

CROSS CURRENTS

Winter 1993

A Publication of Holy Cross Hospital

Pulmonary Rehabilitation Program Available

Holy Cross Hospital has a pulmonary rehabilitation program for patients suffering from Chronic Obstructive Pulmonary Disease (COPD). The three-part program, which requires a physician referral for admittance, is one of only two hospital-based programs of its kind in Montgomery County.

According to Ann November-Moss, supervisor, there are approximately 5,000 people in Silver Spring

alone who suffer from COPD. The primary goals of the program are to improve self-care for patients, increase exercise tolerance and reduce hospitalization for those suffering from COPD. By offering this type of program in a hospital setting, the patient benefits from a multidisciplinary approach to treating COPD. Occupational and physical therapists, dietitians and

other specialists help treat the COPD patient.

"We try to offer a program that reflects a patient's daily life," says Ms. November-Moss. "Many of our patients have had their lifestyles limited because of shortness of breath and chronic cough. They're afraid to do anything strenuous that might affect their condition. Walking up stairs, standing for any length of time, or completing daily chores becomes too difficult. This

Breathe (cont'd on page 2)

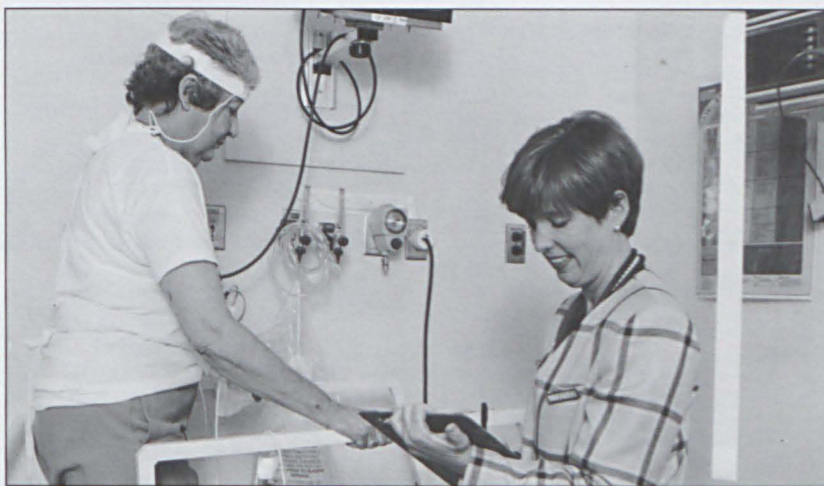
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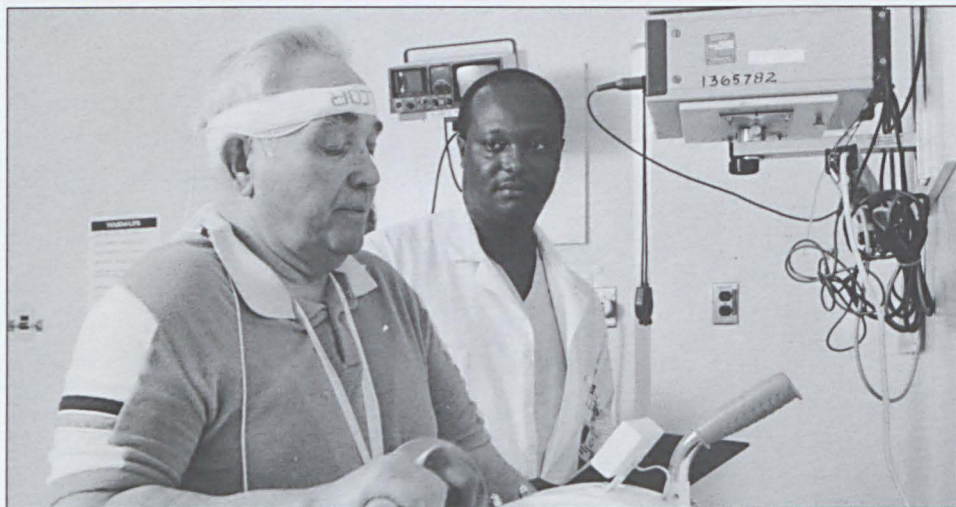
6 *Mark Your Calendars...*



"I want to be able to do things with more ease," said Meredith Sparling of Olney, shown above on the treadmill. "The Holy Cross Hospital pulmonary rehabilitation program is giving me the chance." Ann November-Moss, program supervisor, is pictured right.



