

HOLY CROSS HEALTH

WINTER 2019

*Finding Relief
for Your Digestive
Concerns, Just
Like Mary Did | 8*

Three National
Awards Recognize
the High-quality
Care We Provide
for You | 2

HC HOLY CROSS
HEALTH

A Member of Trinity Health

*Moving Life Ahead*SM

New & Noteworthy

Holy Cross Hospital Receives Prominent Quality Awards—Again

Three recent honors assure patients they can count on Holy Cross Health's high-quality care.

U.S. News & World Report "Best Hospitals"

U.S. News & World Report ranked Holy Cross Hospital seventh (tied) in the Washington, D.C., metro area and tenth (tied) out of 70 hospitals in the state of Maryland for providing high-quality care—making Holy Cross Hospital the highest ranked hospital in Montgomery County.

Holy Cross Hospital also received the highest rating possible in three adult procedures/conditions categories, including congestive heart failure, colon cancer surgery and chronic obstructive pulmonary disease.

Top 5% of Hospitals Nationwide for Quality

Healthgrades, a leading online resource for comprehensive information about physicians and hospitals, recognized Holy Cross Hospital among the top 5% of hospitals in the nation for clinical excellence. Holy Cross Hospital was one of only nine hospitals in the state of Maryland, and the only hospital in Montgomery County, Prince George's County and the District of Columbia to receive the 2018 Distinguished Hospital Award for Clinical Excellence™.



One of America's 100 Best Hospitals for Critical Care™

Healthgrades also identified Holy Cross Hospital among the top hospitals nationally for excellence in Critical Care. Moreover, Holy Cross Hospital was recognized for the following clinical achievements: Critical Care Excellence Award™ for two consecutive years; Five-Star for Treatment of Sepsis for 13 consecutive years; Five-Star for Treatment of Respiratory Failure for two consecutive years; and Five-Star for Treatment of Pulmonary Embolism.

For more information about these and other awards, visit HolyCrossHealth.org/Awards.

Nora Roberts Foundation Donates \$250,000 to Holy Cross Health



To support the renovation and expansion of maternity and perinatal health services at Holy Cross Hospital, the largest birthing hospital in the state of Maryland and the District of Columbia, the Nora Roberts Foundation has donated \$250,000 to Holy Cross Health. Nora Roberts, #1 *New York Times* bestselling author from Silver Spring, Md., created the Nora Roberts Foundation in 2001 to promote and encourage literacy, children and the arts.

Holy Cross Hospital and Holy Cross Germantown Hospital delivered and cared for

◀ *At the Holy Cross Health Ball, Sharon Kiernan, MD, neonatology, medical director, Neonatal Intensive Care Unit, Holy Cross Hospital, speaks with Jason Aufdem-Brinke, executive director and treasurer of the Nora Roberts Foundation.*

Partnering to Achieve Health for Our Communities

For the third year, Holy Cross Health has received a \$500,000 grant from Trinity Health to support the Healthy Montgomery Transforming Communities Initiative (TCI) focused on policy, system and environmental changes to reduce obesity, promote tobacco-free living, and improve health.

The TCI supports implementation of Montgomery County Public Schools' Local School Wellness Councils and the Montgomery County Food Council's Food Action Plan. It also advocates for Tobacco21 legislation to raise the legal age to purchase tobacco in Maryland, initiated the Food as Medicine program in Montgomery Cares safety net health centers, and is developing early childhood education for childcare providers.



more than 10,700 newborns last fiscal year, the most of any health system in the state of Maryland.

Additionally, Holy Cross Health provides obstetrical services to almost 1,100 low-income women each year who would otherwise lack access to high-quality pre- and post-natal care.

This gift was announced at the Holy Cross Health Ball benefiting Women's Health.

Visit Giving.HolyCrossHealth.org to support our Women's Health program with a tax-deductible donation.

A Message from

Norvell V. Coots, MD

President and Chief Executive Officer, Holy Cross Health

Holy Cross Health has a long and successful history of helping our community members address their individual needs and goals to achieve a better quality of life. We accomplish this through careful planning and by focusing on our mission to be the most trusted provider of health care in our region.

Whether you are delivering a baby, having surgery, experiencing an emergency or needing primary care, Holy Cross Health is here for you. Last fiscal year, expert teams at Holy Cross Hospital and Holy Cross Germantown Hospital compassionately welcomed more than 10,700 babies, thoughtfully admitted more than 36,000 patients, expertly performed more than 13,000 surgeries, and skillfully treated more than 104,000 emergency center patients.

Holy Cross Health also provided 49,000 high-quality primary care visits at our four Holy Cross Health Centers, Holy Cross Health Partners in Kensington and Holy Cross Health Partners at Asbury Methodist Village—all of which provide personalized care for better prevention, early detection and timely treatment of health issues.

Holy Cross Health is committed to the best treatment and outcomes for our patients. In this issue of our magazine, you can read about Mary Madu, who recently had complex abdominal surgery, and Sue Hamann, who benefited from our comprehensive joint replacement services.


