

HOLY CROSS HEALTH

Summer/Fall 2020

Losing 175 Pounds, Together | 8

Treating Cancer
with Advanced
Robotic Surgery | 4

Virtual Health Care
in the Comfort
of Your Home | 6

*Moving Life Ahead*SM

HC HOLY CROSS
HEALTH

A Member of Trinity Health

New & Noteworthy

National Recognition for Excellence — *Year After Year*



ONE OF AMERICA'S 250 BEST HOSPITALS – AGAIN



Holy Cross Hospital has again received the Healthgrades 2020 250 Best Hospitals Award™, placing it in the top 5 percent of nearly 4,500 hospitals nationwide for clinical performance, and is one of only five hospitals in Maryland to have achieved this award for four consecutive years.

RANKED TOP 10 IN MARYLAND AND IN GREATER D.C.

U.S. News & World Report has again, in its 2020-21 Best Hospitals, ranked Holy Cross Hospital in the top 10 among 64 hospitals evaluated in Maryland (10th, tied), and recognized the hospital as high performing in congestive heart failure, colon cancer surgery and chronic obstructive pulmonary disease.

HIGH MARKS FOR SAFETY FROM LEAPFROG

Holy Cross Germantown Hospital was awarded an 'A' for safety by the Leapfrog Group for spring 2020, and Holy Cross Hospital received a 'B' grade. This national program recognizes hospitals for safe care delivery, outcomes and responsiveness to patient needs.

SUSTAINED RECOGNITION FOR STROKE CARE

The American Heart Association/American Stroke Association again has recognized Holy Cross Hospital and Holy Cross Germantown Hospital with its 2020 Get With The Guidelines® – Stroke Gold Plus Quality Achievement award, indicating stroke patients receive the most up-to-date, evidence-based care.

A GREAT PLACE TO WORK, 21 YEARS IN A ROW

Holy Cross Health has earned the Workplace Excellence Seal of Approval — the only health care provider in Maryland to



achieve this distinction every year since 1999, and was recognized as a leader in the areas of Health & Wellness, EcoLeadership, Diversity

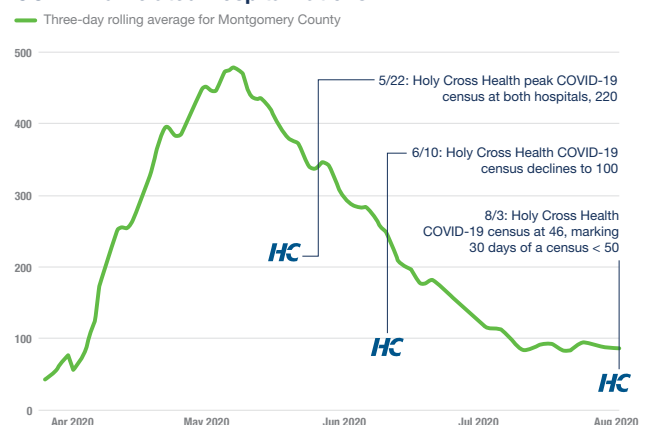
Champion, Best Practices Supporting Workers of All Abilities and Best Practices Supporting Workers 50+.

See a full list of recognitions at HolyCrossHealth.org/Awards.

Meeting Our Community's Needs During COVID-19

During this time of crisis, Holy Cross Health has partnered with state and county leaders to provide essential care to COVID-19 patients, evolving to meet the community's needs. As COVID-19 care in our hospitals peaked in May before steadily declining (see graph), Holy Cross more than doubled available intensive care beds; leaders meet daily to ensure appropriate staffing, supplies and safety measures; and the clinical team supports patients and their loved ones through new virtual connections. These transformations came to life alongside caring for others with emergent and primary care needs, ramping back up elective procedures, and delivering thousands of healthy babies. For more COVID-19 updates and virtual wellness resources, visit HolyCrossHealth.org/coronavirus.

COVID-19 Related Hospitalizations



Source: Montgomery County COVID-19 Hospitalization as of 8.3.2020
<https://www.montgomerycountymd.gov/covid19/data/>

A Message from

Norvell V. Coots, MD

President and Chief Executive Officer,
Holy Cross Health



A Regional Leader in Gynecologic Surgery

Holy Cross Health is a regional leader in the treatment of medical conditions requiring gynecologic surgery. For the sixth year in a row, Holy Cross Hospital has been designated as a Center of Excellence in Minimally Invasive Gynecology (COEMIG) by the Surgical Review Corporation, an internationally recognized patient safety organization. Our team performs more gynecologic and gynecologic cancer surgeries than any other hospital or health system in Maryland. To learn more, visit HolyCrossHealth.org/gyn.

Contributing \$57 Million to Improve Our Community's Health



Holy Cross Health's 2019 Annual Report: A Community of Caring highlights our commitment to care, clinical excellence, innovation and partnership — all of which support our

mission to be your most trusted health partner for life. This money is spent as part of our commitment to break down financial barriers to help those who are underserved by funding charity care in our hospitals and community-based sites. We also help all members of our community achieve optimal health through community health programs, health professions training, and research. To read the stories that illustrate these commitments, and our many milestones along the way, visit: HolyCrossHealth.org/CommunityReport.

