

HOLY CROSS HEALTH

Fall 2021

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Fight Against
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Moving Life AheadSM

HC HOLY CROSS
HEALTH

A Member of Trinity Health

Holy Cross Health Partners *Honored*

Holy Cross Health Partners at Asbury Methodist Village was recognized in July by the Maryland Primary Care Program (MDPCP) for outstanding achievement. Howard Haft, MD, executive director of the MDPCP program, and Vivian Aguayo, MDPCP practice coach, visited the practice to celebrate this success. Presenting the award, Dr. Haft said, “The Maryland Department of Health acknowledges and thanks Holy Cross Health Partners at Asbury Methodist Village for their extraordinary effort in immunizing their patients against COVID-19. Your primary care practice was one of the top performers in the Maryland Primary Care Program, immunizing more than 90 percent of your patients.” The practice was one of 15 of 562 MDPCP-participating primary care practices to reach this benchmark. Through its participation, Holy Cross Health Partners works to increase care coordination and improve health outcomes.

“We were able to achieve this outstanding level of patient safety by working closely with Asbury Methodist Village (AMV) administration,” said Rhonique Shields, MD, MHA, FAAP, vice president, Medical Affairs and Practice Operations, Holy Cross Health Network. The collaborative efforts resulted in over 900 AMV residents being fully vaccinated against COVID-19.

To make an appointment at Holy Cross Health Partners at Asbury Methodist Village, call 301-557-2110, or at Holy Cross Health Partners in Kensington, call 301-949-4242.



From left to right: Annice Cody, President, Holy Cross Health Network; Vivian Aguayo, Practice Coach, MDPCP; Howard Haft, MD, MMM, FACPE, Executive Director, MDPCP; Rhonique Shields, MD, MHA, FAAP, Vice President, Medical Affairs and Practice Operations, Holy Cross Health Network

Faith Community Nurses Partner with Community Organizations to Overcome Vaccine Hesitancy



Holy Cross Health’s Faith Community Nurse Program, along with the Holy Cross Health Network Community Health department, is partnering with local organizations to vaccinate underserved communities hardest hit by the pandemic. “Fear of the COVID-19 vaccine is real,” said Margaret McKenna, manager, Faith Community Nurse Program. “But when the message that the vaccines are safe and effective is delivered by someone you trust, people listen.” With more than 350 million doses administered (as of August 10, 2021), science has proven that this vaccine is both extremely effective and safe.

If you would like to make the vaccine accessible to your community, contact Margaret McKenna at 301-754-7066 or mckennmh@holycrosshealth.org.

Lucia Zegarra, Faith Community Program Coordinator (left), with Kizzmekia Corbett, MD, at a vaccine clinic in May at Mount Calvary Baptist Church, Rockville. Dr. Corbett, a University of Maryland, Baltimore County, alumna and Meyerhoff Scholar, was the lead scientist of the research team that developed the Moderna COVID-19 vaccine at the National Institute of Allergy and Infectious Diseases (NIAID), playing a leading role in one of the most important measures to end the pandemic. She received the University of Milwaukee Chancellor’s Innovation Award for her work developing the Moderna COVID-19 vaccine.

A Message from

Norvell V. Coots, MD

President and Chief Executive Officer,
Holy Cross Health



Holy Cross to Expand Presence with New Facility for Cancer Care

The Holy Cross Health cancer medical home is a place where our providers, patients and support systems come together to develop an individualized care plan to meet the complex needs of each cancer patient. From personalized care coordination to responsive scheduling, support services and integrated rehabilitation, care plans are customized with our expert providers and patients working together. Holy Cross Health's cancer medical home provides the innovation and support needed for patients to meet each challenge and live their best life.

Ranked Top 10 in Washington DC

Holy Cross Hospital is once again in the top 10 hospitals in the Washington, D.C., metro region as ranked in *U.S. News & World Report* Best Hospitals 2021-22, and continues to be a leader among all Maryland hospitals. Holy Cross Hospital was also recognized as High Performing in six procedures and conditions: colon cancer surgery, heart failure, diabetes, kidney failure, stroke and chronic obstructive pulmonary disease (COPD). Holy Cross Germantown Hospital was recognized as High Performing in stroke.