We are also here for community members who are seeking to get healthy or stay fit. Holy Cross Health offers more than 70 fitness and health education classes, self-care management programs, health ministry programs and support groups each week at convenient community locations.

Our commitment to our communities is steadfast. We will continue to innovate to provide the right care, at the right time, in the right place, with the best professionals in health care.

Thank you for the trust you place in Holy Cross Health.



Relieving Sue's Pain Through Custom Knee Replacement Surgery



"I credit my fast recovery to attending the joint replacement class, the skill of my surgeon and the wonderful physical therapists at Holy Cross Germantown Hospital," explains Sue Hamann.



Zohair Alam, MD



Korboi Evans, MD

Sue Hamann likes to stay active, but painful arthritis in her right knee was hindering her lifestyle. “I had been dealing with arthritis for years, but over the winter, it got a lot worse,” Sue says. “I tried medication, physical therapy and several kinds of injections, but nothing helped for very long.”

“Holy Cross Health’s joint care program offers patients an individualized approach, with the goal of improving function, alleviating pain and restoring mobility by providing a full continuum of pain management, rehabilitative support, surgical expertise, and health and wellness programs that promote joint health,” explains Zohair Alam, MD, medical director of the Joint Center at Holy Cross Hospital.

Ready to consider surgical options, Sue consulted with Korboi Evans, MD, an orthopedic surgeon at Holy Cross Germantown Hospital and Holy Cross Hospital. Various joint replacement implants are used by Holy Cross Health orthopedic surgeons, and after discussing her options with Dr. Evans, she chose a custom knee replacement implant.

“The technology has advanced to the point that we can tailor the knee to the patient’s anatomy to improve outcomes and expand function, which is ultimately the goal of knee replacement,” Dr. Evans says. “The custom knee implant is sized, aligned and configured prior to surgery.”

On a Monday morning last year, Sue got her new custom knee at Holy Cross Germantown Hospital.

“Pain management was a concern of mine, but I was happy to find that I only needed ibuprofen after the surgery,” explains Sue. “The best thing was that every staff member on the floor cheered me on with each step I took. It was wonderful.”

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

When Sue got home two days after her surgery, she was able to walk up the steps to her bedroom. The next day she was doing a load of laundry in the basement. She had minimal postoperative soreness, and the constant arthritis pain she had was gone. A month later she was back at work full time, and two months later she was able to get back on her bike.

To learn more about our Joint Program, and to download a free decision-making guide to help you address your joint pain, visit HolyCrossHealth.org/JointCare.

How Can We Help You?

Each person has their own path to joint health. See how Holy Cross Health can help you on yours.



Ask Our Physicians Your Joint Pain Questions in Person

Come to a “Joints: Repairs and Replacements” event on Thursday, February 7, to learn from our panel of orthopedic experts about the risks and benefits of various treatment options for pain, stiffness or weakness in your joints. For details, turn to page 13.



Learn About Joint Replacement Surgery

If you are considering joint replacement surgery or if you are scheduled for a procedure, attend our free pre-operative Joint Replacement Class to meet our caregivers and learn what to expect. To sign up for this class, visit HolyCrossHealth.org/JointClass.



Find a Specialist

Our orthopedic surgeons are experts in advanced minimally invasive joint repair and joint replacement. To find a surgeon who meets your needs, visit HolyCrossHealth.org/Find-A-Physician.



Go Online for Answers to Your Joint Questions

Still looking for trusted answers to commonly asked questions about joint replacement? Visit HolyCrossHealth.org/Blog-Joints.

Four Ways to Take Control of Your Health

The best way to prevent illness and promote wellness is to keep your mind, body and spirit healthy. There are many innovative programs and services Holy Cross Health offers throughout Montgomery and Prince George's counties to help you be successful with your healthful endeavors.

Start by making smart health choices—like getting regular check-ups or much-needed respite from caregiving—and then make a point to expand those positive efforts. Before you know it, you'll be an effective advocate for your own well-being.

1 Primary Care for Adults

Community members who regularly visit their primary care providers are more likely to stay healthy and less likely to need hospitalization in the future.

Holy Cross Health's primary care practices for adults—Holy Cross Health Partners at Asbury Methodist Village and Holy Cross Health Partners in Kensington—offer coordinated, personalized care for better prevention, early detection, and timely treatment of health issues.

"It's important for everyone to have a primary care practice that sees the 'big picture' and provides continuity of care," explains Eugenio Machado, MD, a board-certified internal medicine specialist at Holy Cross Health Partners in Kensington.

"Patients come to us for everything from flu shots to very serious health issues, often over many years, which gives us a critical understanding of their medical histories," adds Dr. Machado.

To make an appointment at Holy Cross Health Partners in Kensington, call 301-949-4242.

2 Fitness and Education Classes

Get moving. When busy 55-year-old Cathy Penafiel was diagnosed with osteoporosis a few years ago, she thought it was time to put herself at the top of her to-do list. "I decided to take the Yoga for Osteoporosis class at the Holy Cross Resource Center and I just love it. The teacher is first rate and really cares about her students," Cathy says.