Prioritizing Your Health and Safety

There's no denying that the wraths of COVID-19 and racial injustice have exposed great challenges and opportunity throughout our nation, especially in health care. I am honored to serve alongside Holy Cross Health colleagues in such a time, striving to meet the diverse needs of each individual we serve. Unifying across our community's racial, cultural, social and economic differences is true to our mission and core values. We are committed to working with you in your home, in the community, and in our hospitals and practices to ensure your health goals are met.



Holy Cross Health colleagues continue to work around the clock, caring for our patients with skill and compassion. Whether you are having an elective procedure, welcoming a baby, seeking emergency care, or fighting COVID-19, we are focused on you, using the most recent medications, surgical techniques, and communication tools, all in an environment that has been evaluated and updated to adhere to critical safety standards.

Amid the pandemic, Holy Cross Health continues to deliver on our promise to innovate. In this issue, you will learn about the extraordinary steps we are taking to ensure your safety; how advanced surgical care is saving the lives of cancer patients; our holistic approach to weight loss that is helping people live healthier, happier lives; and new virtual care options developed for your safety and convenience.

On behalf of our frontline heroes, I want to thank you for your outpouring of support. I am grateful to each and every one of you who has taken the time to uplift our colleagues with kind words; cards; and donations of food, lifesaving PPE, and contributions to our COVID-19 Response Fund. Your generosity has made a difference in supporting life-saving care and will continue to be critical as we move forward. I urge you to join with our Foundation and advocacy efforts.

Together, we will continue to improve the health and well-being of our community. Holy Cross is committed to being on your path to good health, keeping you safe every step of the way.

Enjoying His Favorite
Pastime Again,
Thanks to _____

Robotic Cancer Surgery



Advanced robotic-assisted surgery allowed Michael to beat kidney cancer and quickly get back to work and the activities he loves. "I'm so grateful to be alive and be out here again at one of my favorite fishing spots," he said.

Minimally invasive surgery has transformed not only cancer treatment, but the patient experience as well. Patients like Michael Brown, who once would have needed painful, invasive surgery to have malignant tissue removed, can now have advanced, robotic-assisted surgery instead.

Cancer surgery using the most advanced robotic equipment requires only small incisions, rather than the much larger incisions of conventional surgery. For patients, that means significantly less pain, less bleeding, less scarring and fewer complications — as well as a fast, full return to normal activity.

The robot's advanced Firefly® imaging technology also enables surgeons during some procedures to see if cancer has spread to the lymphatic system. This helps preserve healthy tissue and decreases the likelihood of life-changing

complications such as lymphedema. For cancer patients requiring additional treatment after surgery, such as chemotherapy or radiation, less trauma makes taking the next steps faster and less difficult. For those patients, the collaborative approach of Holy Cross Health's multidisciplinary team of cancer specialists ensures each individual receives the optimal care appropriate to their unique circumstances.

For Michael, early detection was a game changer. Abnormal blood test results led to an MRI, which revealed a

cancer mass on his left kidney. “We kind of stumbled across it,” he says. “But that wouldn’t have happened without my regular visit to the doctor.”

When rolled into the operating room for a robotic-assisted partial nephrectomy on his left kidney, Michael said, “I felt like I was in Star Wars, with a room full of robotic arms and advanced technology.” But for Michael’s highly trained Holy Cross Germantown Hospital team, this futuristic scene was all in a



day’s work: his urologist, **Justin Fang, MD**, precisely positioned slender cameras and instruments in Michael’s abdomen through the tiny incisions. Dr. Fang said that, thanks to images sent from the cameras to a screen on a separate console, “I have a 3D view of the inside of the belly and can control the instruments remotely.” He meticulously

removed the cancerous tissue on Michael’s kidney, allowing healthy tissue to safely remain.

Afterwards, instead of enduring a long, painful recovery from a full laparotomy (abdominal cavity surgery), Michael was released from his private room at the hospital just 36 hours after he had arrived and was quickly up and about.

A SYSTEM-WIDE COMMITMENT TO ROBOTIC SURGERY

Holy Cross’ commitment to patient care goes well beyond acquiring the latest technology. According to **Bryan Steinberg, MD**, chair of the Robotic Surgery Committee and medical director of Thoracic Surgery, “Holy Cross Health has done a herculean task of building a comprehensive robotic-



assisted surgery program based on the most advanced equipment. We build on each other’s experience, share techniques, and learn from each other’s procedures.”

The broad range and high volume of robotic procedures performed by dozens of specialists in thoracic, colorectal, general, hernia, gynecologic, urogynecologic and urologic surgery mean the highest level of care and collaborative solutions for the most complex surgeries.

For each of these patients, as for Michael Brown, Holy Cross Health’s leadership in robotic surgery is personal. He was soon able to get back to working as a BWI baggage handler — and dropping a fishing line into D.C.’s C&O Canal. Just like always.



ACADEMIC-LEVEL CANCER CARE, CLOSE TO HOME

Holy Cross Health’s accredited cancer program cares for more cancer inpatients than any other hospital or health system in Montgomery or Prince George’s counties and treats more than 50 cancer types in 18 categories.

