladder and kidney injuries,” Dr. Joseph cautioned.

For K.J., a semi-retired cardiologist, his TUVP procedure has enabled him to resume his normal activities, including going into his practice one day a week. “Everything is working well,” he said. “It's been nearly a year and I haven't had any urinary problems like I used to. I was fortunate to have excellent care with Dr. Joseph and his team.”

Are you having **urinary problems?**

## **SPEAK UP.**

**Screening for BPH starts at age 50** — earlier for men at higher risk — but if you have symptoms, see your doctor and get checked. Many men ignore urinary problems, thinking they're a normal part of aging.

### **DON'T ACCEPT IT.**

There are many treatments for you.

### **Here's what to look for:**

- Frequent urination during the day
- An urgent need to urinate
- Inability to start urinating quickly
- Intermittent stops and starts during urination
- Straining to urinate (having to push)
- Nocturia, or waking at night to urinate
- Feeling of incomplete emptying of the bladder

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**To find a urologist**, call 301-754-8800 or visit [HolyCrossHealth.org/find-a-doctor](https://www.holycrosshealth.org/find-a-doctor)



**Benign prostatic hyperplasia (BPH)**, enlargement of the prostate gland, affects about half of all men between ages 51 and 60 and up to 90% of men over age 80.

# When a Phone is a Lifeline

A phone on loan through Holy Cross Health Network's phone loaner program is a lifeline for Manuel Martinez. Unable able to work for the past several years due to chronic heart and lung problems, he is also recovering from the long-term effects of COVID-19 after a month-long stay in Holy Cross Hospital, followed by three months in rehab to regain his strength. Manuel received the phone in March, making it easier to communicate with his primary care providers at Holy Cross Health Center in Aspen Hill.

"To me, this was fantastic," Manuel said. "Having a phone gives me security."

The phone loaner program is a demonstration project to address the problem of patients missing doctors' appointments at Holy Cross Health Centers in Aspen Hill, Gaithersburg, Germantown and Silver Spring, which provide care to people without insurance or on Medicaid. If they don't have a phone, patients can't receive reminders

of upcoming appointments. In March, Manuel and four other Health Center patients received a phone with a six-month data plan that can be renewed if needed. They found it very helpful — not only for keeping up with their health, but also for contacting family and friends, researching lower costs for prescription drugs and even applying for jobs.

"Everyone needs a phone. People are at a disadvantage without one," said Silvia Fuentes, Licensed Clinical Social Worker. "Having the use of one of our loaner phones for six months can help patients bridge a crucial point and get on a better footing with their health — and their lives." This is just one example of how Holy Cross Health Network finds innovative, new ways to help underserved communities.

A long-time patient at the Health Center in Aspen Hill, Manuel receives additional support beyond health care. Every two weeks, he gets fresh fruit and vegetables through Holy Cross Health's partnership with Hungry Harvest. "Holy



Everybody working at Holy Cross — every day they save lives and they saved mine."

— Manuel Martinez

Cross also gives me Metro Access vouchers to go to the clinic and hospital for appointments," Manuel said.

"Health isn't limited to clinical care," noted Annice Cody, president of Holy Cross Health Network. "We're committed to meeting people where they are to promote healthy living — and that extends to food security, housing and transportation assistance for our community."

## Compassion. Hope. Resilience. Gratitude.

For nearly 60 years, we have provided unparalleled care in our community through our hospitals, first in Silver Spring, then in Germantown, and the Holy Cross Health Network, which operates primary care practices and affordable health centers and offers a wide range of innovative, community-based health and wellness programs. Specialty care, home care and hospice

services round out our high-quality and coordinated continuum of care that aims to improve health and move life ahead for people in our region.

Now, supported in part by the contributions of generous donors to the Holy Cross Health Foundation, we are poised to build the Holy Cross Health of the future. We invite you to join us in driving our mission forward as we

make important investments in our new outpatient Cancer Center, the renovation of the Holy Cross Hospital Labor and Delivery unit, and additional community initiatives to increase access to equitable health care.

Every generous donor helps transform the lives of all those cared for by Holy Cross Health.

Your donation makes a difference. To give, visit us online at [Giving.HolyCrossHealth.org](https://giving.holycrosshealth.org) or call us at 301-557-GIVE (4483).