Yoga for Osteoporosis is just one of more than 70 fitness and educational classes offered each week at multiple community locations that promote health and wellness for adults. The classes provide enormous health benefits by helping to prevent, delay or manage illness, as well as building good habits. The classes also give older adults important social connections that may be missing in their day-to-day lives.

To see a list of free or low-cost classes and events, turn to pages 10-15, visit HolyCrossHealth.org or call 301-754-8800.

3 Stimulating Services for Aging Adults

For seniors and medically disabled adults, the Holy Cross Medical Adult Day Center offers a variety of daily activities while also helping participants form new friendships, develop new interests, refresh old skills and just plain have fun.

"Our center allows participants to maintain the independence of living at home while providing them with the opportunity during the day to enjoy a structured, activity-focused program," says Kathleen Williams, director, Holy Cross Medical Adult Day Center.

Participants at the center enjoy all of these daily activities with confidence because a registered nurse is available to meet their health needs. The nurse is able to administer medications, monitor blood pressure, facilitate on-site therapies and more.

The Medical Adult Day Center also provides important respite for caregivers. Knowing a loved one is well cared for eases anxiety and provides critical time away from the rigors of caregiving.

A free two-day trial period at the Medical Adult Day Center gives potential participants and caregivers a chance to see what the center offers. To learn more, to register for the two-day free trial or to schedule a tour, call 301-754-7150.



“The Yoga for Osteoporosis class is not just about improving my bone health, it is changing the way I live every day,” explains Cathy Penafiel. “I’m far more mindful of standing correctly with my spine in alignment and I practice every day what I’ve learned in class.”

4 Caring for the Caregiver

Throughout our communities, family members are caring for older adults. While their care is heartfelt, these caregivers face special challenges. The Holy Cross Caregiver Resource Center is designed to provide some relief and assistance.


“We understand that caregivers often need extra support,” explains Sister Kathleen Weber, CSC, coordinator of the Caregiver Resource Center. “Caregiving can be very rewarding, but it’s also a demanding responsibility.”

The Caregiver Resource Center offers respite through our free Caregiver Support Groups (see page 15 for more information), empowers caregivers with information on caregiver issues and health-related topics, and publishes a free caregiver newsletter that keeps caregivers up-to-date on the latest books, resources and more. And, a Caregiver Telephone Helpline—301-754-7152—also is available to answer questions about services and resources for caregivers.

How do you know when a family member needs a caregiver? For answers to this and other related caregiving questions, visit HolyCrossHealth.org/Blog-Caregivers.

For more resources on how to get and stay healthy, or to address more serious health care needs, visit HolyCrossHealth.org.

Finding Relief for Your Digestive Concerns, Just Like Mary Did



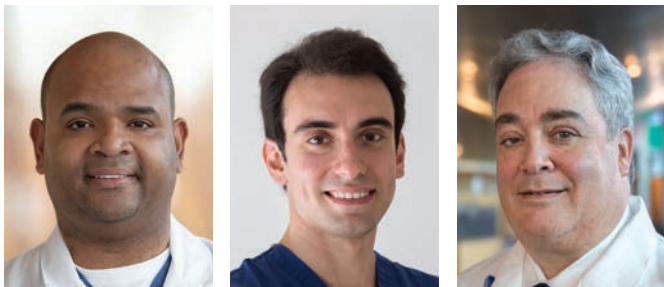
Happy to be tinkering in the garden again, Mary Madu says, “Dr. Conrad and Dr. Sailon assured me that my hernia pain would be better, and it is. I am grateful I had such a good team.”

For people who have intestinal issues, relief can't come fast enough. If you, like Mary Madu of Silver Spring, need more serious treatment than what over-the-counter medications can provide, turn to Holy Cross Health's advancing Digestive Health Program.

“We are one of the leading providers in Montgomery County for the diagnosis and treatment of simple to complex digestive conditions,” explains Bryan Steinberg, MD, medical director, Thoracic Oncology, and chair, Robotics Committee, Holy Cross Health.

For community members with digestive issues related to obesity, colorectal, heartburn, hernia and others, Holy Cross Health offers comprehensive care and multi-specialty expertise to provide innovative treatment options for successful results.

Last year, Mary turned to the multidisciplinary hernia team at Holy Cross Germantown Hospital to surgically repair her large, complex hernia. It was located on the front of her stomach, next to her belly button, the size of a grapefruit—and still growing.



George Conrad, MD Alexander Sailon, MD Bryan Steinberg, MD

A hernia is a gap or tear in the lining of the abdominal wall, allowing organs to squeeze through and rest just beneath the skin, causing pain, possible further injury and complications.

“There are many different types of hernias, including hiatal, which is usually associated with heartburn, and inguinal. Specialists at Holy Cross Health treat them all, including large, complex ones like Mary’s,” explains George Conrad, MD, General Surgery, Holy Cross Germantown Hospital and Holy Cross Hospital.

