

HOLY CROSS HEALTH

Spring/Summer 2019

*Daniel Dant
Reclaims His Life
from Debilitating
Back Pain | 8*

Three More 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

National Quality Awards for Holy Cross Health

Our pursuit of clinical excellence is motivated by our promise to help individuals achieve their best quality of life. Our commitment to the highest quality of care recently earned the following awards.

Holy Cross Hospital is One of America's 250 Best Hospitals

This Healthgrades 2019 award places Holy Cross Hospital in the top 5 percent of hospitals nationwide for clinical excellence. Holy Cross Hospital is the only hospital in Montgomery County and one of only five in Maryland to be recognized with this award for three consecutive years.



Diabetes Prevention Program Earns CDC Recognition

The Centers for Disease Control and Prevention (CDC) recognized Holy Cross Health's Diabetes Prevention Program for effectively delivering a quality, evidence-based program to prevent or delay type 2 diabetes. The yearlong program offers lifestyle modifications including nutritional guidance, exercise sessions and support to those at risk of developing diabetes. For more information, visit HolyCrossHealth.org/DiabetesPrevention.

Critical Care Unit Receives Excellence Award



The American Association of Critical-Care Nurses (AACN) awarded Holy Cross Hospital's Surgical Intensive Care Unit (SICU)/Neuro Critical Care Unit (NCCU) a bronze-level Beacon Award for Excellence. This award reflects the unit's success in improving patient outcomes and aligning practices with AACN's rigorous Healthy Work Environment. To see all of Holy Cross Health's clinical awards and recognitions, visit HolyCrossHealth.org/Awards.

Innovative Treatment for Acid Reflux Now Available

Holy Cross Health now offers the LINX® Reflux Management System, a revolutionary technology designed to treat gastroesophageal reflux disease (GERD), commonly known as acid reflux or heartburn. Holy Cross Germantown Hospital is the first and only community hospital in Montgomery County and the third hospital in Maryland to offer this new technology. To learn more about the LINX® Reflux Management System, visit HolyCrossHealth.org/DigestiveHealth.

Working Together for the Health of Our Communities

Our 2018 Community Report shows how by working together—with compassion, innovation and expertise—Holy Cross Health is helping people meet their goals for better health and a better life, improving the vitality of our entire community along the way. To learn more, download a copy of the report at HolyCrossHealth.org/CommunityReport.



The 2019 Blue Tie Ball benefiting the Holy Cross Health Cancer Institute will be held Saturday, September 28, at the Bethesda North Marriott Hotel & Conference Center. To help meet the need for cancer care in our region, the 2019 Blue Tie Ball will help fund a newly expanded and relocated Holy Cross Radiation Therapy Center. To become a supporter and purchase tickets, contact Bethany Fox at 301-754-7133 or visit HolyCrossHealth.org/BlueTieBall.

A Message from

Norvell V. Coots, MD

**President and Chief Executive Officer
Holy Cross Health**

Health is one of the most important components of our daily lives. That's why every hour of every day, Holy Cross Health is committed to providing the best possible treatments and outcomes for our patients.

Throughout our integrated system of hospitals, primary and specialty care sites, home and hospice care, and community-based wellness programs, we continually invest in new technologies and innovative ideas.

Holy Cross Health was the first in the nation to create a Seniors Emergency Center, to offer robotic surgery in Montgomery County, to bring all-private patient rooms to Montgomery and Prince George's counties, to implant the world's smallest heart pacemaker in a Maryland community hospital, to bring Senior Fit—an award-winning exercise program to 24 area locations, and much more. Now we're continuing this tradition by investing in the expansion and relocation of our Radiation Therapy Center (see page 5).

Our dedication to excellence earns Holy Cross Health the awards and recognition you see on these pages, but most important, it builds the trust of the people we serve throughout the region. We are proud to offer award-winning services in joint, spine, neuroscience, gynecologic and bariatric surgery, as well as stroke care, women's health, oncology and others.

True to our mission, Holy Cross Health's high-quality, compassionate care is accessible to everyone in our community. In fiscal 2018, Holy Cross Health provided more than \$60 million in community benefit, including \$36 million in direct financial assistance for uninsured and underinsured members of our community.