# Giving Children the Gift of Good Oral Health

“The children we see at the Holy Cross Health Center in Germantown are at a higher risk of cavities due to poor oral health,” said Rhonique Shields, MD, vice



president of medical affairs and practice operations at Holy Cross Health Network. The Health Center in

Germantown, which provides care for children and adults who are uninsured or enrolled in Medicaid, turned to the Holy Cross Health Foundation for help in funding fluoride varnish kits for pediatric patients. “Fluoride supplements not only can prevent cavities from forming, but also can stop the progression of cavities that have started,” explained Dr. Shields.

The Holy Cross Health Foundation helps connect donors with areas of need identified throughout the Holy Cross Health system. Working closely with donors, the foundation finds giving opportunities that align with donors’ philanthropic goals and visions. When the Children’s Health and Education Charitable Foundation (CHEC) was looking for an initiative to support, the foundation proposed a grant to fund the fluoride program for the Health Center in Germantown.



Vandana Narang



“Good oral health in children has lifelong implications.”

— Rhonique Shields, MD

“Promoting good pediatric dental health supports CHEC’s mission to make a difference in the health and education of children in our community,” said Vandana Narang, one of CHEC’s founders. Since 2019, a generous donation from CHEC has provided 115 pediatric patients at the Health Center in Germantown with a total of 246 fluoride applications.

Physicians and nurse practitioners apply the fluoride varnish during children’s preventive care visits. The varnish treatment can reverse early tooth decay, which can begin in babies as young as nine months when they start getting their first teeth. The American Dental Association recommends children see a dentist when their first tooth breaks through the gum line or by one year of age.

“One of the major things that attracted us to Holy Cross is their support of

underinsured and uninsured populations in Montgomery County,” said Vandana, who serves on the Holy Cross Health Foundation board of directors. “CHEC is a strong supporter of Holy Cross and looks forward to working with the foundation to find future opportunities where we can invest in the health of our children.”

She also knows the care that Holy Cross provides firsthand from being a patient. “There are no VIPs; everyone is treated so nicely and so well,” Vandana said. “Holy Cross provides excellent health care equally, whether you are in the hospital or at the clinics.”

Dr. Shields added, “Good oral health in children has lifelong implications because tooth pain can lead to children acting out, missing or not doing well in school. Having good oral health promotes better school performance and self-esteem.”

# Take Time for Your Health with

## Virtual & In-Person Classes

Enjoy a wide range of fitness classes, access health education resources, and make connections through support groups.

- ✓ Stay active with a fitness class.
- ✓ Attend a joint replacement info session.
- ✓ Participate in a support group.
- ✓ Get help to manage a chronic disease, including long-term complications from COVID-19.

We are offering more in-person\* classes, as well as continuing our many virtual offerings for fitness, wellness, education, support groups and other events. Look for the orange V symbol (V) for virtual classes and refer to the key below for in-person locations.

It's easy to access virtual classes on your computer, tablet or smartphone. Once you have registered, you will receive an access link via email. For complete instructions on how to sign into your meeting, visit [HolyCrossHealth.org/classes-events](https://HolyCrossHealth.org/classes-events).

Class format, dates, instructors and fees are subject to change. For the most up-to-date information, visit [HolyCrossHealth.org](https://HolyCrossHealth.org) and click the quick link, *Find a Class or Event*.

*\*In-person classes might be cancelled or changed to a virtual-only format in the event of spikes or surges in cases of coronavirus in this area. Visit our website for the latest information.*

### V Virtual Classes Online

● Margaret Schweinhaut Senior Center  
1000 Forest Glen Road  
Silver Spring, MD 20901

★ Holy Cross Hospital, Holy Cross Health Conference Center  
1500 Forest Glen Road  
Silver Spring, MD, 20910

▼ Nancy H. Dacek North Potomac Community Recreation Center  
13850 Travilah Road  
Rockville, MD 20850

◆ Holy Cross Germantown Hospital  
19801 Observation Drive  
Germantown, MD, 20876

W Wheaton Community Recreation Center  
11701 Georgia Avenue  
Wheaton, MD 20902

▲ Holy Cross Resource Center  
9805 Dameron Drive  
Silver Spring, MD 20902

For additional classes, more information or to register, call 301-754-8800 or visit [HolyCrossHealth.org](https://HolyCrossHealth.org) and click the quick link, "Find a Class or Event".