Mary’s hernia was a long-standing issue that was affecting her quality of life. “I have allergies, and each time I would cough I would be in so much pain,” the 56-year-old says. “I am a strong person, but the agony brought me to my knees.”

Mary had experienced multiple previous abdominal surgeries, including an unsuccessful hernia repair at another hospital. Because of the layer of difficulty due to scar tissue and the large size of the hernia, Dr. Conrad operated with Alexander Sailon, MD, Plastic Surgery, Holy Cross Germantown Hospital and Holy Cross Hospital.

“Most hernia repairs do not require a second surgeon with reconstructive expertise, but for those that do, the results are impressive,” says Dr. Sailon. “Our different surgical training complements each other’s skill set for this type of multifaceted surgery.”

Mary found relief by turning to Holy Cross Health and so can you. “With advanced physiological testing, expertise in digestive disorders, and experienced surgeons from throughout the region, Holy Cross Health is changing patients’ lives for the better,” says Dr. Steinberg.

To meet our hernia program specialists, visit HolyCrossHealth.org/HerniaTeam.

Looking for Hernia Relief?



Learn about hernia symptoms and when to seek treatment by attending our event (see right) or visiting HolyCrossHealth.org/Blog-Hernia.

Get Help for Your Digestive Concerns

These free events are held at Holy Cross Germantown Hospital, 19801 Observation Drive in Germantown, unless otherwise noted.



Weight-loss Surgery Information Sessions 6 to 8 p.m.

(unless otherwise noted)

Learn about minimally invasive weight-loss surgery, meet our bariatric surgeons, ask questions and hear from patients who have had surgery. Register at HolyCrossHealth.org/WeightLossSessions or by calling 301-754-8800. General surgeons include: Barry Greene, MD, (Jan. 23, Feb. 27, March 27 and April 24); Joseph Greene, MD, (Jan. 10 and Feb. 7, 5:30 to 6:15 p.m., March 13 and April 11); and Stephen McKenna, MD, (Jan. 14, Feb. 11, March 11 and April 8). **For more information, visit HolyCrossHealth.org/BariatricSurgeryTeam.**

Hernia Help: Ask Our Doctors

Thursday, Jan. 17 / 2 to 3 p.m.

Learn about hernia types, symptoms and treatment options. Panelists include: Alexander Sailon, MD, Plastic Surgery; and Bryan Steinberg, MD, Thoracic Surgery.

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

Hope for Heartburn and Other Digestive Concerns: Ask Our Doctors

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

A panel of experts discusses the latest advancements in the diagnosis and treatment of conditions and diseases affecting the gastrointestinal tract such as heartburn, bariatric surgery for weight loss, surgery for colorectal concerns and more. Panelists include: Halim Charbel, MD, Gastroenterology; Tuesday Cook, MD, General Surgery; Joseph Greene, MD, General Surgery; Rami Makhoul, MD, Colorectal Surgery; and Bryan Steinberg, MD, Thoracic Surgery.

At the ‘Ask Our Doctors’ events, bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. Light refreshments will be served. To register, call 301-754-8800 or visit HolyCrossHealth.org/AskOurDoctors.

For additional ‘Ask Our Doctors’ events, see page 13.

Take Time for Your Health

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



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

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

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

■ **Holy Cross Senior Source**
8580 Second Avenue
Silver Spring, MD
20910

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

Disease Prevention & Management

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

Diabetes Prevention Program Free

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

Programa de Prevención de Diabetes Gratis

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

Diabetes Self-Management Education

Tuesdays, Jan. 15, 22, 29 & Feb. 5
Noon to 3 p.m. / Location: ▲
Tuesdays, Feb. 19, 26, March 5 & 12
5:30 to 8:30 p.m. / Location: ▲
Tuesdays, April 2, 9, 16 & 23
Noon to 3 p.m. / Location: ▲

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

Programa de Manejo Personal de la Diabetes

(St. Mark the Evangelist Catholic Church
7501 Adelphi Rd., Hyattsville)

Un curso GRATIS de seis semanas para los que quieren aprender cómo mantener una vida activa y manejar su salud mientras viven con la Diabetes Tipo 2 o Pre-Diabetes. Bienvenidos a las familias y los que cuidan a los diabeticos. Para fechas, horarios y lugares, llame al 301-754-8800.

Living Well: Chronic Disease Self-Management Workshop Free

Tuesdays, Jan. 8 - Feb. 12
1 to 3:30 p.m. / Location: ■

This six-week program teaches adults how to live a healthy life with chronic conditions and includes tools for improved self-management and ways to be your own best health advocate.

Living Well: Diabetes Self-Management Workshop Free

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. For dates, times and locations, call 301-754-8800.

Medication Review Free

Friday, Jan. 25, Feb. 22, March 29,
April 26 / Noon to 1 p.m.
Location: ◆ (Room 1509)

Wednesday, Feb. 6 or April 3
10 a.m. to 2 p.m. / Location: ■

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

Orthopedics & Joint Health

Better Bones Free

Maintain bone density while improving strength, flexibility and balance. Some exercises are done seated. For those age 55+. Classes are ongoing and are offered at four locations. Call 301-754-8800 to request a physician consent form to register and for a schedule of classes.