A Season of Hope and Vigilance

As fall approaches, joy in a summer in which family and friends once again gathered and celebrated together, is tempered by a resurgence of COVID-19 infections by Delta and other variants. The good news is the evidence shows overwhelmingly that the vaccines are safe and effective: 99 percent of patients newly hospitalized for COVID-19 are unvaccinated. Yet fear is tragically still causing many people to forgo protection against this potentially fatal illness.

In Maryland, we have safely vaccinated more than 90 percent of people 65 and older. I congratulate our Holy Cross Health primary care practices for exemplary work in achieving this milestone, and applaud our Faith Community Nurses for their effective outreach that has built trust among our most vulnerable communities resulting in many more kept safe through the vaccine.

This issue is dedicated to lung health and our precious ability to breathe. The coronavirus has taught us how vulnerable our health and the breath of life can be. I'm overjoyed for Patricia and Maria Ruiz who fought the virus and prevailed. I'm proud that Holy Cross Health's expertise in critical care helped them survive, and that rehabilitation and physical therapy provided by Holy Cross Home Care and Hospice is helping them and others to thrive. Our exercise and wellness programs are helping many more recover from lingering COVID-19 symptoms and other health challenges such as obesity and diabetes.

At Holy Cross, we continue to build and look to the future with hope and will be opening new care locations throughout the community. I am excited to share a beautiful rendering of our Cancer Center (to open in 2022), which will expand our multidisciplinary cancer medical home that encompasses coordinated surgical and medical treatments, radiation, care management, and emotional and spiritual support. This state-of-the-art facility will be located conveniently close to home for patients like Mike Kapsak.

Our expansion into new facilities is just one of the many ways we strive to best serve our community. Our investment in the most advanced surgical technologies, such as robotic surgery used to ease recovery for patients like Bob Gillespie, enables surgeons in all our leading services including cancer care, women's health, neurosciences and orthopedics to remain on the forefront of innovation and quality.

I look forward with you to the coming season with hope as well as vigilance. May we all meet the challenges ahead with grace and in good health.



With Expert Care, Mother and Daughter Overcome Odds

To Beat COVID-19



To show their gratitude for their care at Holy Cross Hospital, COVID-19 survivors Maria (left) and Patricia Ruiz had “thank you” t-shirts printed.

When Maria Ruiz arrived at Holy Cross Hospital on the evening of January 14 to be treated for COVID-19, her daughter, Patricia Ruiz, was already there — on a ventilator in the Intensive Care Unit. Also sick with the coronavirus, Patricia had been taken via ambulance to the hospital earlier that day with falling oxygen levels. She didn’t know that her mother had been hospitalized until she woke from sedation three weeks later — on the very same day her mother went home. “It was like my body knew to wake me up that day,” said Patricia.

“Almost every patient on life support must have some sedation so they don’t fight the ventilator,” said **Theodore E. Igwebe, MD**, Pulmonary Medicine.

But the sedatives cause amnesia, which is why Patricia didn’t remember that her mother had “visited” her via video from her own bed in the same hospital.

“Although Maria didn’t require ventilation, she was on high levels of oxygen and received convalescent

plasma, antibiotics and Remdesivir, an antiviral,” said **Maria Del Castillo Garcia, MD**, a Permanente Medicine Infectious Diseases specialist at Kaiser Permanente, who oversaw her care.

Both Maria and Patricia have underlying conditions, including obesity and diabetes, each of which can worsen COVID-19 symptoms. Unfortunately, having both conditions put Maria and Patricia at an even higher risk of developing the most severe illness.

By the time Patricia and Maria were admitted, the hospital had well-established COVID-19 treatment regimens.



During the largest surge of the pandemic in May 2020, Holy Cross Hospital cared for more COVID-19 patients than any other hospital in Maryland.