Renowned specialists: medical and radiation oncologists, radiologists, surgeons, pathologists, cancer nurses, social workers and oncology nurse navigators.

Coordinated state-of-the-art care: minimally invasive surgery, chemotherapy, immunotherapy, radiation therapy.

Tumor Board: multidisciplinary cancer experts, together focusing on individual patients.

Clinical trials: access to the most recent therapies and techniques.

Support for patients and families navigating the often complex reality of cancer care.

Building for the Future of Cancer Care

Holy Cross Health’s future plans include developing a new ambulatory Cancer Center that will offer integrated care in a convenient and welcoming environment with innovative technologies to meet our community’s growing needs. Support the future of cancer care by contacting our Foundation at 301-557-GIVE (4483).



Holy Cross Health Partners welcomes **Matt Skancke, MD**, a fellowship-trained colon and rectal surgeon. Dr. Skancke joins Brad Bennett, MD, and Rami Makhoul, MD, in providing expert care to patients in our colorectal cancer program. To learn more, visit HolyCrossHealth.org/colorectal-cancer.



To learn more about minimally invasive surgery, visit HolyCrossHealth.org/blog-surgery.

For more information, call 855-HCH-HOPE (424-4673) or visit HolyCrossHealth.org/cancer.

Bringing Safe, Secure Health Care to Your Home



Internal medicine physician Erik Rivera, MD, conducts a video visit with his patient, Vilma Velasquez.

Connecting with a trusted Holy Cross care provider has never been easier. “I received the same treatment and the same attention in a virtual video visit with my doctor as when I see him in person. Plus, it saves time for me and I don’t have to take off from work to go to the doctor’s office,” says Vilma Velasquez.

Using technology to connect patients with a medical professional, so they don’t have to be in person for an exam, isn’t a new idea. Telehealth, or virtual care, has been around for years. But many people who are used to visiting a doctor’s office or another facility for their primary and urgent care needs have not had a good reason or opportunity to try virtual care. Until now.



“We’re committed to caring for our patients where, when and how they need us most,” said **Rhonique Shields, MD**,

vice president of medical affairs and practice operations, Holy Cross Health Network. “COVID-19 has been a major catalyst prompting more people to turn to telehealth. That meant providing our community with new, convenient avenues for accessing health care and wellness programming — from the comfort of home.”

MAKING VIRTUAL CARE EASY

Holy Cross Health’s virtual care options allow patients to be treated by a physician or advanced practice provider

YOUR OPTIONS FOR *VIRTUAL CARE*



SCHEDULE A VIDEO VISIT

Our primary care providers are available by video or phone (with no apps to download) to help with:

- Acute illness and symptom management
- Annual physical/wellness exam
- Preventive care
- Chronic disease management

Cost: Expect a co-pay depending on your insurance coverage.

To schedule a visit, call 301-949-4242.



START A VIRTUAL VISIT

Create an account, answer questions online and receive a treatment plan, usually within an hour. Or, start a video visit with a provider, Mon. - Fri., between 8 a.m. and 4 p.m., to treat these ailments and more:

- Cold, sinus infection or flu
- Female bladder infection (UTI)
- Pink eye
- Minor burns
- Stomach problems
- Skin and nail problems

Cost: \$25 (out of pocket) for an online interview, and \$50 (out of pocket) for a video visit.

Get Started at [HolyCrossHealth.org/virtual-care](https://www.HolyCrossHealth.org/virtual-care).



START A COVID-19 VIRTUAL SCREENING

This screening can help determine the most appropriate level of care for COVID-19 symptoms or exposure. Answer questions online and, if needed, a provider can respond with a treatment plan, Mon. - Fri., between 8 a.m. and 4 p.m.

There's no cost for using the online COVID-19 assessment.

Your insurance will be billed if a provider sends a treatment plan.

Get Started at [HolyCrossHealth.org/virtual-care](https://www.HolyCrossHealth.org/virtual-care).



TIPS TO PREPARE FOR A VIDEO VISIT

- 1 | Choose a private, well-lit, quiet place for your visit.
- 2 | Ensure your device is charged and your camera provides a clear view of you for the provider.
- 3 | Make a list of any symptoms, chronic conditions, medications, pharmacies or other doctors you're seeing.
- 4 | If possible, take your vital signs an hour before your visit. (e.g., weight, temperature, pulse, blood pressure, etc.)
- 5 | Have paper and a pen ready for taking notes during the visit.
- 6 | Talk clearly and answer the provider's questions. Speak up if you don't understand next steps.

using their phone, computer or tablet to connect in real time. Patients have the choice of calling ahead and scheduling a video or phone visit with a provider. Or, for many common ailments, they can opt to start a Virtual Visit "on demand" during working hours by answering questions online and getting a treatment plan often within an hour — with the option to use video with the provider if needed.

Erik Rivera, MD, is a primary care physician with Holy Cross Health Centers, who has been seeing his patients using video. "Telehealth is a gift

to providers as well as patients. People are surprised by how personal it feels when I check in with them virtually," he said. "I am still able to deliver high-quality care, answer questions, prescribe medications, and advise my patients on next steps to get or stay healthy."