Joint Replacement Class Free

Mondays, Jan. 7 & 21, Feb. 4 & 18, March 4 & 18, April 1 & 15
2 to 3:30 p.m. / Location: ★
Tuesdays, Jan. 8 & 22, Feb. 5 & 19, March 5 & 19, April 2 & 16
11 a.m. to 12:30 p.m. / Location: ◆
Learn what to expect before, during and after surgery.

Cancer Support

Cancer Educational Series Free

Exercise (Feb. 19)
Inner Peace and Healing (May 15)
Nutrition (Aug. 21)
6:30 to 7:30 p.m. / Location: ★
Cancer patients and survivors receive education, support, information and hope. For more information, contact Hazzel Saravia, Holy Cross Hospital Cancer Institute, at 301-557-1850 or hazzel.saravia@holycrosshealth.org.

Lymphedema Support Group Free

Saturday, Jan. 12 & April 13
10 a.m. to Noon (Holy Cross Hospital, Physical Medicine, Ground Floor)
Receive support and helpful resources for the daily challenges of lymphedema. Patients, family members, friends and caregivers welcome. To register for your first meeting, call 301-754-7340.

Thyroid Cancer Support Group Free

Third Saturday of each month
10 a.m. to Noon (Holy Cross Hospital, Private Dining Rooms next to Cafeteria)
Open to all thyroid cancer survivors and their families. To register, call the Thyroid Cancer Survivors' Association at 301-943-5419.

Brain Health

Epilepsy Support Group

Wednesday, Jan. 9 & March 13
6 to 7:30 p.m. / Location: ★
For people of all ages with epilepsy, and their family members and friends. Hear from medical experts, gain coping insights and learn from the experience of others. Registration requested.

Memory Academy

Call 301-754-8800 for class schedule and to register.

Location: ■ \$5

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

Memory Screening Free

Tuesday, Jan. 15 or March 19
10 a.m. to Noon / Location: ■
A trained professional provides memory screening, answers questions about memory loss and discusses community resources.



Rick Ramirez is Lowering His Risk for Diabetes

"My family history increases my chances for developing diabetes. To reduce my risk, I took the Diabetes Prevention Program, which taught me how to understand food labels, be mindful of calories, make better food choices and more."

Margaret Dohmen is Dancing to Keep Fit

"I've been taking Ballroom/Latin/Swing Dance: Basics & Beyond classes and have noticed that my posture is better, and I'm moving with more confidence and coordination. It's good exercise and lots of fun, too."

Parkinson's Exercise

**Mondays, Jan. 7 - Feb. 11 or
March 4 - April 15 / 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, enhance conditioning and endurance, and strengthen muscles.

Fitness, Health & Wellness

Ballroom/Latin/Swing Dance: Basics & Beyond

**Tuesdays, Jan. 8 - Feb. 12,
Feb. 19 - March 26 or April 2 - May 7
6:30 to 7:30 p.m. / Location:** ▲

6-week session \$70

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

Gentle Yoga

**Thursdays, Jan. 3 - Feb. 7,
Feb. 21 - March 28 or April 4 - May 9
6 to 7:15 p.m. / Location:** ▲

6-week session \$70

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

Pilates

**Wednesdays, Jan. 9 - Feb. 20*,
Feb. 27 - April 3 or April 10 - May 22*
6:30 to 7:15 p.m. / Location:** ▲

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

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

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



Yoga I

**Mondays, Jan. 7 - Feb. 11,
Feb. 25 - April 1 or April 8 - May 13
6:15 to 7:30 p.m. / Location:** ▲

6-week session \$70

**Thursdays, Jan. 3 - Feb. 7,
Feb. 21 - March 28 or April 4 - May 9
9 to 10:15 a.m. / Location:** ▲

6-week session \$70

This physically active, meditative class develops flexibility and strength.

Yoga II

**Thursdays, Jan. 3 - Feb. 7,
Feb. 21 - March 28 or April 4 - May 9
7:30 to 8:45 p.m. / Location:** ▲

6-week session \$70

For continuing yoga students who have taken Yoga I.

Yoga for Back Pain

**Thursdays, Jan. 3 - Feb. 7,
Feb. 21 - March 28 or April 4 - May 9
10:30 to 11:30 a.m. / Location:** ▲

6-week session \$70

Strengthen your whole body, especially the back, through yoga to promote healing and prevent further injury.

Yoga for Osteoporosis

**Mondays, Jan. 7 - Feb. 11,
Feb. 25 - April 1 or April 8 - May 13
7:45 to 8:45 p.m. / Location:** ▲

6-week session \$70

**Sundays, Jan. 6 - Feb. 10, Feb. 24 -
March 31 or April 7 - May 19 (no class
April 21) / 6 to 7 p.m. / Location:** ▲

6-week session \$70

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

Yoga for Women

**Sundays, Jan. 6 - Feb. 10, Feb. 24 -
March 31 or April 7 - May 19
(no class April 21)**

4:30 to 5:45 p.m. / Location: ▲

6-week session \$70

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

Zumba

Wednesdays, Jan. 9 - Feb. 20*,
Feb. 27 - April 3 or April 10 - May 22*

5:30 to 6:30 p.m. / Location: ▲
6-week session \$70 / 7-week session \$80*

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

Fitness, Health & Wellness 55+

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

AARP Smart Driver Program

Wednesday, Jan. 16, March 20 or
April 17 / 11 a.m. to 3:30 p.m.