Cross Currents



John O'Neil, of Silver Spring, shown above with therapist Stephen Jones, was a little leary of the program at first because "I didn't know anything about it," says Mr. O'Neil. "I have only been in the program for a short time, but I feel better breathing already."

Breathe (cont'd from page 1) leads to their losing muscle conditioning, and when compounded with the disease process, leads to shortness of breath and exhaustion. We have to retrain our patients to breathe properly to help them catch their breath more easily. Changing the way these patients perform normal everyday activities requires total reconditioning."

The rehabilitation process begins by either the physician informing his

or her patient about the program or a patient requesting a referral from a physician. "Many of our patients have learned of the program from various community organizations or other patients who suffer from COPD," says Ms. November-Moss.

About the Program

A pre-program evaluation is conducted by one of the program's trained staff members to determine the patient's educational requirements.

Each patient undergoes an exercise stress test to rule out underlying heart disease and a 12-minute walk to determine a baseline for their exercise capacity.

Using the information gathered, the rehab team develops an individually-tailored care plan for each patient. Patients participate three days each week in 60 to 90 minute sessions for a combination of supervised exercise and education. Participants increase their upper and lower body strength gradually by using stationary bikes, treadmills, free weights and other devices, while a rehab team member monitors their heart rate, blood pressure and oxygen saturation level. "We emphasize a balanced approach to overcoming COPD," says Ms. November-Moss. "Patients receive educational training on proper nutrition, stress management, use of inhalers, signs and symptoms of infection and breathing techniques." Throughout the program, participants have the opportunity to interact with physical and occupational therapists, dietitians and

Breathe (Cont'd on page 4)

CROSS CURRENTS is a quarterly newsletter published for the community by Holy Cross Hospital of Silver Spring. Your comments are welcome. Please write to: Holy Cross Hospital, Publications Office, 1500 Forest Glen Road, Silver Spring, Maryland, 20910. For general referral information on programs and services offered by Holy Cross Hospital, you may call 301/905-0100.

Holy Cross Hospital is the largest acute care facility in Montgomery County with 442 beds. Serving the area since 1963, the hospital offers medical, surgical, obstetric, newborn, pediatric, gynecologic, psychiatric, critical care, emergency, diagnostic, rehabilitative, home care/hospice, and adult day care services. A teaching institution through its affiliations with The George Washington University School of Medicine and Children's National Medical Center, Holy Cross Hospital hosts the largest medical staff in the county.

Holy Cross Hospital is a member of the Holy Cross Health System Corporation, a nationwide system of hospitals and healthcare facilities and services sponsored by the Congregation of the Sisters of the Holy Cross with headquarters in South Bend, Indiana.

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Holy Cross Hospital is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is a member of the American Hospital Association, the Maryland Hospital Association, the Catholic Health Association, and the Council of Teaching Hospitals of the Association of American Medical Colleges.

Our Mission

Faithful to the spirit of the Congregation of the Sisters of the Holy Cross, the Holy Cross Health System exists to witness Christ's love through excellence in the delivery of health services motivated by respect for those we serve.

We foster a climate that empowers those who serve with us, while stewarding our human and financial resources.

Holy Cross Hospital, Silver Spring, embodies this mission in an environment of mutual respect, productive teamwork, effective communication, and warm hospitality. A special focus of our ministry is a sensitive response to the needs of the poor.



Parking Resolutions Under Evaluation

A recent survey of the parking situation at Holy Cross Hospital confirmed what most employees and visitors to the hospital already knew: there is not enough parking to meet the demands.

According to the survey, between the hours of 8:00 am and 4:00 pm, every parking space in the hospital lot is full with an additional 30-40 cars circulating for places and 20-40 illegally parked cars.

Many employees use an off-site parking facility at St. John the Evangelist Catholic Church, while others use mass transit or carpool. "We have been trying to reduce the car demand for years by promoting ride-sharing programs among employees and offering discounted Metrorail passes," said Neal McKelvey, Senior Vice President, Operations.

"Our task now is to estimate what our needs will be over the next five years and to project traffic impact on Forest Glen Road, Sligo Creek Parkway and Georgia Avenue," says Mr. McKelvey. "Once we accomplish that, we can go to Park and Planning and the Board of Appeals for review."