Thank you for trusting Holy Cross Health with your health care needs. We are an expanding vital force for better health across our region and our commitment to you remains steadfast.



Miles Ward is Cancer-Free

After Robotic Colorectal Surgery



“I couldn’t have been treated any better,” says Miles Ward about his experience at Holy Cross Germantown Hospital. “Everyone was so professional, so helpful and so nice. I felt like they were really looking out for me.”

Miles Ward of Frederick was feeling fine. Nevertheless, the 65 year old was encouraged by his doctor to undergo a routine colonoscopy screening, a procedure used to examine the colon for abnormalities. For Miles, the colonoscopy revealed not one, but two cancerous tumors.

“The tumors were small, which was good. But they were far apart, which was bad,” explains Miles.

“When I discovered the tumors during Miles’ colonoscopy, I arranged

for a staging CT scan, and contacted colorectal surgeon, Rami Makhoul, MD, even before Miles woke up from anesthesia,” says Faisal Bhinder, MD, Gastroenterology, Holy Cross Germantown Hospital.

“Late-stage colorectal cancer is difficult to treat,” explains Halim Charbel, MD, Gastroenterology, Holy Cross Hospital and Holy Cross Germantown Hospital. “Yet, it is the most preventable cancer. Colonoscopy has reduced the mortality and morbidity from colon cancer by early

detection and removal of precancerous polyps. When detected early, it is highly treatable.”

After reviewing Miles’ case, Dr. Makhoul, who also is a robotic surgery specialist at Holy Cross Germantown Hospital and Holy Cross Hospital, explained to Miles that the location of the tumors presented a significant surgical challenge with two possible outcomes: Remove the entire colon, which would permanently disrupt Miles’ digestive function, or remove each tumor separately

► **U.S. News and World Report recognized Holy Cross Hospital for being high performing—the highest rating possible—in colon cancer surgery.**

and preserve the colon, along with normal digestive functioning.

Dr. Makhoul recommended performing the surgery at Holy Cross Germantown Hospital, where he would be able to use the new *da Vinci® Xi* Robotic Surgical System. “The location of the tumors meant it was possible to remove them without having to remove the colon,” says Dr. Makhoul, “and the technology at Holy Cross Germantown Hospital made this desirable surgical outcome achievable.”

Using the robot, Dr. Makhoul was able to remove the tumors from different parts of the abdomen in the same procedure, without making additional incisions. The technology’s increased agility allowed Dr. Makhoul to angle the cameras and instruments properly, and after several hours, the surgery was a success.

The Holy Cross Health Cancer Institute’s inpatient and outpatient diagnostic and treatment services include advanced medical imaging, chemotherapy, surgical intervention and clinical trials. Radiation oncology services are available at the Holy Cross Radiation Treatment Center, which is expanding and relocating to advance services for our cancer patients (see sidebar).

Holy Cross Health cares for more cancer inpatients annually than any other hospital or health system in Montgomery and Prince George’s counties. Our patients also have access to a variety of community support groups, education, home services and a continuum of care designed to address patients’ needs.

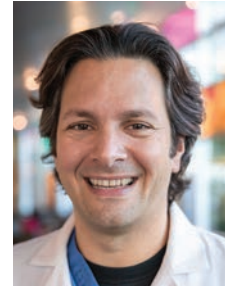
“Dr. Makhoul did a magnificent job—he’s so smart, supportive and friendly. I never had any doubts about it—he made me feel completely secure right from the start,” says Miles, who is cancer-free now, with a good quality of life.



Faisal Bhinder, MD



Halim Charbel, MD



Rami Makhoul, MD

Help for Your Digestive Concerns

Colorectal Cancer Screenings

New recommendations suggest starting this screening at age 45, for people at average risk. To learn more, visit [HolyCrossHealth.org/Blog-Colorectal-Screening](https://www.holycrosshealth.org/blog-colorectal-screening).

Attend Our Free “Heartburn and Digestive Concerns” Event

Holy Cross Health experts discuss treatment options and answer your questions. For date, time and location, turn to page 12.