TREATING SYMPTOMS AND MANAGING WELLNESS

While telehealth isn't appropriate for emergency situations, patients can "see" a provider virtually for preventive care and annual wellness visits, to manage

chronic conditions, or to address a variety of acute symptoms.

In addition to virtual care, community members also have embraced Holy Cross Health's new virtual wellness classes — everything from fitness to disease management to support groups (see p. 11). "Participants appreciate our virtual programming as a way to stay connected during this time of physical distancing," said Dr. Shields. "Offering these resources helps the body, mind and spirit, as our community navigates a more virtual 'new normal.'"



Susan (left) & Janet before bariatric surgery

Losing 175 pounds, together

As for many in our community, obesity had been a long-time and incredibly frustrating struggle for Janet Sidebottom, 67, and wife Susan Burgan, 68. "I'd been obese all my life," said Janet. "Dieting hadn't worked," Susan added. "We'd lose weight and gain it back. We were getting nowhere."

Susan's Body Mass Index (BMI) — a measure of body size based on height and weight — had climbed to 41, well within the range of Class 3 morbid obesity. "I was horribly embarrassed," she said. What's worse, her weight had triggered serious health conditions, including diabetes, high blood pressure, high cholesterol and sleep apnea.



Medical research confirms the two women's experience: Dieting alone can't counter obesity. **Joseph Greene, MD**, co-chair of Holy Cross Germantown Hospital's bariatric surgery committee, said, "Genetic, physiologic, behavioral and socioeconomic factors — even gender — can create a perfect storm for obesity. It's not a willpower issue or lifestyle choice. It's a disease, and we have a treatment for it."

Now that they have adjusted their fitness and nutrition efforts to align with physical distancing, Janet and Susan continue to lose weight, and credit Holy Cross Health's program with changing their lives. "I feel like I've come out of a fog bank into brilliant sunshine," Susan said. Already, Janet has lost 105 pounds, Susan 70.

Janet and Susan took their first steps in January 2019. They attended a free Holy Cross Health information session and learned about bariatric surgery options, consulted a bariatric surgeon about eligibility — and their journey began.

“Candidates for surgery must have a BMI over 40, or over 35 if other related health problems such as Susan’s are present and most insurance policies will cover it. Surprisingly, one in three people meets this criteria today,” said Dr. Greene.



“Each patient is unique,” said **Anuj Prashar, DO**, medical director of Bariatric Surgery at Holy Cross

Hospital. “Our collaborative, team approach enables us to provide a comprehensive weight loss program that meets the individual needs of each patient to help them achieve long-term weight loss. Healthy, not skinny! That’s the goal.”

Immediately following their screening, Janet and Susan began their preparatory regimen. “It’s a wonderful, holistic process,” said Susan. “We changed our diet, logged our food and water intake, and began pre-operative physician visits.” Janet agreed, “It’s a pretty strict protocol. You meet with a range of specialists — nutritionist, cardiologist and sleep expert.”

Both women appreciated the program’s attention to psychological drivers of obesity, and began working with its psychotherapist. “There is an emotional component to weight gain,” Janet said. “We realized if we were not committed to dealing with it, we might not succeed.”

Susan and Janet selected one of the two most commonly performed types of bariatric surgery: sleeve gastrectomy, which reduces the size of the stomach to a small pouch. Dr. Greene said selecting the type of bariatric surgery to undergo depends on the individual patient. Their surgeries were performed laparoscopically, which requires only small incisions, speeding recuperation.

Susan’s and Janet’s surgeries were performed a month apart so they could assist each other in post-op recovery — each took approximately two hours. The women scrupulously followed the program’s detailed post-op diet, carefully adding items as instructed. They continue to take advantage of Holy Cross Health support groups, nutritionists and exercise groups, and the support of the bariatric program’s dedicated coordinator.

“Our lives have changed so much,” Janet said. “I see people who are overweight now, and I remember what it was like. I feel so grateful to be on this journey. That Susan and I are on it together is truly a blessing.”



- Holy Cross Hospital is **accredited as a Comprehensive Center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement program (MBSAQIP)**, a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).
- Holy Cross Hospital also is **recognized as a Blue Distinction Center® by Blue Cross Blue Shield** for bariatric surgery.



What to Expect Before, During and After Weight Loss Surgery —

Preparing for weight loss surgery begins months in advance. Learn who qualifies for weight loss surgery and about the journey. **Visit:** [HolyCrossHealth.org/blog-weightloss](https://www.HolyCrossHealth.org/blog-weightloss)

with bariatric surgery

TAKING YOUR NEXT STEPS

DISCOVER OUR WEIGHT LOSS SERVICES



- Virtual exercise classes
- Outpatient nutrition counseling
- Diabetes prevention classes
- Orthopedic surgery for weight-related joint issues

IS WEIGHT LOSS SURGERY RIGHT FOR YOU?



Ready to learn more about our program and eligibility requirements?

Visit: [HolyCrossHealth.org/BariatricSurgery](https://www.HolyCrossHealth.org/BariatricSurgery)

FIND AN EXPERT SURGEON



Holy Cross Health bariatric surgeons meet the qualifications set forth by the American Society of Metabolic and Bariatric Surgery.