### Disease Prevention & Management

#### Diabetes Management Basics Free

In this workshop of three 60-minute classes, learn how to handle common problems that arise for diabetics, such as how to monitor blood sugar using a glucometer, what blood sugar readings mean, how to plan healthy meals and be more active, stress management and foot care. Receive a box of fresh produce from Hungry Harvest upon completion of the three classes. Call 301-754-8510 for more information.

#### Diabetes Prevention Basics Free

Prevent diabetes by taking simple steps to improve your health. This workshop includes three 60-minute classes to help participants understand how blood sugar is connected to diabetes and how to move more, make healthy food choices, manage stress and quit smoking. Receive a box of fresh produce from Hungry Harvest upon completion of the three classes. Call 301-754-8510 for more information.

#### Diabetes Prevention Program Free

##### Location: V

This yearlong, 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 more. To see if you qualify, call 301-557-1231. For more information, visit [HolyCrossHealth.org/diabetesprevention](https://HolyCrossHealth.org/diabetesprevention). Registrants are accepted on a rolling basis.

## Diabetes Self-Management Education

Tuesdays, Feb. 1 – 22 or  
April 12 – May 3

Noon to 2:30 p.m. / Location:  

Tuesdays, March 8 – 29

5:30 to 8 p.m. / Location:  

This four-week class series, taught by a registered nurse, helps you self-manage diabetes on a daily basis. Topics include: meal planning, blood glucose monitoring, understanding medications, physical activity and coping skills. Hybrid classes available with option to join in-person or virtually. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

## Living Well: Chronic Pain Self-Management Workshop Free

Tuesdays, April 19 – May 24

9:30 a.m. to Noon / Location: 

Wednesdays, Feb. 23 – March 30

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

This six-week workshop helps people with chronic pain due to injury, fibromyalgia, post-stroke pain, neuropathic pain and other causes.

## Living Well: Diabetes Self-Management Workshop Free

Wednesdays, Jan. 5 – Feb. 9

10 a.m. to 12:30 p.m. / Location:  \*

Mondays, Feb. 28 – April 4

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

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.

\*Funded with grant support from the Maryland Department of Health, Office of Minority Health and Health Disparities.

## Living Well: Self-Management Workshop Free


Mondays, Feb. 7 – March 21

6:30 to 9 p.m. / Location: 

Tuesdays, March 8 – April 12

9:30 a.m. to Noon / Location: 

Wednesdays, April 13 – May 18

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

Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. This six-week program teaches adults self-management tools to live a healthy life with arthritis, diabetes, heart disease, osteoporosis, Parkinson's disease, long-term complications from COVID-19 and other chronic conditions.

## Lung Health Basics Free


For people with lung problems, including post-COVID-19 issues, learn how your lungs work and how to use breathing techniques to reduce stress and improve lung function. This workshop of three 60-minute classes helps participants better understand common lung problems, how to exercise safely, choose healthy foods and add relaxation breaks to everyday routines. Receive a box of fresh produce from Hungry Harvest upon completion of the three classes. Call 301-754-8510 for more information.

## Road to Health Diabetes Education Free

Learn how to prevent or manage diabetes in this six-week diabetes education program that covers lifestyle coaching, meal planning and physical activity. For more information, call 301-754-8800. Funded with grant support from the Maryland Department of Health, Office of Minority Health and Health Disparities.

## Cancer Support

### Grupo De Apoyo Para Latinas Con Cáncer Gratis

El último miércoles de cada mes ( virtualmente).

desde las 6 hasta las 8 p.m.

El grupo de apoyo se reúne mensualmente. Llame a Claudia Campos de Nueva Vida al 202-223-9100 para confirmar su participación.

### Lymphedema Support Group Free

Saturday, Jan. 15

10 a.m. to Noon / Location: 


Those with a lymphedema diagnosis and their caregivers, family and friends receive support and helpful resources. To register, call 301-754-7340.