Several sites are being evaluated for a new parking structure. Two of the most favorable would be at the far-eastern rear corner of the hospital or within the existing parking structure, directly opposite the Emergency Department. In the latter case, the height of the structure would remain the same, but expansion would affect the depth and width of the structure. "The community will have the opportunity to discuss these plans at public hearings throughout the process," says Mr. McKelvey. "We want to consider what is best for the community and the hospital."

President's Column...



The delivery of health care has changed since Holy Cross Hospital first opened in 1963, and as the new administra-

tion moves into Washington, more dramatic changes can be expected. One constant, though, has been the need for quality care at an affordable price. Keeping healthcare services accessible to anyone in need has always been an important part of Holy Cross Hospital's mission. As we move closer to health care reform, the best way for us to further our mission is to work with other organizations to ensure that these services remain available.

One such effort is our collaboration with the Montgomery County Health Department's "Care for Kids" program. This program provides health care to Montgomery County children under age 18 in low-income working families who lack regular health care services. We are also working with local managed care companies to keep health care affordable.

Through all this, we are continuing to improve the quality of care our

patients receive by providing state-of-the-art equipment, facilities and procedures. This includes updating our maternal-child health facilities to meet the growing needs of our community.

Our service extends far beyond our care for patients requiring a hospital stay. Some members of the community find it difficult to maintain a regular healthcare program so we are reaching out to them through local parishes, schools and health fairs to educate them on the importance of wellness.

As Holy Cross Hospital celebrates 30 years of service this year to Montgomery and Prince George's counties, we can look back and see the dramatic changes that have taken place in health care. At the same time, we can look ahead and see that even greater changes and challenges are just around the corner. We look forward to meeting these challenges and working with our community to provide the best possible care for a long time to come.

James P. Hamill
President

Cookbooks Available

The Holy Cross Hospital Lifeline Cookbook is available for \$9.95 by calling 301/905-1850. The cookbook can also be purchased in the hospital Gift Shop. More than 300 recipes from Holy Cross employees, physicians and volunteers are featured, as are several from local and national celebrities.

Lifeline Special

A limited number of Lifeline units will be offered to new subscribers free of charge for the first month when installation is completed by February 28.

For more information, please contact Betty Tucker, Lifeline coordinator, at 301/905-1850.



Breathe (Cont'd from page 2)

other specialists depending on their particular needs.

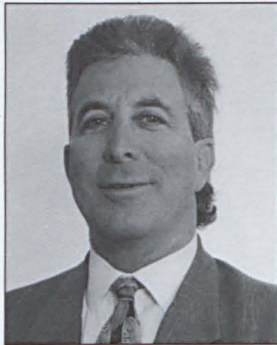
At the conclusion of the program, the patient's exercise capacity is re-evaluated by another 12-minute walk and the results are compared to the pre-program walk. "Most of our participants show considerable improvement from their pre-program evaluation. Some have improved their exercise tolerance greater than 50 percent," said Ms. November-Moss. "We discharge them with a home exercise program, which includes walking or riding a stationary bike three to five times a week. The final phase of the program is follow-up care, adjusting their care plan if needed, troubleshooting and support.

A Patient's View

Joe Basaman, a 68-year-old participant from Silver Spring, completed the pulmonary rehabilitation program recently. "I was starting to experience breathing difficulty, especially in the winter. It was so bad, there were times I couldn't even walk a flight of stairs or go to the end of my driveway," says Mr. Basaman. "It had been more than 30 years since my last cigarette, and I took pride in taking care of myself. My problem was originally diagnosed as chronic bronchitis, then developed into emphysema."

"It was difficult at first learning to do something that was supposed to come so naturally. I had to re-learn how to breathe using my diaphragm. I often found myself doing breathing exercises while I was driving or watching television. It's sad for me to go to my physician's office and see younger people on oxygen. I think anyone who participates in the program and doesn't see a marked improvement in the way they feel hasn't really tried."

In The News...



When the World Cup Soccer Championship comes to the United States in 1994, Holy Cross Hospital will be repre-

sented. **Stephen A. Smith, MD**, an orthopedic surgeon on staff at Holy Cross, will serve as the team surgeon throughout the event. Dr. Smith travelled to Monaco recently at the request of Prince Albert to serve as the team surgeon for the U.S. National Soccer Team when they played the Monaco team. Previously, Dr. Smith worked with the Maryland Bays of the now defunct American Soccer League when they won the League Championship in 1990 and 1991.