Visit: [HolyCrossHealth.org/BariatricSurgeryTeam](https://www.HolyCrossHealth.org/BariatricSurgeryTeam)

Thank You from the Holy Cross Health Foundation!



Three sisters, all born at Holy Cross Hospital, show their support.

Thank you for the outpouring of generosity to support our frontline heroes. Our community has donated \$260,000 to our *COVID-19 Response Fund*, thousands of pieces of personal protective equipment (PPE), and 57,000 resilience meals and self-care items.*

Your donations inspire and motivate our frontline heroes and their tireless efforts to provide high-quality care for all.



YOUR GIFTS MEAN SO MUCH!



Please continue to support Holy Cross Health's most pressing needs by making a donation at giving.HolyCrossHealth.org or contacting Eric Miller at 301-754-7101 or eric.miller@holycrosshealth.org.

*As of July 15, 2020



PLEDGE

TO PROTECT

The ones you love

Your safety continues to be our top priority at Holy Cross Health. We are taking extra steps, exceeding standards and continuing to find new and innovative ways to keep you safe. But we need your help to slow the spread of COVID-19 in our community. That is why we are calling on you to join our colleagues and providers in pledging to do your part to help keep your loved ones and our community safe.

I pledge...

- **To wear a mask in public** to do my part to prevent the spread of the virus.
- **To maintain physical distancing** whenever possible.
- **To wash my hands often** to prevent my germs from spreading.
- **To take COVID-19 seriously** to flatten the curve so fewer lives are affected by this disease.

Take Time for Your Health with

Our All-Virtual Classes

Enjoy the same great instructors, programming and connections you love, all from the comfort of your home.

- ✓ Stay active with a fitness class.
- ✓ Attend a joint replacement info session.
- ✓ Participate in a support group.
- ✓ Get help to manage a chronic disease.

To keep you and your family safe, all of our fitness classes, wellness and education sessions, support groups and events are currently virtual. Look for the orange V symbol (V). Many of our virtual classes are free.

It's easy to access virtual classes via Webex on your computer, tablet or phone. 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.

Class format, dates, instructors and fees are subject to change. For the most up-to-date information, visit HolyCrossHealth.org/classes-events.

Disease Prevention & Management

Diabetes Prevention Program Free

Starts Tuesday, Sept. 22
7 to 9 p.m. (English)

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.

En Línea Programa de Prevención de Diabetes Gratis

Empieza miércoles 23 de septiembre
6 a 8 p.m.

Lugar: V

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 al 301-557-1233.

Diabetes Self-Management Education

Tuesdays, Sept. 8, 15, 22, 29 & Oct. 6
5:30 to 7:30 p.m. / Location: V

Tuesdays, Oct. 20, 27, Nov. 3, 10 & 17
Noon to 2 p.m. / Location: V

This five-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.

Living Well: Chronic Disease Self-Management Workshop Free

Thursdays, Sept. 10 – Oct. 22
1:30 to 4 p.m.

Thursdays, Oct. 29 – Dec. 17

10 a.m. to Noon

Location: V

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 and other chronic conditions.

Living Well: Chronic Pain Self-Management Workshop Free

Wednesdays, Sept. 2 – Oct. 14
10 a.m. to 12:30 p.m.

Mondays, Nov. 2 – Dec. 14
6:30 to 9 p.m.

Location: V

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

V Virtual Classes Online via Webex

For additional classes, more information or to register (unless noted otherwise), visit HolyCrossHealth.org/classes-events.

Living Well: Diabetes Self-Management Workshop Free

Wednesdays, Oct. 21 – Dec. 2
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.

Road to Health Diabetes Education Free

The Road to Health workshop is a six-week diabetes education program to help you prevent or manage diabetes. Lifestyle coaching, meal planning and physical activity are covered in this interactive workshop to help you prevent diabetes while improving your health and wellbeing. For information on the workshop schedule, call 301-754-8800. This program is funded with grant support from the Maryland Department of Health Office of Minority Health and Health Disparities.

Cancer Support


Nutrition During and After Cancer Treatment Free

Tuesday, Sept. 15, 6 to 7 p.m.

Location: 

A well-balanced diet that includes nutritious foods is an important part of cancer treatment. Eating the right foods can help you feel better and stay stronger. The webinar will cover managing side effects of treatment with diet, decreasing inflammatory foods, vitamin and mineral concerns, and cancer-fighting foods and lifestyles.

Grupo De Apoyo Para Latinas Con Cancer Gratis

El último miércoles de cada mes ( virtualmente).
6 to 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, Oct. 24


10 a.m. to Noon / Location: 

Receive support and helpful resources. To register for your first meeting, call 301-754-7340.

Information Sessions & Lectures

Joint Replacement Class Free

Mondays, Sept. 14 & 21, Oct. 5 & 19,
Nov. 2 & 16, Dec. 7 & 14

2 to 4 p.m. / Location: 

Tuesdays, Sept. 1 & 15, Oct. 6 & 20,
Nov. 3 & 17, Dec. 1 & 15

11 a.m. to 1 p.m. / Location: 

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

Screening and Support for Smokers, Ex-Smokers and Others at Risk for Lung Cancer



Facebook Live Event Free

ASK OUR THORACIC EXPERTS

Thursday, Oct. 8, 12:30 to 1 p.m.