The pandemic was not the first time Holy Cross Hospital has been on the frontline of fighting a highly contagious virus. “During the Ebola crisis, we were one of five Maryland hospitals to evaluate patients with Ebola-like symptoms because of our status as a Serious Pathogen Assessment Hospital,”



said **Yancy Phillips, MD**, chief clinical officer, Holy Cross Health. “Creating a special pathogens unit prepared us to handle an exotic virus with minimal risk of transmission to staff or other patients.”

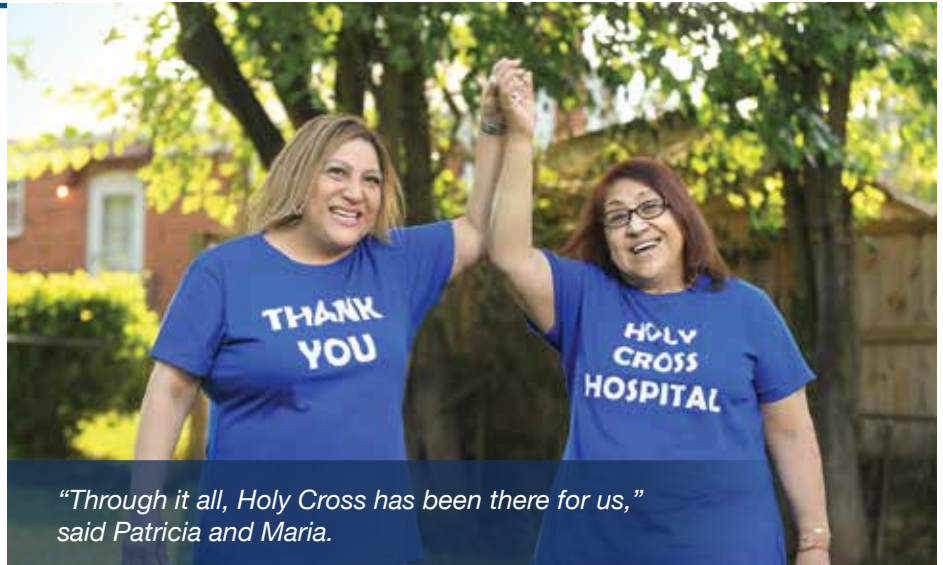
When the first COVID-19 cases in Maryland were diagnosed at Holy Cross Hospital and Holy Cross Germantown Hospital, we were ready. And when the biggest surge hit in May 2020, Holy Cross Hospital treated more COVID-19 patients than any other hospital in Maryland — staying at the forefront of research and treatment.

“Holy Cross Hospital was one of the first hospitals to use dexamethasone, a common steroid, to treat coronavirus patients,” Dr. Igwebe said. “Holy Cross is aligned with cutting-edge research, offering our patients the most innovative and relevant care protocols, and in June 2020, dexamethasone became the first drug confirmed to save lives in a study in the United Kingdom.”

Throughout the pandemic, Holy Cross Health participated in drug trials to identify new treatments such as Remdesivir and anti-inflammatories.

“Our care for COVID-19 patients was on a level with top academic medical centers — even though we are not a university center,” Dr. Igwebe said.

Upon her release from the hospital, Maria went home with supplemental oxygen, but Patricia spent two weeks at



“Through it all, Holy Cross has been there for us,” said Patricia and Maria.

a rehabilitation center re-learning how to walk to strengthen muscles weakened during her stay in Intensive Care. “I was terrified that I could not walk, but soon I was able to use a walker,” recalled Patricia. After rehab, Holy Cross Health Home Care and Hospice provided physical therapy to Patricia at home.

Carolyn Rehwoldt, PT, worked with Patricia to exercise hip and core muscles. “Each time we walked, I pushed her a little further, always monitoring her oxygen levels. It takes time for the lungs and body to get stronger — and Patricia did.”