Location: ■

AARP members: \$15 / Nonmembers: \$20
Helps drivers 50 and older sharpen their driving acumen and develop new techniques.

Ballet Gold

Thursdays, Jan. 3 - Feb. 14
1 to 2 p.m. / Location: ■ \$15

Tuesdays, Jan. 8 - Feb. 12
1 to 2 p.m. / Location: ■ \$15

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

Bollywood Gold

Fridays, March 15 - April 19
11:15 a.m. to 12:15 p.m.

Location: ■ \$15

Move your entire body in a class that includes dance, laughter, exercise, meditation and chair yoga.

Chair Tai Chi Beginner

Tuesdays & Thursdays, Jan. 3 - Feb. 14
or March 7 - April 18 / 11:45 a.m.
to 12:45 p.m. / Location: ■ \$15

This class is a great workout for those with mobility issues. Work toward fitness and less pain.

Chair Exercise Intermediate

Tuesdays & Thursdays, Jan. 3 - Feb. 14
or March 7 - April 18 / 1 to 2 p.m.

Location: ■ \$15

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

Coffee & Crafts Club

Mondays, Jan. 14 - April 29 / 10:30 a.m.
to 12:30 p.m. / Location: ■ \$10

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

Contemporary Issues

Discussion Group Free

Wednesdays, Jan. 9 & 23, Feb. 13 & 27,
March 13 & 27, April 10 & 24

1:30 to 3:30 p.m. / Location: ■

Exchange ideas on a variety of issues.

Gentle Yoga

Mondays, Jan. 7 - Feb. 11 or
March 4 - April 8 / 10:30 to 11:30 a.m.

Location: ■ \$33

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

Jazz Dance

Fridays, Jan. 4 - Feb. 8 or
March 1 - April 19 / 2 to 3 p.m.

Location: ■ \$15

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

Mat Pilates

Tuesdays, Jan. 8 - Feb. 12 or March 5 -
April 9 / 11:45 a.m. to 12:45 p.m.

Location: ■ \$33

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

‘Ask Our Doctors’ Events

Joints: Repairs and Replacements

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

Learn about the risks and benefits of various treatment options for pain, stiffness or weakness in your joints. Our panel of experts includes: Ricardo Cook, MD, Orthopedics; Korboi Evans, MD, Orthopedics; and Joseph Greene, MD, General Surgery.

Overcoming Back Pain and Spine Disease

Thursday, Feb. 28 or March 14 / 6:30 to 7:30 p.m. / Location: ◆

Thursday, April 18 / 2 to 3 p.m. / Location: Asbury Methodist Village*

Engage with our expert orthopedic surgeons and neurosurgeons for an overview of strategies for managing and treating back pain and spine disease, including temporary relief or surgery as a long-term solution. Panelists include: David Gwinn, MD, Orthopedics; David Herzig, MD, Neurosurgery; and Sanjog Mathur, MD, Orthopedics.

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

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

For additional ‘Ask Our Doctors’ events, see page 9.

More Support Groups

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

Senior Fit Free

A 45-minute exercise program for adults age 55+ that focuses on strength, balance, agility and cardiovascular fitness. Offered at 24 locations in partnership with Kaiser Permanente, the Montgomery County Department of Recreation, Maryland-National Capital Park and Planning Commission, Asbury Methodist Village, and local churches. Call 301-754-8800 for a physician's consent form to register and for a class schedule and locations.

Stay Active—Move Free

Mondays & Wednesdays,
Jan. 7 - Feb. 20 or March 4 - April 17
1 to 2 p.m. / Location: ■

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

Strength Training

Tuesdays, Jan. 8 - Feb. 12 \$33
or March 5 - April 16 \$38.50
10:30 to 11:30 a.m. / Location: ■

Thursdays, Jan. 3 to Feb. 14 \$38.50
or March 7 - April 11 \$33
10:30 to 11:30 a.m. / Location: ■

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

Tai Chi

Wednesdays, Jan. 2 - Feb. 13 or
March 6 - April 17 / Location: ■ \$15
Beginner Level: 9:30 to 10:30 a.m.
Advanced Level: 10:30 to 11:30 a.m.
Tai chi integrates health, self-defense and meditation and improves balance.

Tap Dance

Fridays, Jan. 4 - March 8
12:30 to 1:30 p.m. / Location: ■ \$20
This beginner class introduces the rhythms and coordination of making clear tapping sounds.