### Cancer: Thriving and Surviving Free

Tuesdays, Feb. 15 – March 22

1:30 to 4 p.m. / Location: 

Mondays, April 4 – May 9

6:30 to 9 p.m. / Location: 

This six-week workshop helps individuals diagnosed with cancer develop the tools to live a healthy and full life. Learn how to adjust to a changed self and gain confidence to self-manage cancer-related problems to promote recovery of well-being and a successful transition to survivorship. Anyone living with cancer (newly diagnosed, in treatment or in remission) or providing care for someone with cancer is welcome to attend.

## Information Sessions & Lectures

### Joint Replacement Pre-operative Class Free

Mondays, Jan. 3 & 17, Feb. 7 & 21,  
March 7 & 21, April 4 & 18

2 to 4 p.m.

Location:  &  *EDU 4*

Tuesdays, Jan. 11 & 25, Feb. 1 & 15,  
March 1 & 15, April 12 & 26

11 a.m. to 1 p.m.

Location:  &  *Rm 1101/1102*

Our educational classes prepare you for hip or knee replacement surgery and recovery with the opportunity to ask questions.

To view a pre-recorded version of this class, visit:

[HolyCrossHealth.org/preop-joint-class](https://HolyCrossHealth.org/preop-joint-class).

## Facebook Live Event Free



### UNDERSTANDING CLINICAL TRIALS AND RESEARCH

March 1 at 1 p.m.

[HolyCrossHealth.org/clinicaltrials-live](https://HolyCrossHealth.org/clinicaltrials-live)

Holy Cross Health is proud to provide access to national clinical trials and state-of-the-art, innovative medical treatments. Join our experts to learn about clinical trials and studies available at Holy Cross Health and how to get started.

#### Experts include:

- **James Barter, MD**, Medical Director of Gynecologic Oncology Research
- **Pablo D. Gutman, MD**, Chairman of the Anatomic Pathology Department and Medical Director of the Cancer Institute



## DIAGNOSING AND TREATING THYROID NODULES

January 14 at 1 p.m.

[HolyCrossHealth.org/thyroid-live](https://HolyCrossHealth.org/thyroid-live)

Thyroid nodules are unusual growths in the thyroid, a gland in the base of the neck that controls many hormones in the body. Nodules can be silent or symptomatic, and they can be benign or cancerous, making accurate diagnosis and high-quality treatment crucial for good outcomes. Join our experts to learn about symptoms, diagnosis, and treatment options for thyroid nodules.

### Experts include:

- David Bianchi, MD, Otolaryngology
- Kavita Iyengar, MD, Endocrinology

## Spine Surgery Pre-operative Class Free

Wednesdays, Jan. 5, Feb. 2, March 2  
or April 6

2 to 4 p.m. / Location:  &  EDU 4

Learn how to prepare for spine surgery and recovery, and ask your questions in our educational class.

To view a pre-recorded version of this class, visit:

[HolyCrossHealth.org/preop-spine-class](https://HolyCrossHealth.org/preop-spine-class).

## Fitness

### Gentle Yoga

Thursdays, Jan. 6 – Feb. 24 or  
March 3 – April 21

6 to 7 p.m. / Location:  / \$45

Reduce stress, improve balance, and build strength and flexibility. Ideal for beginners or those with chronic conditions or pain.

### Guided Meditation/Yoga Nidra

Sundays, Jan. 2 – Feb. 20 or  
Feb. 27 – April 24

6 to 7 p.m. / Location:  / \$45

Stressed? Learn to relax effortlessly. Beneficial for anxiety, chronic pain, insomnia and more.

## Low-Impact Gentle Workout Fusion

Mondays, Jan. 3 – Feb. 14 or  
Feb. 28 – April 4

6 to 7 p.m. / Location:  / \$40

This class incorporates strength, cardio and stretching exercises specifically designed for a gentle, low-impact workout.

### Pilates

Wednesdays, Jan. 12 – Feb. 23/ \$40 or  
March 2 – April 27 / \$45

6:30 to 7:20 p.m. / Location: 

Improve core muscles, flexibility, posture and alignment using a mat.

### Yoga I

Mondays, Jan. 3 – Feb. 21 or  
Feb. 28 – April 25

6 to 7:15 p.m. / Location:  / \$45

Thursdays, Jan. 6 – Feb. 24 or  
March 3 – April 21

9 to 10:15 a.m. / Location:  / \$45

This physically active, meditative class develops flexibility, balance and strength.