Find a Doctor

Our specialists include experts in gastroenterology, and colorectal, bariatric and thoracic surgery. To find one who meets your needs, visit [HolyCrossHealth.org/Find-A-Physician](https://www.holycrosshealth.org/find-a-physician).

Investing \$14 Million in a New Radiation Therapy Center

A critical part of Holy Cross Health’s robust Cancer Institute is radiation therapy, which destroys or slows the growth of cancer cells. Approximately two out of every three cancer patients at Holy Cross Health will require radiation therapy at some point in their treatment.

To meet this demand, Holy Cross Health is investing \$14 million in expanding and relocating our accredited radiation oncology services. Our new Radiation Therapy Center will advance our high-quality services by providing convenient care, new technology and targeted radiation oncology services. Additionally, physical and occupational therapies, discharge planning, and community health education will be available to patients in this one location.

Over the next two years, \$2 million in donations is needed to relocate and expand the Holy Cross Radiation Therapy Center. Please consider donating to ensure the next person diagnosed with cancer in our community can turn to Holy Cross Health for the best possible outcome and quality of life.

To donate, visit [Giving.HolyCrossHealth.org](https://www.giving.holycrosshealth.org).

EXCELLENT

HOLISTIC CARE

FOR DONNA RICHARDSON

Over the years, Donna Richardson's health care needs have changed. In the past, she has needed disease treatment, emergency care and more. These days, she is focusing on staying healthy and fit, and caring for her aging mother. What hasn't changed is to whom Donna turns for her health care needs. "All of Holy Cross Health's programs for seniors show that Holy Cross Health takes a holistic approach to the health and welfare of our community," says Donna. "I think that's excellent."

Annice Cody, president, Holy Cross Health Network, explains further, "Holy Cross Health is a national leader in providing innovative care that meets the needs of seniors, their families and caregivers."

Fitness for Seniors

At 73, Donna can point to proof that her Holy Cross Health exercise classes are making a difference in her health. Not long after starting Senior Fit, an exercise program for adults age 55 and older (see page 14), Donna's blood pressure, cholesterol and blood sugar numbers all improved. And, recently, after she was forced to miss several weeks of classes, her numbers took a turn for the worse. Her doctor's advice: Get back to it!

Caring for Caregivers

When Donna became the caregiver to her 97-year-old mother, Holy Cross Health's seniors programming took on an added dimension. The two attended a Medication Review session (see page 11) so that Donna could learn more about her mom's prescriptions. Then this past December, after Donna's mother returned home from a hospitalization, Holy Cross Health's Medical Adult Day Center (see page 15) became part of their lives.

Donna decided this safe, supportive alternative to nursing home residential care was "much better for my mom than someone coming into the home," she says. "My mother is able to socialize with her contemporaries and do exercise activities." Donna's mom attends the center three of its five days a week. "That's when I go to my Holy Cross Health classes," Donna explains. "So I'm able to take care of my health and my mom's at the same time."

Seniors Emergency Center

Donna has also visited Holy Cross Hospital's Seniors Emergency Center and recalls her experience as more comfortable than conventional emergency centers. Holy Cross Health was the first health system in the nation to establish a Seniors Emergency Center in 2008 at Holy Cross Hospital—leading the way in the national trend of

Take Your Next Steps to Wellness

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



Sign up for a Class

We offer dozens of exercise classes throughout our community. Turn to pages 10-15, or for a full listing of classes, visit [HolyCrossHealth.org/Classes-Events](https://www.holycrosshealth.org/classes-events).



Attend a Free "Ask Our Doctors" Event

Meet our doctors in person and get your health questions answered. Multiple events are scheduled in the coming months. Learn more by turning to page 12.



Join a Primary Care Practice

Regular visits to a primary care provider contribute to better health. Make an appointment at Holy Cross Health Partners in Kensington today by calling 301-949-4242.



"I'm always bragging to my friends outside of our area about the large number of high-quality Holy Cross Health exercise classes available to us, and at a low cost or free," says Donna, shown here in her Ballet Gold class.

adopting personalized emergency treatment protocols for seniors, as highlighted in a December 2018 article in *The Washington Post*.