[Facebook.com/HolyCrossHospital](https://www.facebook.com/HolyCrossHospital)

If you or a loved one is at elevated risk for lung cancer, learn about screening for early detection, minimally invasive diagnostics, and the latest treatment options, including robotic surgery and immunotherapy. Important information will be shared for smokers, ex-smokers and anyone else at risk due to family history or second-hand smoke exposure. Our program focuses on ongoing surveillance and intervention to save lives.



Meet our panel:

Bryan Steinberg, MD

Medical Director, Thoracic Surgery, Holy Cross Health

Riny Karras, MD

Thoracic Surgery, new to Holy Cross Health Partners



To receive event reminders, to submit a question, or to receive the video after the live event, go to [HolyCrossHealth.org/lung-live](https://www.HolyCrossHealth.org/lung-live).

EARLY LUNG CANCER SCREENING

A low-dose CT scan takes less than one minute and can help identify signs of lung cancer at an early stage — when it is most treatable and survivorship rates are highest. To learn more about screening options — including the International Early Lung Cancer Action Program (I-ELCAP) research study — and to find out if you qualify, call our nurse navigator at 855-HCH-HOPE (424-4673).



LUNG CANCER SCREENING SAVE LIVES

Visit: [HolyCrossHealth.org/blog-lung](https://www.HolyCrossHealth.org/blog-lung)

FREEDOM FROM SMOKING


Join our free, 7-week group clinic. See page 15.

Surgical Weight Loss Information Meeting Free

Our in-person info sessions are temporarily paused due to COVID-19 precautions. Those interested in learning more can contact our bariatric surgeons. Visit: [HolyCrossHealth.org/BariatricSurgeryTeam](https://www.holycrosshealth.org/BariatricSurgeryTeam)

Fitness


Gentle Yoga

Thursday, Sept. 10 – Oct. 22 or Oct. 29 – Dec. 17 (no class Nov. 26)
6 to 7:15 p.m. / Location: 

7-week session \$40/8-week session \$45

This class is taught on the floor with modifications for people with movement limitations.


Guided Meditation/Yoga Nidra

Sundays, Sept. 6 – Oct. 25 or Nov. 1 – Dec. 20
6 to 7 p.m. / Location: 

8-week session \$45

Help your body unwind and heal from deeply held stress. Beneficial for anxiety, PTSD, chronic pain, insomnia and more.


Pilates


Wednesdays, Oct. 7 – Nov. 4 or Nov. 11 – Dec. 16
6:30 to 7:20 p.m. / Location: 

5-week session \$30/6-week session \$35

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

Yoga I


Mondays, Sept. 7 – Oct. 26 (no class Sept. 28) or **Nov. 2 – Dec. 21**
6:15 to 7:30 p.m. / Location: 

Thursdays, Sept. 10 – Oct. 22 or Oct. 29 – Dec. 17 (no class Nov. 26)
9 to 10:15 a.m. / Location: 

7-week session \$40/8-week session \$45

This physically active, meditative class develops flexibility and strength.

Yoga II

Thursdays, Sept. 10 – Oct. 22 or Oct. 29 – Dec. 17 (no class Nov. 26)
7:30 to 8:45 p.m. / Location: 

7-week session \$40/8-week session \$45

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

Yoga for Osteoporosis

Mondays, Sept. 7 – Oct. 26 or Nov. 2 – Dec. 21

7:45 to 8:45 p.m. / Location: 

8-week session \$45

Learn postures to increase bone strength, balance and longevity.

Yoga for Women

Sundays, Sept. 6 – Oct. 25 or Nov. 1 – Dec. 20

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

8-week session \$45

For women age 30 and older, this class includes postures for hormone balance, strength and pelvic floor health.

Zumba

Wednesdays, Oct. 7 – Nov. 4 or Nov. 11 – Dec. 16


5:30 to 6:20 p.m. / Location: 

5-week session \$30/6-week session \$35

Use low-impact moves in a calorie-burning, Latin dance, fitness party.

Support Groups

Epilepsy Support Group Free

Wednesdays, Oct. 21 & Dec. 16
6 to 8 p.m. / Location: 

For people of all ages with epilepsy and their loved ones. Register in advance.

Weight Loss Surgery Support Group Free

Mondays, Sept. 14, Oct. 12, Nov. 9 & Dec. 14

6 to 7 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](https://www.holycrosshealth.org/support).

YOUR HEALTH AND WELLNESS ARE ALWAYS TOP OF MIND

Read the Holy Cross Health Blog



These posts may be helpful as you continue to navigate the pandemic.

- Caregiving During Challenging Times
- 3-ingredient Meal Ideas
- How to Set Up a Healthy Home Workspace
- Tips for Staying Grounded During COVID-19

Visit [HolyCrossHealth.org/blog](https://www.holycrosshealth.org/blog).

View On-Demand Videos



Check out our series of three to five-minute videos on a variety of topics — from cardio and upper body workouts to yoga poses and recipe demos. Visit [HolyCrossHealth.org/on-demand](https://www.holycrosshealth.org/on-demand).