### Yoga II

Thursdays, Jan. 6 – Feb. 24 or  
March 3 – April 21

7:15 to 8:30 p.m. / Location:  / \$45

For experienced yoga students or those with a minimum of 6 months of Yoga I.

### Yoga for Osteoporosis

Mondays, Jan. 3 – Feb. 21 or  
Feb. 28 – April 25

7:30 to 8:30 p.m. / Location:  / \$45

Learn evidence-based yoga postures proven to improve bone density, build strength, coordination and balance.

### Yoga for Women

Sundays, Jan. 2 – Feb. 20 or  
Feb. 27 – April 24 (no class April 17)

4:30 to 5:45 p.m. / Location:  / \$45

For women age 30 and wiser. Includes postures for hormone balance, strength, flexibility and pelvic floor health.

### Zumba

Wednesdays, Jan. 12 – Feb. 23 / \$40  
or March 2 – April 27 / \$45

6:30 to 7:20 p.m. / Location: 

Low-impact moves in a high calorie-burning, Latin and world dance, fitness party.

## Fitness 55+

Holy Cross Health — with the Housing Opportunities Commission of Montgomery County, 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.

### Ballet Gold 55+

Tuesdays & Thursdays,  
Jan. 4 – March 3 or March 8 – April 28

1 to 2:15 p.m. / Location:  / \$30

Whether an intermediate beginner or beyond, these senior ballet classes will challenge you. Ballet shoes are required.

### Chair Exercise 55+

Tuesdays & Thursdays,  
Jan. 11 – Feb. 24 or March 8 – April 28

1 to 2 p.m. / Location:  / \$20

Get your body moving and heart pumping while sitting on a chair.

### Gentle Yoga 55+

Mondays, Jan. 3 – Feb. 21 or  
Feb. 28 – April 25

Thursdays, Jan. 6 – Feb. 24 or  
March 3 – April 21

10:30 to 11:30 a.m. / Location:  / \$25

Reduce stress, improve balance, and build strength and flexibility. Ideal for beginners and those with chronic conditions and/or pain.

### Meditation 55+

Wednesdays, Jan. 5 – Feb. 23 or  
March 2 – April 20

3 to 4 p.m. / Location:  / \$15

Join a mind-body practice group to harness meditation and enhance resilience through evidence-based approaches to build health and wellness.

### Parkinson's Exercise 55+

Mondays, Jan. 24 – March 14 or  
March 21 – May 9

10:30 to 11:30 a.m. / Location:  / \$20

For people diagnosed with Parkinson's disease, this class is designed to increase range of motion.

## With Better Coordination, Denise is Gaining Confidence

“Taking Gentle Yoga 55+ and Pilates 55+ this year has been great for me. After two knee replacements, I’ll never have perfect range of motion. It’s wonderful how the instructors suggest alternative positions to accommodate the needs of people like me with physical limitations. No one is left behind in class. My balance has improved so much that I’ve become totally confident of walking and even running up and down hills and steps!”

— Denise Swink



### Pilates 55+

**Tuesdays, Jan. 4 – Feb. 22 / \$25**  
**Tuesdays, March 8 – April 26 / \$30**  
**11:45 a.m. to 12:45 p.m. / Location: v**  
 Tone, lengthen, stretch and improve posture and balance in this low-impact Pilates class. Safely strengthen the core muscles in the abdomen, lower back, hips and buttocks. The last 15 minutes of class focus on strengthening pelvic floor muscles. All levels welcome.

### Senior Fit Free

#### Virtual Classes

Holy Cross Health and Kaiser Permanente offer a 45-minute virtual exercise class designed for adults 55+ to improve strength, flexibility and cardiovascular endurance. A completed registration and waiver form are required to participate. Classes are ongoing. To register, visit [HolyCrossHealth.org/seniorfit](https://HolyCrossHealth.org/seniorfit).

#### In-Person Classes

A limited number of in-person classes will be starting in January. A completed registration and waiver form are required to participate. To register, visit [HolyCrossHealth.org/seniorfit](https://HolyCrossHealth.org/seniorfit).