Beating Breast Cancer

Donna's confidence in Holy Cross Health extends beyond services specifically for seniors. She previously received comprehensive treatment for breast cancer at the Holy Cross Radiation Treatment Center.

Holy Cross Health is a leading provider of comprehensive breast care in Montgomery and Prince George's counties, offering women a full range of advanced breast care through highly trained specialists and state-of-the-art technology.

For additional resources for seniors on how to get and stay healthy or to address more serious health care needs, visit [HolyCrossHealth.org/Senior-Services](https://www.HolyCrossHealth.org/Senior-Services).

Daniel Dant

Reclaims His Life

from Debilitating
Back Pain



Daniel Dant of Woodbridge, VA, says that after complex spine surgery at Holy Cross Germantown Hospital, "I now feel healthy and strong enough to enjoy time with Dio, my 185-pound Mastiff."

After 27 years in the U.S. Air Force, Daniel Dant retired on disability because of back issues, and began a long journey to health that eventually led to Holy Cross Germantown Hospital last December, where he had complex spinal surgery.

By that time, Daniel's degenerative spinal disc disease was radiating nerve pain down his leg, making it difficult to walk, and his pain was a "steady 8 out of 10" almost all the time. After surgery, according to Daniel, he is now pain free, working out at the gym, and living a normal and active life.

"I tell people who are afraid to have back surgery that it brought me tremendous relief, and I would not change a thing," says Daniel, 52, who is now vice president for a small engineering firm. "I have tried it all and surgery is what helped me."

Years ago, Daniel had met David Gwinn, MD, on his search for relief from his back pain. Dr. Gwinn has helped him immensely through management of his condition, and Daniel values the communication and relationship he has with him.

"I have a complicated disease and he knows all the details, my previous surgeries and my history," says Daniel of Dr. Gwinn. "We have worked together on this for a long time and I trust him."

Daniel's decision to have back surgery began last fall. His chronic back pain worsened as the discs at the top of his lumbar spine deteriorated. "It was hampering his quality of life, despite his best efforts, so we decided to proceed with decompressing and stabilizing the affected area," explains Dr. Gwinn, Orthopedics, Holy Cross Germantown Hospital and Holy Cross Hospital, of the procedure.

Daniel spent only one night at Holy Cross Germantown Hospital after the surgery, and was impressed by the level of expertise he found among the nurses and technicians there. Daniel says, "The nurses knew exactly what questions to ask and how to help me manage my pain."

Holy Cross Health has rolled out a military cultural competency program for patients like Daniel, who are veterans. Military service patients are identified at registration and care teams work with them to manage their care with attention paid to potential concerns that might stem from their military service experience.

Holy Cross Hospital and Holy Cross Germantown Hospital physicians offer patients an integrated approach to care for back and neck conditions.

"Holy Cross Health is at the forefront of innovative spine technology and technique," says Philip Schneider, MD, Orthopedics, medical director of the Holy Cross Hospital Spine Center. "Our expertise in minimally invasive surgery, combined with a full spectrum of continuing care services,

non-surgical treatment options and rehabilitation services, is tailored to each individual."

Daniel is optimistic that his back problems, which have hindered his quality of life since 2003, are in his past, thanks to Holy Cross Health and Dr. Gwinn's expertise.



David Gwinn, MD



Philip Schneider, MD

Take Back Your Life from Joint Pain

The joint care program at Holy Cross Health offers patients an individualized approach, with the goal to improve function, alleviate pain and restore mobility by providing a full continuum of pain management, rehabilitative support, surgical expertise, and health and wellness programs that promote joint health.

Holy Cross Hospital and Holy Cross Germantown 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.

We Can Help You With Your Joint and Back Pain

Ask Our Doctors Your Spine and Joint Questions

Our experts discuss the latest treatment options at our "Joints: Repairs and Replacements" or "Overcoming Back Pain and Spine Disease" events. For dates and times, turn to page 12.

Take Our Free Joint Pain Assessment

If joint pain is getting in the way of your life, take back control by completing our 60-second joint pain assessment at HolyCrossHealth.org/Joint-Assessment.