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

Tuesdays, Sept. 15 – Oct. 27 (no class Oct. 13) or **Nov. 10 – Dec. 22** (no class Nov. 24)

1 to 2 p.m.

Thursdays, Sept. 17 – Oct. 29 (no class Oct. 22) or **Nov. 5 – Dec. 17** (no class Nov. 26)

1 to 2 p.m.

Location:  / \$20

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

Virtual Classes Online via Webex

For additional classes, more information or to register (unless noted otherwise), visit [HolyCrossHealth.org/classes-events](https://www.holycrosshealth.org/classes-events).

Chair Exercise

**Tuesdays & Thursdays,
Sept. 8 – Oct. 22 or Nov. 3 – Dec. 17**
(no class Nov. 26)

1 to 2 p.m. / Location: 📍 / \$20

Get your body moving and heart pumping without even leaving your chair.

Gentle Yoga (55+)

**Thursdays, Sept. 10 – Oct. 22 or
Nov. 5 – Dec. 17**

10:30 to 11:30 a.m.

Mondays, Sept. 14 – Oct. 26 *(no class
Sept. 28)* or **Nov. 2 – Dec. 21**

10:30 to 11:30 a.m.

Location: 📍 / \$25

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

Mat Pilates

**Tuesdays, Sept. 8 – Oct. 20 or
Nov. 3 – Dec. 15**

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

Location: 📍 / \$30

Tone core muscles and strengthen abdominal and back muscles for better posture and flexibility.

Meditation

**Wednesdays, Sept. 16 – Oct. 14 or
Nov. 4 – Dec. 9** *(no class Nov. 11)*

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

Mondays, 10:30 to 11:30 a.m.

Location: 📍 / \$20

Call 301-754-8800 for upcoming dates.

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

Senior Fit Free

All Locations: 📍

Holy Cross Health and Kaiser Permanente offer a 45-minute virtual exercise program designed for seniors age 55 and older. It focuses on increasing strength, flexibility, balance, coordination and cardiovascular endurance. Classes are ongoing and a waiver is required to participate. For more information, availability and enrollment, email seniorfit@holycrosshealth.org.

Stay Active—Move Free

Mondays & Wednesdays

1:15 to 2:15 p.m.

Location: 📍

Call 301-754-8800 for upcoming dates.

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

Strength Training 101

**Tuesdays, Sept. 8 – Oct. 20 or
Nov. 3 – Dec. 15**

10:30 to 11:30 a.m.

**Thursdays, Sept. 10 – Oct. 22 or
Nov. 5 – Dec. 17** *(no class Nov. 26)*

10:30 to 11:30 a.m.

Location: 📍 / \$30

Strengthen muscles, joints and bones.

Strength Training 102

**Fridays, Sept. 11 – Oct. 23 or
Nov. 6 – Dec. 18** *(no class Nov. 27)*

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

Prerequisite: Strength Training 101 and/or permission of instructor.

Tai Chi – 24 Form

**Wednesdays, Sept. 9 – Oct. 21 or
Nov. 4 – Dec. 23** *(no class Nov. 11)*

9:30 to 10:30 a.m.

Location: 📍 / \$30

For those who are new to Tai Chi.

Tai Chi – 37 Form

**Wednesdays, Sept. 9 – Oct. 21 or
Nov. 4 – Dec. 23** *(no class Nov. 11)*

11 a.m. to Noon / Location: 📍 / \$30

For those who want a longer, more challenging form of Tai Chi.

Yoga 1/1.5

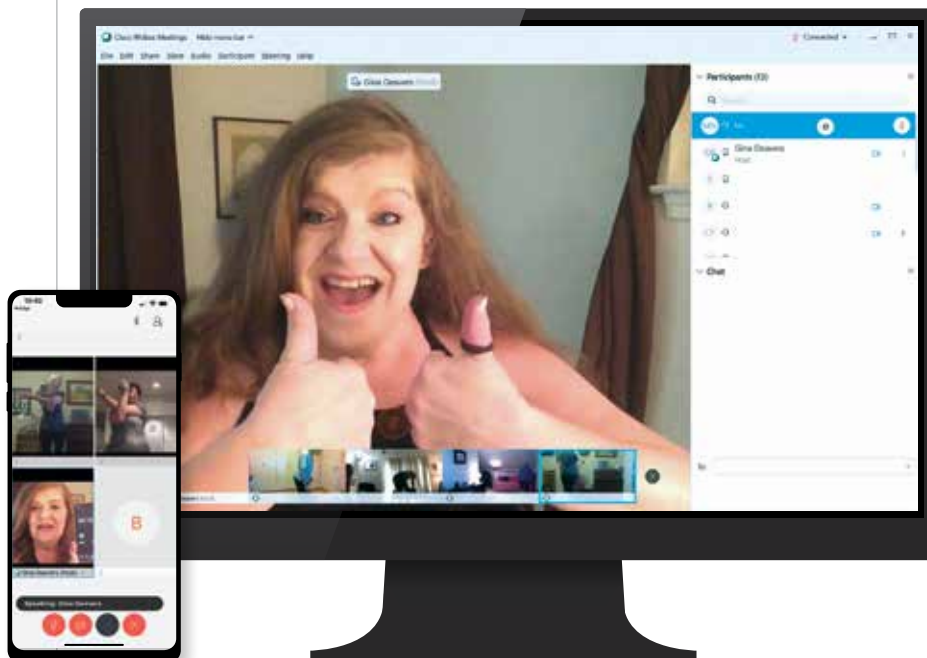
**Fridays, Sept. 11 – Oct. 23 \$30 or
Nov. 6 – Dec. 18** *(no class Nov. 27)* \$25

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

Location: 📍

Reboot with simple yoga poses and deep relaxation for all levels. Improve balance, posture and mindfulness.