World of Art Free

Mondays / 1:30 to 3 p.m.
Location: ■
Jan. 28: Public Parks, Private Gardens/
Paris to Provence
Feb. 18: Famous Art Thefts from
Mona Lisa to The Scream
March 18: Impressionist Art at the
National Gallery
April 8: Monet in Normandy:
In Love with the Sea
(Register for each class individually.)

Yoga 1.5

Thursdays, Jan. 3 - Feb. 14 or
March 7 - April 18 / 11:45 a.m. to
12:45 p.m. / Location: ■ \$38.50
Offers multiple levels of yoga beyond Gentle Yoga. Moderate difficulty level.

Yoga as Therapy

Wednesdays, Jan. 2 - Feb. 13 \$38.50
or March 6 - April 10 \$33
3:15 to 4:15 p.m. / Location: ■
A good beginner class. A step up from Gentle Yoga.

Yoga for Bone Health

Thursdays, Jan. 3 - Feb. 14 \$38.50
or March 7 - April 11 \$33
3:30 to 4:15 p.m. / Location: ■
Yoga poses and practices increase bone density and also improve strength and coordination. Moderate difficulty level.

Zumba Gold

Fridays, Jan. 4 - Feb. 8 or
March 1 - April 19 / 10:30 to 11:30 a.m.
Location: ■ \$15
This dance-fitness class includes easy-to-follow, choreographed moves to enhance balance, range of motion and coordination, and build cardiovascular health.

Youth Programs

Girl Talk

Wednesday, Feb. 6 / 6:30 to 8:30 p.m.
Location: ◆
Tuesday, April 9 / 6:30 to 8:30 p.m.
Location: ▲
\$20 per girl with accompanying adult
For girls ages 8 to 11 and their moms.
Explore puberty changes, menstrual cycles and maintaining the lines of communication.

Safe Sitter

Saturday, Feb. 2 or April 13
9 a.m. to 4 p.m. / Location: ▲
\$70 per person
A class for 11 to 13 year olds who are embarking on babysitting that covers child care safety, handling emergencies, first aid techniques and more.

Falls Prevention Program Free

Falls Risk Assessment

Wednesday, Jan. 9
11:45 a.m. to 2 p.m. / Location: ■
State-of-the-art Biodex/BioSway Balance System, and gait and balance testing determine your personal falls risk. Pre-registration required. Space is limited.

Matter of Balance

Tuesdays, March 5 - April 23
1:30 to 3:30 p.m. / Location: ■
Are you worried about falls or near-falls? Learn how to reduce your risk for falls and increase strength and balance in this eight-class series.

Upright! Balance Training

Mondays & Wednesdays
Jan. 23 - April 24
11:45 a.m. to 12:45 p.m. / Location: ■
Sensory training and exercises are used to increase skills for balance maintenance. Learn how to prevent and manage falls. Prerequisite: must have received a Falls Risk Assessment on Jan. 9 at Holy Cross Senior Source to attend class.

Ginny and Sam Sanchez Are Preparing To Be Grandparents

"A lot has changed since we were new parents. The Grandparents-To-Be class taught us about the latest safety practices, baby products and more. Now we feel very confident about caring for our grandbaby."

Family Health

Maternity Classes

Holy Cross Germantown Hospital and Holy Cross Hospital offer a variety of classes, tours and exercise programs to help a family prepare for a new baby's arrival and beyond. For a complete list of classes, visit HolyCrossHealth.org.

Grandparents-To-Be

Wednesday, March 6

6:30 to 8:30 p.m. / Location: ◆

\$15 per person

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



Sibling Class

Age 3 - 5:

Sunday, Jan. 27 / 1:30 to 2:30 p.m.

**Saturday, March 9 or April 27
10 to 11 a.m.**

Location: ★ \$20 per child

Age 6 - 10:

Sunday, Jan. 27 / 2:45 to 3:45 p.m.

**Saturday, March 9 or April 27
11:15 a.m. to 12:15 p.m.**

Location: ★ \$20 per child

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

Caregiver Resources

Caregivers Support Groups

Location: ▲

Room 12 (unless otherwise noted)

- **Groups for Adult Children**
Mondays, 6 to 8 p.m.
Tuesdays, 3 to 4:30 p.m.
Thursdays, 10 to 11:30 a.m.
- **Groups for Spouses**
Wednesdays, 10 to 11:30 a.m.
Thursdays, 3 to 4:30 p.m.
Fridays, 10 to 11:30 a.m.

- **Group for Caregivers of Adults**
1st & 3rd Thursdays, 2 to 3:30 p.m.
(Gaithersburg Senior Center
80-A Bureau Dr., Gaithersburg)
- **Telephone Support Group for Spouses and Adult Children**
Tuesdays, 6 to 7:30 p.m.
Call 301-754-7152 in advance to obtain access numbers for the conference call.
(For more information, call Sister Kathy Weber at 301-754-7152 or visit HolyCrossHealth.org/CaregiverSupport.)