Six Serious Back Symptoms

Read about the six back symptoms you should never ignore at HolyCrossHealth.org/Blog-Back-Symptoms.

Attend a Joint Replacement Surgery Class

Learn about joint replacement surgery and meet our caregivers. To sign up, visit HolyCrossHealth.org/JointClass.

Download a Free Spine Guide

Our "Take Back Your Life from Spine Problems" guide will help you determine if it is time to seek help from a spine specialist. To download a copy, go to HolyCrossHealth.org/Spine-Guide.

Find a Specialist

To find a physician or surgeon at Holy Cross Hospital or Holy Cross Germantown Hospital, visit HolyCrossHealth.org/Find-A-Physician.

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**
Under renovation.
Call 301-754-8800
for class locations.

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

Diabetes Prevention Program Free

This yearlong, 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 Nuñez, 301-754-8133.

Diabetes Self-Management Education

Tuesdays, May 7, 14, 21 & 28
5:30 to 8:30 p.m. / Location: ▲
Tuesdays, June 4, 11, 18 & 25
Noon to 3 p.m. / Location: ▲
Tuesdays, July 23, 30, Aug. 6 & 13
5:30 to 8:30 p.m. / Location: ▲

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

Programa de Manejo Personal de la Diabetes

Un curso GRATIS de seis semanas para los que quieran 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.

Freedom from Smoking® Free

Tuesdays, April 30, May 7, 14, 21, 23 (Thursday), 28, June 4, 11
7 to 8:30 p.m. / Location: ▲

You can quit. We can help. Learn systematic approaches to quitting smoking, including how to know if you are ready to quit, medications and lifestyle changes to increase your success, preparing for quit day, and how to stay smoke-free for good in this seven-week group clinic sponsored by the American Lung Association.

Living Well: Chronic Disease Self-Management Workshop Free

Thursdays, May 2 - June 6
1:15 to 3:45 p.m.
(East County, 3310 Gateshead Manor Way, Silver Spring, MD 20904)

Thursdays, May 16 - June 20
9:30 a.m. to Noon

(Asbury Methodist Village, 405 Russell Ave., Gaithersburg, MD 20877)

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, May 31, June 28, July 26, Aug. 30 / Noon to 1 p.m.

Location: ◆ (Room 1509)

Wednesday, May 8 or July 3

11 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 for a registration packet that includes a waiver form and for a class schedule and locations.

Joint Replacement Class Free

Mondays, May 6 & 20, June 3 & 17, July 1 & 15, Aug. 5 & 19

2 to 3:30 p.m. / Location: ★

Tuesdays, May 7 & 21, June 4 & 18, July 2 & 16, Aug. 6 & 20

11 a.m. to 12:30 p.m. / Location: ◆

Learn what to expect before, during and after surgery.

Cancer Support

Cancer Educational Series Free

Wednesdays / 6:30 to 7:30 p.m.

Location: ★

May 15: Inner Peace and Healing

Aug. 21: Nutrition

Cancer patients and survivors receive education, support, information and hope. For more information, contact Hazzel Saravia, Holy Cross Health Cancer Institute, at 301-557-1850 or hazzel.saravia@holycrosshealth.org.

Lymphedema Support Group Free

Saturday, July 20

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 are 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

Wednesdays / 6 to 7 p.m. / Location: ★

May 15: Coping with Memory and Epilepsy

July 17: Caring for Someone with Epilepsy

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.



José Garcia is Managing His Diabetes

"The Diabetes Self-Management Education program changed the course of my health. I lost 10 pounds, my blood sugar is lower and I'm taking less medication. I now have more energy and fewer worries about my health."

'Ask Our Doctors' Events Free

Overcoming Back Pain and Spine Disease

Thursdays, April 25 and June 6 / 6:30 to 7:30 p.m. / Location: ◆

Thursday, May 16 / 6:30 to 7:30 p.m. / Location: ★ EDU 2&3

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 Herzig, MD, Neurosurgery; Sanjog Mathur, MD, Orthopedics; and Philip Schneider, MD, Orthopedics.