The Maryland Chapter of the American Academy of Pediatrics named **Melvin S. Stern, MD, FAAP**, Pediatrician of

the Year for 1992. The annual award is presented by the 1,200-member chapter to the pediatrician judged to have significantly impacted child health. Dr. Stern, who is on staff at Holy Cross Hospital, currently is chairman of the chapter's legislative committee. With this committee, Dr. Stern worked for passage of the Child Wellness Services bill, which requires all insurance companies to provide coverage for childhood immunizations and regular well-child visits.

"Operation Brotherhood" Provides Assistance

The Free State Lodge of B'nai B'rith provided much needed assistance to Holy Cross Hospital during the holidays. Since 1977, B'nai B'rith volunteers have come to Holy Cross Hospital on Christmas Eve and Christmas Day through "Operation Brotherhood" – a program designed to provide volunteer assistance during the Christmas season.

This year, 27 volunteers provided support to more than 10 departments

beginning at 4:00 pm on Christmas Eve and continuing through Christmas Day.

According to Holy Cross Hospital president James P. Hamill, "These outstanding individuals provide an invaluable service to the hospital, making the holiday season more enjoyable for our employees and patients. Their efforts are truly appreciated."

Paul Krebs, a rehab team member, agrees. "It's important that people realize this isn't a *treatment per se*, but a partnership in which both the participant and the team members are working toward a shared goal."

If you are interested in taking part in the pulmonary rehabilitation pro-

gram, request a referral from your regular physician. Patients may enter the program only on the direct written referral of a physician.

For more information about Holy Cross Hospital's pulmonary rehabilitation program, please call 301/905-1248. ■



A Giving Community...

Holy Cross Ball Wins Rave Reviews

More than 600 people attended the annual Holy Cross Hospital Ball, which was held at the Washington Hilton in November, and reports from celebrants rate it as one of the best events in years. Acclamations included the band's lively and wide repertoire, the excellent food, the hotel's attentive and gracious staff, and the scent of 3,500 American Beauty roses that greeted guests upon entering the ballroom.

Attendees included hospital physicians and employees, community business leaders and entrepreneurs, local corporate executives, and area elected officials. The Honorable Constance A. Morella attended, as did former Montgomery County Executive Sidney Kramer. Cindy DiBiasi, WUSA-TV's health reporter, also attended.



In appreciation for the dedication and hard work, the ball chairpersons were awarded flowers and plaques by Men's Guild president Edward G. Sella. Accepting the awards are, from l-r, Dr. Bernard A. Band, Joanne Levin, A.S. Migs Damiani and Annabelle Band.



When the band leader invited the women onto the stage to sing "My Guy," some did not need much encouragement to feel comfortable.

Against an enormous backdrop of the U.S. Capitol building, a United States Coast Guard color guard opened the brief, before-dinner program. Nathaniel Green, an accomplished baritone, sang the "National Anthem" and "The Price of Freedom," while a light show replicated fireworks on the Capitol facade.

Music by "Center Stage" kept the guests dancing before, during and after dinner. When the band stopped playing shortly after midnight, the dance floor was still full of energetic dancers.

Another popular attraction that evening was the photo button booth. Guests queued throughout the evening to have their photographs taken and placed on a political-campaign-style lapel button, which many sported on their evening clothes.

The Men's Guild has sponsored the annual ball for almost 30 years as a means of providing financial support to the hospital. Guild executives report that over \$100,000 in net proceeds were received, most of which was realized from ticket and ad sales. Direct contributions were also received from corporate and individual donors.

Next year's gala is set for Saturday, November 6, 1993, at the Washington Hilton when the hospital will celebrate 30 years of service to the community.



James P. Hamill, president of Holy Cross Hospital, pictured left, and Edward G. Sella, president of the Men's Guild, compare notes before opening the program at the Holy Cross Hospital Ball.



Needle Disposal Program Offered

Holy Cross Hospital, together with Bio Systems, a Pennsylvania-based needle and syringe management company, began offering a free Safe Syringe Disposal Program for diabetics and other injection-dependent individuals in January.

The program is designed to help protect the environment from home-generated medical waste and is a safeguard against used syringes and lancets coming in contact with other family members, sanitation workers, and the general public.