Although most COVID-19 patients recover within a few weeks, some can experience fatigue, difficulty concentrating, headaches, dizziness,

palpitations, difficulty breathing and depression for weeks or months after the infection. “While symptoms generally resolve with time, the best way to protect yourself and others from COVID-19 and the lasting symptoms of the illness is by getting vaccinated,” said Dr. Del Castillo Garcia.

With help from her Holy Cross Health care team, Patricia was able to return to her busy job at a title company in April — less than three months after her admission to Holy Cross Hospital.

“We are so grateful to Holy Cross. They took care of us and saved our lives,” said Maria and Patricia, who recently made a generous donation to the Holy Cross Health Grateful Patient Program. “Through it all, Holy Cross has been there for us.”

To support our Grateful Patient Program, visit HolyCrossHealth.org/donate-now.

Pulmonary Maintenance Improves Lung Health and Lifts Spirits

To manage a rare genetic disorder that causes pulmonary fibrosis (scarring of the lungs), Mary Ann Canter has been a dedicated and enthusiastic participant in the Holy Cross Health Pulmonary Maintenance Program since 2017. After undergoing a lung transplant in 2018, her twice-a-week therapy sessions have strengthened not only her body, but her spirit, too.

Pulmonary Maintenance consists of supervised physical activity for people with chronic obstructive pulmonary disease or other chronic lung conditions. The staff includes an exercise physiologist, respiratory therapist and a registered nurse who help participants improve their activity level, better understand symptoms and learn new self-management techniques.

“The program is a great balance of group activities and individual attention,”

Mary Ann said. “Our instructors are very knowledgeable about fitness as it relates to lung issues. All the participants get to know and motivate each other.”

“Like Mary Ann, once participants are part of the Pulmonary Maintenance Program, they stay,” said Linda Walker, respiratory therapist, Holy Cross Hospital. “It shows how much they love and are committed to the program, which has been proven to be effective.” Data collected over three years show that nights participants spent in the hospital were reduced by 71 percent and visits to the ED were reduced by 33 percent compared to the year prior to starting the program.

“We measure participants’ perceived exertion, which compares how they feel when exercising compared to when they are at rest, and check their oxygen saturation,” Walker said. “This allows

us to keep an eye on their breathing — and their progress over time. We share information with their physician upon request.”

“The instructors vary the exercises a little every time, which keeps it interesting,” said Mary Ann, 67. “We do weights, practice physical skills — getting up and sitting down — and exercises that focus on our core to support lung function and exercise muscles around the rib cage, back and arms.” The class is tailored to each person’s needs.

Since the pandemic began, sessions have been virtual, but far from routine. At-home exercises include playing a harmonica, blowing up balloons and blowing out candles. Patients use bottled water or cans in place of weights.

Walker also provides “extras.” For example, every Tuesday this summer participants have reviewed a book at the end of each class and socialized.

“I believe in the total health of the person, and that includes promoting good mental health through socialization,” Walker said. “I give them five to 10 minutes to talk with each other and share what’s going on in their personal lives. Those with the same diagnosis buddy up with each other and exchange information. It’s a very positive venue.”

Before the transplant, Mary Ann was on oxygen 24/7, but not since. “Now I have pretty much normal breathing,” said Mary Ann, who tries to walk a mile each day. “I’m really doing well.”

For information on participating in our Pulmonary Maintenance Program, call Sarah McKechnie, manager, Disease Management Services, at 301-754-7164.



Staying active: Mary Ann Canter often walks to a firefly sanctuary that she worked with the Greenbelt, Md., City Council to establish.



Bob Gillespie is cleared to fly his 1947 Cessna.

Flying High Again After Surgery for a Collapsed Lung

Last September, Bob Gillespie was enjoying a ride with his cycling group when he collided with two riders, who fell directly ahead of him, and landed on his back. “I was in pain and a little short of breath when my wife came to pick me up, but thought I was all right,” recalled the Bethesda orthodontist. A few hours later, though, when his breathing became more labored, he went to a local hospital. There, doctors diagnosed a collapsed lung and pneumothorax — air trapped between the lung and chest wall. A tube was inserted in the chest to let out the air so the lung could expand and relieve his shortness of breath.