Hope for Heartburn and Other Digestive Concerns

Thursdays, May 2 and June 20

6:30 to 7:30 p.m. / Location: ◆

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

To treat her heartburn, Arlene Peters underwent minimally invasive, robotic-assisted surgery at Holy Cross Germantown Hospital to repair her hiatal hernia and implant the LINX® device. She says, "I'm so glad I finally got this taken care of. I'm smiling ear to ear." To read her story, visit HolyCrossHealth.org/ArleneStory.



Joints: Repairs and Replacements

Thursdays, May 23 and June 27 / 6:30 to 7:30 p.m. / Location: ◆

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

Learn about the various treatment options for joint pain, stiffness or weakness, including the full continuum of hospital care for joint replacement surgery patients. Our panel of experts includes: Korboi Evans, MD, Orthopedics; Joseph Greene, MD, Bariatric Surgery; Stephen McKenna, MD, General Surgery; and Tariq Nayfeh, 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. To register, call 301-754-8800 or visit HolyCrossHealth.org/AskOurDoctors.

Memory Academy

Tuesdays, May 21 & 28, June 4 & 11

(Boosters: June 25, July 16 & 30)

1:30 to 3:30 p.m.

Mondays, July 1, 8, 15 & 22

(Boosters: July 29, Aug. 5 & 12)

1:30 to 3:30 p.m.

Location: ■ / \$5

This 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, May 14 or July 9

10 a.m. to Noon / Location: ■

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

Parkinson's Exercise

Mondays, May 6 - June 17 or

July 1 - Aug. 19

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, May 14 - June 18, June 25 - July 30 or Aug. 6 - Sept. 10

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

May 16 - June 20 or June 27 - Aug. 22*
(no class July 4) 6 to 7:15 p.m.

Location: ▲

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

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

Pilates

Wednesdays, May 29 - June 19
6:30 to 7:15 p.m. / Location: ▲
4-week session \$50

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

Yoga I

Mondays, May 20 - June 24 or July 1 - Aug. 19* / 6:15 to 7:30 p.m.
Location: ▲

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

Thursdays, May 16 - June 20 or June 27 - Aug. 22* (no class July 4)
9 to 10:15 a.m. / Location: ▲

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

This physically active, meditative class develops flexibility and strength.

Yoga II

Thursdays, May 16 - June 20 or June 27 - Aug. 22* (no class July 4)
7:30 to 8:45 p.m. / Location: ▲

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

For continuing yoga students who have taken Yoga I.

Yoga for Back Pain

Thursdays, May 16 - June 20 or June 27 - Aug. 22* (no class July 4)
10:30 to 11:30 a.m. / Location: ▲

6-week session \$70

*8-week session \$90

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

Yoga for Osteoporosis

Mondays, May 20 - June 24 or July 1 - Aug. 19* / 7:45 to 8:45 p.m.
Location: ▲

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

Sundays, June 2 - July 7 or July 14 - Aug. 18 / 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, June 2 - July 7 or July 14 - Aug. 18 / 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, May 29 - June 19
5:30 to 6:30 p.m. / Location: ▲
4-week session \$50

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, July 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, May 2 - June 20 / \$24 or July 11 - Aug. 22 / \$21
Tuesdays, May 7 - June 18 / \$21 or July 2 - Aug. 20 / \$24
1 to 2 p.m. / Location: ■

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

Chair Exercise

Tuesdays & Thursdays, May 9 - June 20 or July 9 - Aug. 22 / 1 to 2 p.m.
Location: ■ / \$15

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

Coffee & Crafts Club

Mondays, May 6 - Aug. 26 / 10:30 a.m. to 12:30 p.m. / Location: ■ / \$10
Join this established group to knit, crochet, quilt, embroider and cross stitch.

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

Fitness Classes at Holy Cross Germantown Hospital NEW!

Zumba ▶

Thursdays, May 2 - June 6 or July 25 - August 29 / 5 to 6 p.m.
6-week session \$70
Have the time of your life in this fun, energetic dance and fitness class inspired by Latin music. All fitness levels welcome.