### Stay Active—Move 55+

**Mondays & Wednesdays, Jan. 3 – Feb. 23 or March 7 – April 27**  
**1:15 to 2 p.m. / Location: v / \$10**  
 Learn safe, simple exercises to help increase your level of endurance, boost energy and improve range of motion.

### Strength Training 101 55+

**Tuesdays, Jan. 4 – Feb. 22 or March 8 – April 26**  
**10:30 to 11:30 a.m.**  
**Thursdays, Jan. 6 – Feb. 24 or March 10 – April 28**  
**10:30 to 11:30 a.m.**  
**Location: v / \$30**  
 Strengthen muscles, joints and bones.

### Strength Training 102 55+

**Fridays, Jan. 7 – Feb. 25 or March 11 – April 29**  
**10:30 to 11:30 a.m. / Location: v / \$30**  
 Prerequisite: Strength Training 101 and/or permission of instructor.

### Tai Chi – 24 Form 55+

**Wednesdays, Jan. 5 – Feb. 23 or March 2 – April 27**  
**9:30 to 10:30 a.m. / Location: v / \$30**  
 For those who are new to Tai Chi.

### Tai Chi – 37 Form 55+

**Wednesdays, Jan. 5 – Feb. 23 or March 2 – April 27**  
**11 a.m. to Noon / Location: v / \$30**  
 For those who want a more challenging Tai Chi.

### Yoga 1/1.5 55+

**Fridays, Jan. 7 – Feb. 25 or March 11 – April 29**  
**11:45 a.m. to 12:45 p.m.**  
**Location: v / \$30**  
 Reboot with simple yoga poses and deep relaxation for all levels. Improve balance, posture and mindfulness.

### Yoga for Bone Health 55+

**Thursdays, Jan. 6 – Feb. 24 or March 3 – April 21**  
**3:15 to 4:15 p.m. / Location: v / \$25**  
 Increase bone density and improve strength and coordination. Moderate difficulty level.

### Yoga for Pelvic Health 55+

**Sundays, Jan. 2 – Feb. 20 or Feb. 27 – April 24 (no class April 17)**  
**3:15 to 4:15 p.m. / Location: v / \$20**  
 Learn about this powerful area of our body. Practice yogic tools to address prolapse, discomfort and more.

Facebook  
Live Event Free



### DIAGNOSING AND TREATING BLOOD VESSEL DISEASES

February 1 at 1 p.m.

[HolyCrossHealth.org/vascular-live](https://HolyCrossHealth.org/vascular-live)

Blood vessel or vascular diseases narrow the arteries and veins that carry blood to and from the arms, legs, and abdomen. Join vascular surgeon **Richard Silva, MD**, for a discussion of symptoms, diagnosis and treatment options for vascular diseases, including pulmonary embolism, deep vein thrombosis and varicose veins.

**PREMATURE BIRTH:  
WHAT PARENTS NEED TO KNOW**  
April 22 at 1 p.m.

[HolyCrossHealth.org/nicu-live](http://HolyCrossHealth.org/nicu-live)

Babies born prematurely – before 37 weeks – or with medical complications may require constant observation or specialized care from a neonatal intensive care unit (NICU). Join our neonatologists to learn about the high-quality care available for our smallest patients in the NICUs at Holy Cross Hospital and Holy Cross Germantown Hospital.

**Experts include:**

- **Janel K. Hino, MD**, Chief of Neonatology, Holy Cross Health
- **Chrysanthe Gaitatzes, MD, PhD**, Neonatology

**Wellness**

**Community Chats Free**

**Tuesdays, Jan. 25, Feb. 22, March 22, April 26**

**5 to 6 p.m. / Location:** 

The COVID-19 pandemic has made us look at community differently. How do we rebuild our lives after losing love ones, neighbors, homes and businesses? Join us for a virtual community chat to discuss lifestyle changes and how to cope as we work to build healthier communities.

**Virtual Freedom from Smoking Workshop Free**

**Tuesdays, Jan. 25 – March 8**

**7 to 9 p.m. / Location:** 

Join Holy Cross Health and the American Lung Association for a free online, seven-week, eight-session Freedom from Smoking® Group Clinic to learn systematic approaches to quitting smoking, especially during these difficult times.