Medical Adult Day Center

The Holy Cross Medical Adult Day Center provides social, recreational and medical programs for seniors and disabled adults. The center fosters a community atmosphere by celebrating and acknowledging each participant's unique skills and contributions to the group. Staffed with caring professionals, adult day care is a cost-effective alternative to residential care. For more information, to register for two free trial days or to schedule a tour, call 301-754-7150.

CPR & First Aid

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

- **Heartsaver First Aid**
Saturday, Jan. 19 or March 23
9 a.m. to 12:30 p.m. / \$50
- **Heartsaver: Adult CPR (AED training)**
Monday, Feb. 25 or April 15
5:30 to 9:30 p.m. / \$60
- **Heartsaver: Adult/Infant/Child CPR (AED training)**
Saturday, Jan. 5, Feb. 16, March 9 or April 20
9 a.m. to 2 p.m. / \$70

Location: ▲

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

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

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

Hospitals

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

Health Centers for Low-income Individuals

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

Primary Care Sites

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

Education and Wellness Centers

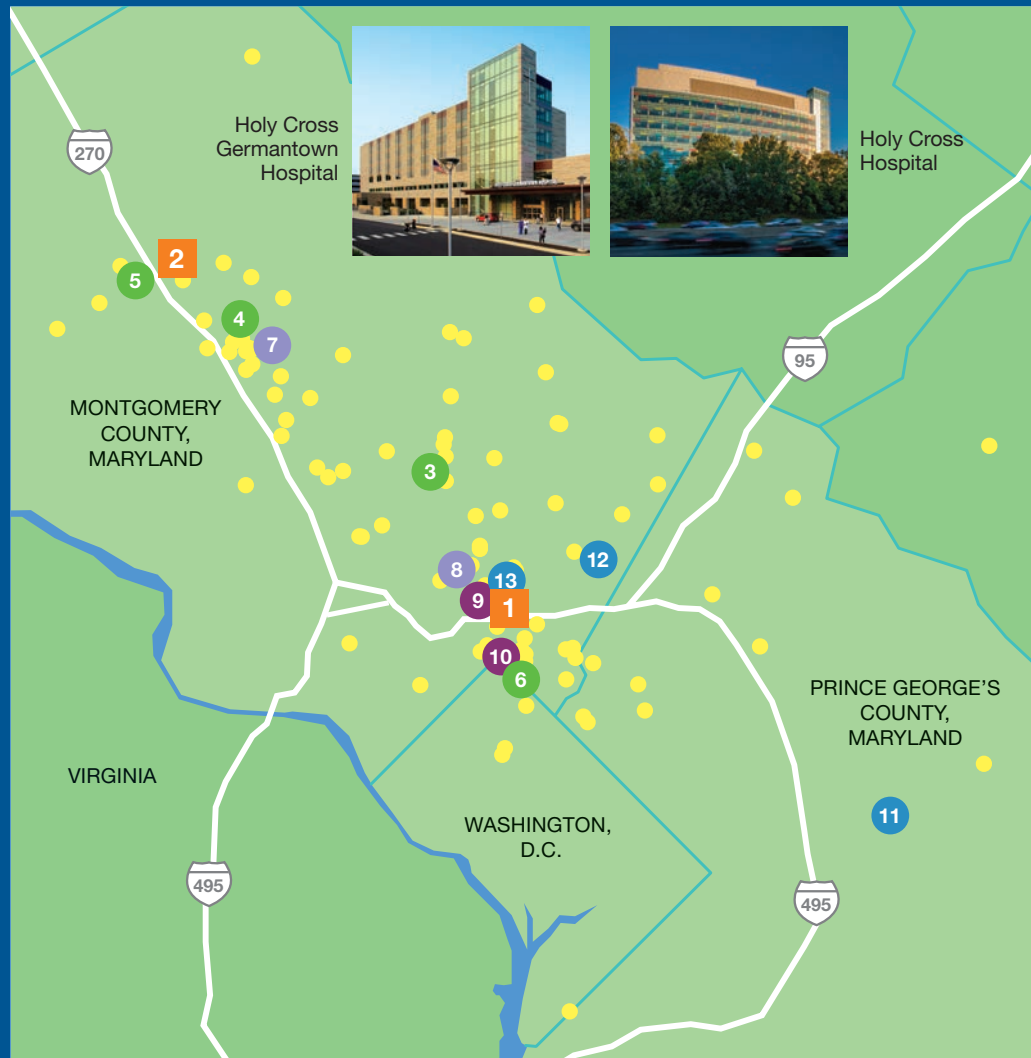
- 9** Holy Cross Resource Center, Silver Spring
- 10** Holy Cross Senior Source, Silver Spring

Specialized Sites and Services

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

Community Health Programs

More than 70 low cost or free fitness and health education classes, self-care management programs, health ministry programs and support groups.



For addresses and phone numbers, visit HolyCrossHealth.org.

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

This magazine is published for friends and patients of Holy Cross Health and is not meant to replace professional medical advice or service. Personal health problems should be brought to the attention of the appropriate health professionals. To be added or removed from this mailing list, call 301-754-7712. Submit comments to Nancy Graham, editor, at grahan@holycrosshealth.org.