Yoga

Tuesdays, May 7 - May 28 or August 6 - August 27 / 5 to 6 p.m.
4-week session \$50
This evening yoga class focuses on moving our bodies to reduce the stress of the day. Feel calmer and more relaxed.



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.

Contemporary Issues Discussion Group Free

Wednesdays, May 8 & 22, June 12 & 26, July 10 & 24, Aug. 14 & 28
1:30 to 3:30 p.m. / Location: ■
Exchange ideas on a variety of issues.

Gentle Yoga

Mondays, May 6 - June 17 \$33
or July 8 - Aug. 19 \$38.50
10:30 to 11:30 a.m. / Location: ■
Reduce stress, improve balance, and build strength and movement. Ideal for people with chronic conditions or pain.

Jazz Dance

Fridays, May 3 - June 21
(no class May 24) **or July 12 - Aug. 23**
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, May 7 - June 18 or July 9 - Aug. 20 / 11:45 a.m. to 12:45 p.m. / Location: ■ / \$38.50
Tone and lengthen core muscles to balance the strength of abdominal and back muscles while improving posture and flexibility.

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 registration packet that includes a waiver form and for a class schedule and locations.

Stay Active—Move Free

Mondays & Wednesdays, May 6 - June 19 or July 1 - Aug. 21
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

Thursdays, May 9 - June 20 / \$48
or July 11 - Aug. 22 / \$42
9:30 to 10:30 a.m. / Location: ■
Tuesdays, May 7 - June 18 / \$42
or July 2 - Aug. 20 / \$48
10:30 to 11:30 a.m. / Location: ■
Strengthen muscles, joints and bones in a fun, supportive environment.

Tai Chi

Wednesdays, May 1 - June 19 or July 10 - Aug. 21 / Location: ■
9:30 to 10:30 a.m. *(Beginner \$15)*
10:30 to 11:30 a.m. *(Advanced \$15)*
Tai chi integrates health, self-defense and meditation, and improves balance.

Tap Dance

May 3 - June 21 *(no class May 24)* **or July 12 - Aug. 23 / 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: ■
June 10: Monet and Architecture: From Rouen Cathedral to Visions of Venice
July 1: Edward Hopper's Nighthawks: The Making of an American Icon
(Register for each class individually.)

Yoga 1.5

Thursdays, May 9 - June 20 / \$44
or July 11 - Aug. 22 / \$38.50
10:30 to 11:30 a.m. / Location: ■
Offers multiple levels of yoga beyond Gentle Yoga. Moderate difficulty level.

Yoga as Therapy

Wednesdays, May 1 - June 19 / \$44
or July 10 - Aug. 21 / \$38.50
3:15 to 4:15 p.m. / Location: ■
A good beginner class. A step up from Gentle Yoga.

Yoga for Bone Health

Thursdays, May 9 - June 20 or July 11 - Aug. 22 / \$38.50
3:30 to 4:15 p.m. / Location: ■
Yoga poses and practices increase bone density and also improve strength and coordination. Moderate difficulty level.

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

Falls Prevention Program Free

Falls Risk Assessment

Wednesday, May 15 / 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, August 6 - Oct. 1 / 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, May 29 - Aug. 14
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 May 15 at Holy Cross Senior Source to attend class.

Bill Zartman Is Tap, Tap, Tapping His Way to Longevity

"Know what keeps me young at 87? Usually I say 'righteous living,' but the fact is, it's tap dancing. It improves balance and posture—and my good humor."



Zumba Gold

**Fridays, May 3 - June 21 or
July 12 - Aug. 23 / 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

Sunday, June 9 / 1 to 3 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

Sunday, June 2 / 9 a.m. to 4 p.m.

Location: ▲ / \$70 per person

A class for 11 to 13 year olds who are embarking on babysitting that covers child care safety, handling emergencies, first aid techniques and more.

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

Tuesday, May 21 or Monday, June 24

6:30 to 8:30 p.m. / Location: ★

\$15 per person

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

Sibling Class

Age 3 - 5:

Saturday, June 8 / 10 to 11 a.m.

Location: ★ / \$20 per child

Age 6 - 10:

Saturday, June 8

11:15 a.m. to 12:15 p.m.