Bob was then transferred by ambulance to Holy Cross Germantown Hospital for specialized care and management by a thoracic surgeon.

“Bob had a weakness at the top of the lung — an apical bleb,” said **Riny Karras, MD**, a fellowship-trained thoracic surgeon at Holy Cross Health Partners.



“Without the accident, he would never have known he had this condition. It was the pressure on the weak area which caused Bob’s lung to collapse.”

In addition to an impact or other injury, a collapsed lung can result from excessive coughing, lung disease, or any type of physical strain such as heavy lifting. Air trapped in the space between the lung and chest wall causes compression on the heart and other structures in the chest. Symptoms include increased heart rate, chest pain and shortness of breath, and anyone experiencing these should seek emergency medical attention. “A collapsed lung can be serious,” said Dr. Karras.

“A collapsed lung can heal on its own, but Bob’s lung would never be as strong without surgery because of the bleb,” Dr. Karras added. He waited two days to see if his lung would re-inflate without intervention, but with no improvement, Dr. Karras recommended surgery.

Using the hospital’s *da Vinci*® Xi Surgical System, the most advanced robotic technology available, Dr. Karras removed the weak area from his lung and performed a procedure to adhere the lung to the chest wall so that it would not drop again.

“There are many benefits to robotic surgery for our patients, including less invasive and painful incisions, non-

narcotic postoperative pain control, and a faster recovery,” said Dr. Karras, who has more than 10 years’ experience in minimally invasive robotic surgery.

“My time in the hospital was actually somewhat relaxing,” Bob said of his stay at Holy Cross Germantown Hospital. “I walked the halls, read, chatted with staff. It was a very positive experience.”

He went home two days after the operation. “My recovery was very uneventful,” he said.

An avid cyclist who typically rides five times a week, Bob was back on a stationary bike a few days after his discharge from the hospital, returned to work, and it wasn’t long before he was pursuing another one of his passions — piloting his 1947 Cessna.

“As a result of his treatment, Bob has been able to return to his normal routine without a problem,” Dr. Karras said.

To reach Dr. Karras, call 301-557-1425, or for more information about our Thoracic program, visit: HolyCrossHealth.org/thoracic.

Advanced Lung Cancer Treatment Gives Mike **Hope**

A smoker for more than 40 of his 62 years, Mike Kapsak had been having annual CT scans of his lungs to screen for signs of cancer. In December, the scan detected a mass on his left lung and his doctor referred



him to **Bryan Steinberg, MD, FACS, FCCP**, Holy Cross Health's medical director of Thoracic Surgery. Although

Mike felt hopeless about his diagnosis, Dr. Steinberg had a solid plan from their first encounter, which gave Mike not only confidence, but a fighting chance.

"Dr. Steinberg didn't hesitate," Mike said. "He had a plan that started with further testing to get me going in the right direction." That plan included a prescription for nicotine patches, and Mike quit smoking the day he met Dr. Steinberg. From the beginning, Mike knew he was in good hands.

The first step was a lung biopsy performed at Holy Cross Germantown Hospital, a minimally invasive procedure called Endobronchial Ultrasound-Guided Transbronchial Needle Aspiration (EBUS). The biopsy determined the cancer was stage 3.

Next, Dr. Steinberg assembled an expert cancer team dedicated to developing a personalized care plan. Mike had six weeks of chemotherapy and radiation treatment. He also had a blood test to determine molecular profiling of the tumor, which suggested his tumor could have a positive response to immunotherapy.

Mike handled the aggressive treatment regimen well. "I didn't miss any days of

chemo or radiation — or work," he said. "I was surprised that my only side effect was feeling a little more tired than usual."

A month later, another scan showed that the tumor had shrunk significantly and suspicious lymph nodes in the first images were no longer positive for cancer. A repeat EBUS now demonstrated that Mike was eligible for surgery.