Holy Cross Hospital and Bio Systems will provide reusable containers for the purpose of home disposal of syringes and lancets. Full containers should be returned to Holy Cross Hospital for final disposal by Bio Systems. Containers will be exchanged on Thursday evenings, 6:00 - 8:00 pm, in the Stores/Dispatch area of the hospital on the ground floor.

"Holy Cross Hospital is proud to be the first hospital in the Mid-Atlantic region to offer the free Safe Syringe Disposal Program for diabetics and other injection-dependent residents living in Montgomery and Prince George's counties," says James P. Hamill, president and chief executive officer. "The program safely disposes of this kind of home medical waste, helping to protect people and the environment from potential risk."

Anyone interested in participating in Holy Cross Hospital's Safe Syringe Disposal Program should call Roger Allen at 301/905-1296.

Mark Your Calendars...

Holy Cross Hospital's Adult Day Care Center and the Alzheimer's Association of Greater Washington are co-sponsoring an education program on memory loss, aging and Alzheimer's Disease. The program will discuss symptoms and diagnosis of Alzheimer's Disease, current research and information about available community services and resources.

The program will be held Tuesday, February 23, 1993, 7:00 - 9:00 pm at Holy Cross Hospital. Caregiver's, family members, friends, volunteers or anyone who comes into contact with a person with memory loss, Alzheimer's Disease or a related dementia are encouraged to attend. Refreshments, respite care and educational information will be provided. This program is free, but pre-registration is requested.

Contact the Alzheimer's Association of Greater Washington at 301/652-6446 to register.

For more information about the program, call Bob Grossman, Holy Cross Hospital Adult Day Care Center, at 301/905-1866.

Speakers Available for a Variety of Topics

Holy Cross Hospital's Speaker's Bureau is available as a free community service. Over 250 health-related topics are available from which to choose, including allergies, back pain, cancer, care for the newborn, ethics in medicine, health for seniors, men's health, preventive/wellness medicine, stress in the workplace and women's health.

Requests for speakers should be made in writing to Consumer Education, Holy Cross Hospital. For more information, call Wendy Friar at 301/905-1215.

Wellness Seminars Scheduled

Holy Cross Hospital will sponsor several wellness programs in conjunction with Marriott Corporation's Bedford Court and Manor HealthCare Corporation. Programs are offered free of charge and will be held at both Bedford Court, a senior living community in Silver Spring, and at Holy Cross Hospital.

The following programs will be held at Bedford Court:

✓ **February 20 at 10:00 am**

Predetermined Status, Home Care and Hospice

This program focuses on Living Wills, Durable Powers of Attorney for Health Care and accessing healthcare benefits for home care and hospice. Presented by Jill Audet, director, Home Care and Hospice, Holy Cross Hospital.

✓ **March 18 at 7:00 pm**

Forgetfulness: Cause for Alarm?

This program will center on causes and concern for dementia. Presented by Bob Grossman, director, Adult Day Care, Holy Cross Hospital.

To register for the February 20 or March 18 programs, please call Bedford Court at 301/598-2900.

✓ Manor HealthCare's adult caregiving seminar will be presented on **February 13 at 1:00 pm** at Holy Cross Hospital by Doug Manning. Mr. Manning, author of "When Love Gets Tough: The Nursing Home Decision," will discuss what it means to become your parents' keeper, the challenges of caregiving, and healthcare options. Seating is limited for this free program. Please call 800/428-0084 for reservations.



Classes, Resources and Support Groups...

Classes

For more information or to register for any of the following perinatal classes, call 301/905-BABY.

Make Way For Baby (\$95.00)

This six-week prepared childbirth class focuses on relaxation and breathing techniques and the coach's role during labor and delivery. Classes meet once per week, Monday, Tuesday, Wednesday or Thursday, 7:30 to 9:30 pm. Two Saturday sessions are available: 9:30 to 11:30 am and 12:30 to 2:30 pm.

Childbirth Revisited (\$55.00 per couple)

This three-week refresher series will discuss new advances, help you brush up on your relaxation and breathing skills and allow you to compare notes with other expectant parents. This series meets one day each week on Monday, Tuesday, Wednesday or Thursday, 7:30 to 9:30 pm. Two Saturday sessions are also available.

Breastfeeding Your Baby (\$25.00)

This two-hour class prepares you for breastfeeding or offers support during the breastfeeding period.