Location: ★ / \$20 per child

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, May 4
9 a.m. to 12:30 p.m. / \$50
- **Heartsaver: Adult CPR (AED training)**
Monday, June 17
5:30 to 9:30 p.m. / \$60
- **Heartsaver: Adult/Infant/Child CPR (AED training)**
Saturday, May 11 or June 8
9 a.m. to 2 p.m. / \$70

Location: ▲

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

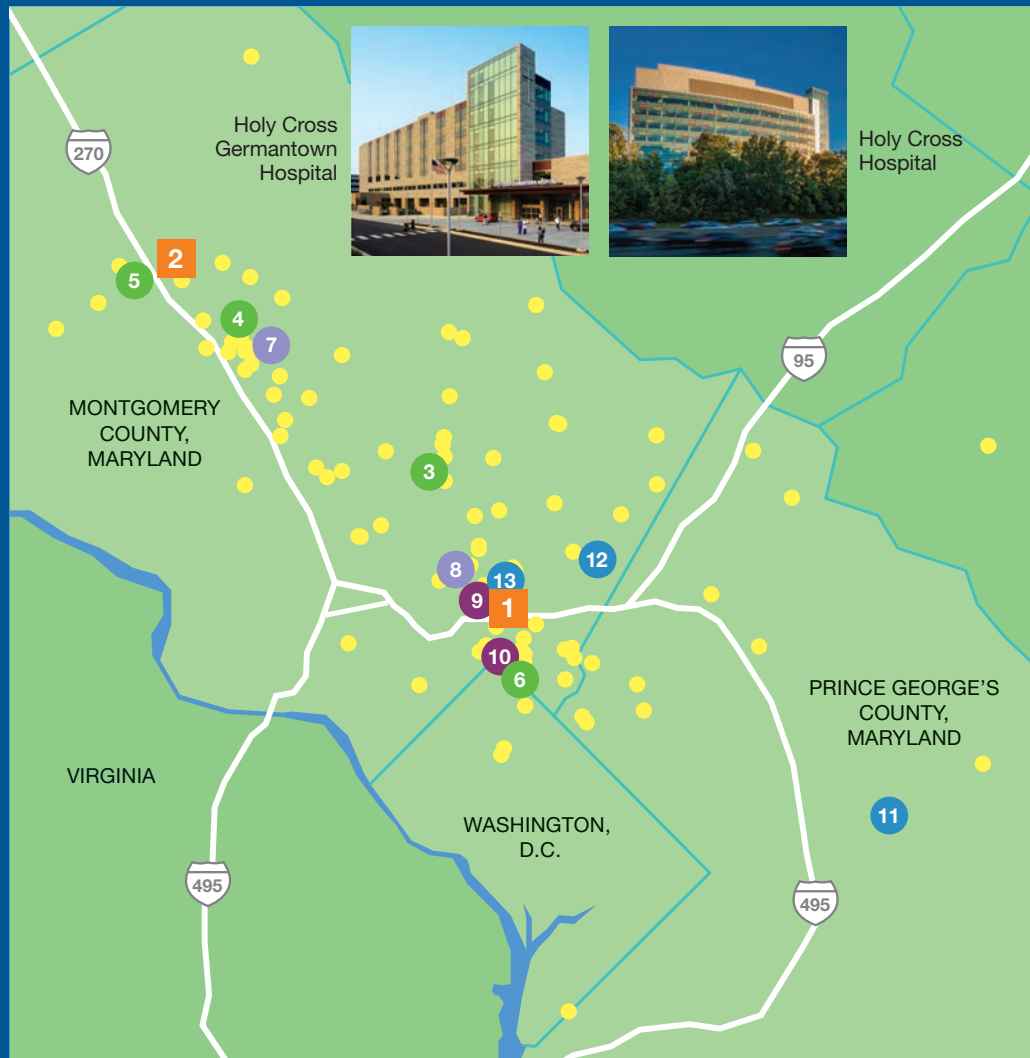
- 9** Holy Cross Resource Center, Silver Spring
- 10** Holy Cross Senior Source, Silver Spring

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 exercise, health education, screening, self-management and health ministry programs offered each week.



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.