**Wellness 55+**

**Contemporary Issues Discussion Group 55+ Free**

**Wednesdays, Jan. 12 & 26, Feb. 9 & 23, March 9 & 23, April 13 & 27**

**1:30 to 3:30 p.m. / Location:** 

Exchange ideas on a variety of issues. Topics and interesting articles are emailed to registered participants five days before the group meets to be discussed during class.

**Medication Review Free**

**Friday, Jan. 14, Feb. 11 or April 15**

**10 a.m. to 1 p.m. / Location:** 

*Registration required for half-hour time slots.*

Consult with a Holy Cross Health pharmacist about your medications and learn about drug interactions, proper dosing and side effects.

**Memory Academy 55+**

**Mondays, Jan. 10 – Feb. 7**


**10 a.m. to Noon**

**Location:**  / \$5

This memory program teaches techniques that work for everyone. The five-week course consists of four classes and one booster session.

**Support Groups**

**Weight Loss Surgery Support Group Free**

**Jan. 10, Feb. 14, March 14 & April 11 7 to 8 p.m. / Location:** 

This group is led by a registered dietitian and reviews a different post-surgery nutrition topic each month. The group provides a supportive space for individuals who have had weight loss surgery and their family members and friends to: learn more; connect with others; and share experiences, feelings, and questions. Anyone who is thinking about or planning to have weight loss surgery is also encouraged to attend.

**More Support Groups**

Holy Cross Health offers a variety of support groups. For more information, visit [HolyCrossHealth.org/support](http://HolyCrossHealth.org/support).

**Caregiver Resources**

**Caregivers Support Groups Free**

**Location:** 

**Groups for Adult Children Caring for Aging Parents**

**Mondays, 6 to 8 p.m.**

**Tuesdays, 3 to 4:30 p.m.**

**Thursdays, 10 to 11:30 a.m.**

**Groups for Caregivers of Ill or Aging Spouses**

**Wednesdays, 10 to 11:30 a.m.**

**Thursdays, 3 to 4:30 p.m.**

**Fridays, 10 to 11:30 a.m.**

**Groups for Caregivers of Spouses and Adult Children**

**Tuesdays, 6 to 7:30 p.m.**

**How to join a group:** Send an email noting which group you would like to join to Sister Kathy Weber at [weberk@holycrosshealth.org](mailto:weberk@holycrosshealth.org). You will receive an invitation via email on the day of the group meeting. It will contain all the information you need to join.

**For more information:** Call Sister Kathy Weber at 301-754-7152 or visit [HolyCrossHealth.org/crc](http://HolyCrossHealth.org/crc).

**Powerful Tools for Caregivers Free**

**Thursdays, Jan. 20 – March 3**

**1:30 to 3:30 p.m. / Location:** 

This seven-week workshop gives caregivers the tools to better care for your loved one and yourself. Learn how to reduce stress, improve caregiving confidence, manage time, make tough decisions and locate helpful resources. For information and to register, call 301-754-8800.



## Parenting Education

### Infant and Child Safety: Ages Birth to 5 years

**Saturday, Jan. 8 or March 5**

**10 a.m. to Noon**

**Tuesday, Jan. 18, Feb. 2, Feb. 22,  
March 29 or April 5**

**6 to 8 p.m.**

**Wednesday, April 27**

**6 to 8 p.m.**

**Location:** 📍 / \$25 per registrant

Whether you're preparing for a new baby or keeping up with a toddler, creating a safe environment for your little one is important for them to learn and grow. Baby proofing, car seat safety, injury prevention, and safety around vehicles and in your home are discussed in this two-hour course. Bring a doll or stuffed animal to participate in learning the necessary techniques to rescue a choking infant or child.

### Grandparents-To-Be

**Wednesday, Jan. 12, Tuesday, Feb. 1,**

**Wednesday, March 9 or**

**Thursday, April 7**

**6 to 7 p.m.**

**Location:** 📍 / \$5 per registrant

Making memories, supporting the new parents and keeping your grandbaby safe are just a few of the topics discussed to explore your wonderful new role. Current trends in labor and delivery practices, infant care and feeding also are addressed. Registration is per email address.

## Maternity Classes

Holy Cross Germantown Hospital and Holy Cross Hospital offer a variety of virtual 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](http://HolyCrossHealth.org).