Ahh...It's a Baby! Now What? (\$45.00)

This two-week class provides hands-on practice, discusses those important first weeks and helps you feel relaxed, confident and ready to enjoy your new baby. Classes meet on a weekday, 7:00 to 9:30 pm or on a Saturday from 9:00 to 11:30 am.

Prenatal Exercise -- During Pregnancy (\$50.00) (Doctor's permission required)

This eight-week course focuses on increasing flexibility and muscle tone for the labor and delivery of your baby and is specifically designed for the expectant mother at any stage of her pregnancy. Class meets one day each week from 11:00 am to noon.

Infant CPR (\$25.00 per person)

This three-hour class will help prepare you for infant cardiopulmonary emergencies and accident prevention.

Grandparents-To-Be: Discussion Group and Tour (\$25.00)

This two-hour discussion group and tour provides information so that you can give support to your children with their new baby and better enjoy your role as grandparents. The group meets 7:30 to 9:30 pm one weekday evening.

What About Me? A Sibling Class and Tour (\$25.00)

This two-hour class helps siblings take the first step toward becoming big sisters or brothers and includes a tour to acquaint the child with the hospital environment. The class meets once on Saturday mornings from 9:30 to 11:30 (for 3-5 year olds), and Saturday afternoons from 12:30 to 2:30 (for 6-10 year olds). Your children must be accompanied by an adult.

Movin' Moms Postnatal Exercise (\$50.00)

This eight-week exercise program helps you bounce back, ready to take care of your new baby. The class is specially designed for you and your baby, six-weeks after delivery, with your doctor's permission.

And Life Goes On -- A Mother's Class (\$70.00)

This eight-week series meets on one weekday morning from 10:00 to 11:30 and involves informal discussions with other new mothers to help ease your transition to motherhood. Babies are welcome to attend.

Prenatal (Before birth) Tour of Our Birthing Facility (Free)

Expectant parents are encouraged to take this complimentary 45-minute tour of Holy Cross Hospital's maternity services. Adults only, please. If you're interested in joining us, call 301/905-BABY. Pre-registration is required and tours fill quickly.

Resources

Adult Day Care

The Adult Day Care Center provides daytime care for elderly persons and medically-handicapped adults in a nurturing group setting. For more information, call 301/905-1878.

Diabetic Education

Classes are offered for persons needing assistance in managing diabetes. The five-week class, recognized by the American Diabetes Association, meets two hours each week in the evening. For more information, call Gretchen Youssef at Metabolic Services, 301/891-6095.

Home Care and Hospice

Holy Cross Hospital's home care and hospice programs offer skilled nursing services, social services, home health aides, chaplain services and physical, occupational and speech therapies for homebound patients. For information call 301/905-1171.

K.I.S.S. Program

Car seats are available as part of the "Kids in Safety Seats" program. Reservations must be made three to six weeks ahead of your due date. For reservations and further information, call 301/905-1183.

Lifeline

Lifeline is an emergency response system for people of all ages who have medical problems or disabilities that might require emergency medical assistance. For more information, call 301/905-1850.

TDD Assistance for Hearing Impaired

If you are hearing impaired and need assistance at Holy Cross Hospital, call 301/905-1414.

Support Groups

Bereavement Support

Holy Cross Hospital offers on-going support groups for adults or children coping with the death of a family member or friend. To register, please call Sister Clarisse Belanger at 301/681-8800. No fee.

Breathing Support Group

Holy Cross Hospital's breathing support group meets monthly to offer educational support for people suffering from chronic obstructive pulmonary disease. For more information, call 301/905-1248. No fee.

Caregiver's Support Group

Holy Cross Hospital's adult day care center is offering two caregiver support groups. The groups are open to anyone in the community on a drop-in basis. There is no charge for participation. Groups meet Mondays, 4:00 to 5:30 pm and Tuesdays, 9:00 to 10:30 am. For more information, call 301/905-1878.

Potency Restored

Potency Restored offers couples dealing with impotency problems an opportunity to discuss and share the different emotional and practical situations they face during treatment. The group meets the last Wednesday of every month at Holy Cross Hospital. For more information, contact Giulio I. Scarzella, M.D., P.A., at 301/588-5777.



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E. Burns McLindon
Chairman of the Board

James P. Hamill
President

Ken Frager
Publications Writer/Photographer

Dan Berger
Photographer