Instructor Gina Deavers gives a thumbs-up to participants in the virtual Strength Training class.



Michele Williams is Staying Fit Virtually

"While I miss the camaraderie of seeing my friends in person at class, I'm really enjoying the virtual version of Strength Training. We're still getting the same excellent level of instruction as always. And it's wonderful not to have to drive from my home in Bowie to get to class. Being able to exercise in the privacy of my home is great."

Eileen Kramer is Exercising Body and Mind

"With Tai Chi, I learn how to move my body in different ways that really help my balance. At the same time, I use my mind to remember the sequencing of the forms. After each class, I feel like I've had a workout – physically and mentally. I hope to do Tai Chi for the rest of my life."



Tai Chi is
now virtual!

Yoga for Bone Health

**Thursdays, Sept. 10 – Oct. 22 or
Nov. 5 – Dec. 17** (no class Nov. 26)

3:15 to 4:15 p.m.

Sundays, Sept. 13 – Oct. 25 (no class
Sept. 27) or **Nov. 8 – Dec. 20**

3:15 to 4:15 p.m.

Location:  / \$25

Increase bone density and improve strength and coordination. Moderate difficulty level.

Wellness

Freedom from Smoking Free

Wednesdays, Sept. 9 – Oct. 21
(English)

10 to 11:30 a.m. or 4 to 5:30 p.m.

Mondays, Sept. 14 – Oct. 26 (Spanish)
10 to 11:30 a.m. or 4 to 5:30 p.m.

Mondays, Oct. 5 – Nov. 16 (English)
5 to 6:30 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. For more information and to register, please contact Stacey Bisnette, Stacey.bisnette@holycrosshealth.org.

Wellness 55+

Better Bones Free

All locations: 

Maintain bone density while improving strength, flexibility and balance.

Some exercises are done seated.

For those age 55+. Classes are ongoing and a waiver is required to participate. For more information, availability and enrollment, contact seniorfit@holycrosshealth.org.

Contemporary Issues In the News Free

Wednesdays, Sept. 9 & 23, Oct. 14 & 28, Nov. 11 & 18, Dec. 9

1:30 to 3:45 p.m. / Location: 

Exchange ideas on a variety of issues.

Medication Review Free

Friday, Sept. 25 or Nov. 20

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

Thursdays, Sept. 3 – Oct. 8

10 a.m. to Noon

Tuesdays, Oct. 20 – Dec. 1 (no class
Nov. 24)

1:30 to 3:30 p.m.

Location:  / \$5

This memory program teaches techniques that work for everyone. The seven-week course consists of four classes and three booster sessions.

Parenting Education

Grandparents-To-Be

Thursday, Sept. 24 or

Wednesday, Dec. 9

6 to 7 p.m. / \$5

Saturday, Oct. 10 or Nov. 14

10 to 11 a.m. / \$5

Location: 

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.

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. 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/CaregiverSupport.

Virtual Classes Online via Webex

For additional classes, more information or to register (unless noted otherwise), visit HolyCrossHealth.org/classes-events.

Norvell V. Coats, 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

Your Safety Is Our Priority



Your safety is — and always has been — our top priority. We're taking extra steps, exceeding standards, and continuing to find new and innovative ways to keep you safe — because quality and safety are a cornerstone of our care.

It's important that you do not postpone care that you need to get healthy and stay well. We've resumed most operations at our hospitals and other care sites, including elective surgeries and procedures, while minimizing COVID-19 related risks for patients, visitors, physicians and colleagues.

STEPS WE'RE TAKING TO HELP KEEP YOU SAFE



Screening & Testing

We require temperature and symptom screenings for people entering our facilities. We also test all patients prior to any elective procedure regardless of whether or not they have symptoms.



Required Masking

All colleagues, patients and visitors must wear a mask at all times in our facilities. For those who don't have a mask, we will gladly provide one.



Separation of Patients

We separate non-COVID patients from patients who have COVID-19 or COVID-19 symptoms.



Physical Distancing

Changes have been made to our processes and facilities to create spaces that permit physical distance.



Limited Visitors

Visitors are restricted in our facilities at this time. We make only a few exceptions for certain circumstances and compassionate care.



Enhanced Cleaning

We have increased the frequency and intensity of our facility cleaning, using robust disinfecting processes and paying special attention to follow new CDC guidelines.



Virtual Care and Classes

We have increased virtual care options (p. 6), including video appointments, and many of our fitness and health classes are now available from the safety of your home. See our all-virtual classes listings (p. 11) for details.

Watch our safety video to learn more about how we're keeping our community safe: HolyCrossHealth.org/safe-care

For care location addresses and phone numbers, visit 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.

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