"While data shows that patients who have surgery to remove an entire lung after undergoing chemo and radiation tend to have worse outcomes, many of these patients are older, with co-existing medical conditions and in poor health overall. In comparison, Mike was younger, stronger, had tolerated treatment extremely well and only



needed a portion of his lung removed," said **Kashif Firozvi, MD**, Mike's medical oncologist.

"While the combination of chemo and radiation killed 90 percent of the tumor, 10 percent remained viable, which warranted surgery," Dr. Steinberg said. "By removing the burden of disease, it's much more likely that the immune system will be able to fight residual tumors."

Dr. Steinberg and Dr. Firozvi recommended that Mike pursue a more aggressive treatment approach that included surgery followed by

immunotherapy. Recent data presented at the American Society of Clinical Oncology has shown a significant improvement in survival with this approach.

Mike and his wife Debi were unsure about surgery when they met with Dr. Steinberg again. "Debi has been my advocate throughout this whole process. As she has for all my appointments, she came prepared with a list of questions — and Dr. Steinberg always had the answers." Reassured, they decided to proceed with surgery.

Dr. Steinberg performed Mike's surgery at Holy Cross Germantown Hospital, using the *da Vinci*[®] Xi Surgical System, the most advanced robotic technology available. It gives the surgeon greater dexterity and improved optics, enabling the operation to be performed minimally invasively, which leads to a quicker recovery for the patient.

"Robotic surgery enables us to bring the highest level of surgical care to our patients," said Dr. Steinberg, who has performed 450 lung resection procedures using the *da Vinci* surgical system in the last six years.

"Knowing that Dr. Steinberg has done hundreds of these surgeries gave us confidence that he would be able to take care of my cancer," said Mike, who also has high praise for his care while at Holy Cross Germantown Hospital: "Dr.



“My wife and my children have been my support system and my pillar of strength every step of the way,” said Mike, shown here with Debi and their daughter Megan.

Steinberg and his team checked on me often, and I can't say enough about the nursing staff. Every time they changed shifts, everyone was on top of things, and even the food service was great.”

With surgery behind him, Mike will continue immunotherapy and have regular tests to detect circulating tumor DNA in his bloodstream. This not only helps identify early markers and signs of cancer progression, but also helps identify select targeted therapies for the most effective treatment.

“Mike had the most aggressive treatment we can offer someone. We took a situation where there was limited hope and have now given him nothing but hope,” Dr. Steinberg said.

Holy Cross Health offers lung cancer screening to promote early detection. To learn more, call 855-424-HOPE (4673) or visit HolyCrossHealth.org/lung.

INVEST IN THE FUTURE OF HEALTH CARE FOR ALL

Ask our patients, clinicians, staff and volunteers and they will tell you these words sum up Holy Cross Health: Commitment to high-quality, compassionate and equitable care for everyone. Supported in part by the contributions of generous donors to the Holy Cross Health Foundation, we invite you to join us as we make important investments in our new outpatient Cancer Center, the renovation of the Holy Cross Hospital Labor and Delivery unit, and additional community initiatives to increase access to equitable health care.

For patients like Maria and Patricia Ruiz, featured on pages 4-5, giving back to Holy Cross is a way to show their gratitude for great care while making sure others have the same opportunity. They are not alone. Patients and their families often wish to express their appreciation for the quality care and compassion they receive at Holy Cross Health.

Please consider saying thank you by making a donation today at HolyCrossHealth.org/donate-now or calling 301-557-GIVE (4483).

Take Time for Your Health with

Virtual & In-Person Classes

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

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

We are pleased to be starting in-person* classes as well as continuing our many virtual offerings for fitness, wellness, education, support groups and other events. Look for the orange V symbol (V) for virtual classes and refer to the key at the bottom of the page for in-person locations.

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

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

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

Disease Prevention & Management

Diabetes Prevention Basics Free

Thursdays, Sept. 23 – Oct. 7
2 to 3 p.m.

Location: W

Mondays, Oct. 4 – 18
7 to 8 p.m.

Location: V

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

Diabetes Prevention Program Free

Tuesdays, beginning Sept. 14
7 to 8:30 p.m.