### **NEW** Birth & Beyond: Managing Your Pregnancy Health Free

**Wednesday, May 4, 11 & 18**

**6 to 7:30 p.m. / Location:** 📍

This free educational program for women who are at risk for or diagnosed with pre-eclampsia and/or gestational diabetes covers monitoring blood pressure and blood glucose, and understanding signs, symptoms and medications. This series of three 90-minute classes empowers participants to manage their own health. Open to all pregnant women concerned about their pregnancy health, this class focuses particularly on reducing birth outcome disparities for African American women. Eligible participants receive a free blood pressure cuff or glucometer. To register, contact Marianne Wysong at [wysongma@holycrosshealth.org](mailto:wysongma@holycrosshealth.org) or call 301-754-7163.

## Safe Sitter

**Saturday, March 5 & Sunday, March 6**  
**10 a.m. to 1 p.m.**

**Location:** 📍 / \$70 per registrant

This comprehensive babysitting course for 11- to 14-year-olds is delivered via Teams in two three-hour sessions (six hours total). The class teaches the business of babysitting, safe and nurturing childcare techniques, behavior management skills, and appropriate response to medical emergencies. Registration is for anyone 11 to 14 years old who would like to attend.

## La seguridad del bebé y de los niños

**26 de febrero o 30 de abril**  
**(ambos el sábado)**

**desde las 10:00 a.m. hasta la 1:00 p.m.**

**Location:** 📍 / \$15 por cada solicitante

Ya sea que se esté preparando para la llegada de un bebé o intentando ir al compás de su niño pequeño, crear un entorno seguro para sus pequeños es importante para el aprendizaje y crecimiento. Este curso aborda temas tales como los asientos de seguridad para el auto y la prevención de las lesiones. Tenga a mano una muñeca o un peluche para participar en el aprendizaje de las técnicas necesarias para el rescate del bebé y de los niños.



## Preparing for Parenthood with Maternity Classes

“Together, my husband and I took six Holy Cross childbirth education, breastfeeding and baby care classes, including one in Spanish. They were all so helpful. Knowing what to expect made us feel less anxious and stressed about labor and delivery. When our first child was born, we felt confident and prepared.”

— Inés Martín, *First-time mom*

**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

## Primary Care Close to Home

## SAME-DAY & NEXT-DAY APPOINTMENTS AT HOLY CROSS HEALTH PARTNERS

Trust Holy Cross Health Partners' primary care practices for prevention, early detection and timely treatment of health issues.

### OUR PRACTICES OFFER:

- ✓ Virtual video visits
- ✓ Check-ups and Medicare annual wellness visits
- ✓ Immunizations (including COVID-19)
- ✓ Specialized geriatric care for seniors
- ✓ Nurse practitioner house calls
- ✓ Health screenings
- ✓ On-site diagnostics and lab
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- ✓ Care coordination with pharmacists and nurses for patients managing chronic illness
- ✓ High-quality health care services to meet the needs of military service members, veterans and their families

**Most insurances accepted**, including Aetna, CareFirst, Cigna, Medicare, Tricare, United Healthcare and more.

### HOLY CROSS HEALTH PARTNERS IN KENSINGTON

*Serving patients 18 years and older*  
3720 Farragut Ave., 2nd Fl.  
Kensington, Maryland 20895

**For appointments call 301-949-4242**



R. Denton, CRNP



N. Farr, MD



E. Gharyouri-Azar, MD



L. Hsiao, MD



T. Tilahun, CRNP

### HOLY CROSS HEALTH PARTNERS AT ASBURY METHODIST VILLAGE

*Serving patients 50 years and older*  
201 Russell Ave.  
Gaithersburg, Maryland 20877

**For appointments call 301-557-2110**



Y. Melyakova, MD



B. Srivastava, MD



L. Wilkerson, MD

For care location addresses and phone numbers, visit [HolyCrossHealth.org](https://www.HolyCrossHealth.org).

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 comments to Mead Notkin, editor, at [mead.notkin@holycrosshealth.org](mailto:mead.notkin@holycrosshealth.org).

To find a physician,  
call 301-754-8800 or visit  
[HolyCrossHealth.org](https://www.HolyCrossHealth.org)  
TTY 301-754-7406