Location: V

Thursdays, beginning Oct. 7
5 to 6:30 p.m.

Location: V

This yearlong, lifestyle behavior modification program is for non-diabetic or pre-diabetic, overweight individuals at risk for developing type 2 diabetes. The program includes group classes, telephone support, access to a lifestyle coach, free exercise classes and more. To see if you qualify, call 301-557-1231. For more information, visit [HolyCrossHealth.org/diabetesprevention](https://www.holycrosshealth.org/diabetesprevention). Registrants are accepted on a rolling basis.

Diabetes Self-Management Education

Tuesdays, Sept. 14 – Oct. 12
5:30 to 7:30 p.m.

Location: V ▲

Tuesdays, Oct. 19 – Nov. 16
Noon to 2 p.m.

Location: V ▲

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

V Virtual Classes Online via Webex

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

W Wheaton Community Recreation Center
11701 Georgia Ave., Wheaton, MD 20902

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

Diabetes Survival Skills Free

Thursdays, Oct. 14 – 28
2 to 3 p.m.

Location: **W**

Tuesdays, Nov. 2 – 16
7 to 8 p.m.

Location: **V**

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

Living Well: Diabetes Self-Management Workshop Free

Tuesdays, Oct. 5 – Nov. 9

9:30 to Noon

Location: Margaret Schweinhaut Senior Center

1000 Forest Glen Rd.
Silver Spring, MD 20901

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.

Living Well: Self-Management Workshop Free

Mondays, Oct. 25 – Dec. 6
6:30 to 9 p.m.

Location: **V**

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

Lung Health Basics Free

Tuesdays, Sept. 14, 21 & 28
7 to 8 p.m.

Location: **V**

Wednesdays, Dec. 1, 8 & 15
10 to 11 a.m.

Location: **W**

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

Lung Health Essentials

This six-week program includes supervised physical activity, ongoing education and peer support. If you have COPD, post COVID-19 complications or other chronic lung conditions, this program will help you improve your strength and endurance, as well as your overall lung health. Classes are held twice a week, and a health assessment and physician referral are required for participation. If you are interested, email Sarah McKechnie at mckecks@holycrosshealth.org for an intake assessment.

Cancer Support

Grupo De Apoyo Para Latinas Con Cáncer Gratis

El último miércoles de cada mes (**V** virtualmente).

desde las 6 hasta las 8 p.m.

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

Lymphedema Support Group Free

Saturday, Oct. 23

10 a.m. to Noon / Location: **V**

Those with a lymphedema diagnosis and their caregivers, family and friends receive support and helpful resources.

To register for your first meeting, call 301-754-7340.

Information Sessions & Lectures

Surgical Weight Loss Information Meeting Free

Our in-person information sessions are temporarily paused due to COVID-19 precautions. Those interested in learning more may contact our bariatric surgeons. Visit: HolyCrossHealth.org/bariatricsurgeryteam.

Thinking About Joint Replacement? Free

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

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

Mondays, Sept. 20, Oct. 4 & 18,
Nov. 1 & 15, Dec. 6 & 20

2 to 4 p.m. / Location: **V**

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

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

HolyCrossHealth.org/preop-joint-class.

Facebook
Live Event Free



EATING HEALTHFULLY WITH DIABETES

Wednesday, Nov. 10 at 1 p.m.

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

Head into the holiday season with valuable tips for managing or preventing diabetes. Topics include healthier food choices, education and resources, and a cooking demonstration of low-carb side dishes.

Speakers include:



Julia Mutter

Registered Dietitian



Lucia Zegarra

Faith Community
Program Coordinator

**LIVING WELL WITH
OSTEOARTHRITIS**

Tuesday, Dec. 7 at 1 p.m.

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

Living with osteoarthritis doesn't have to interfere with daily life. Join our experts for a discussion on how to manage osteoarthritis and when to consider surgery.

Speakers include:



Laura Collins

Orthopedic Surgery
Program Coordinator




Douglas Murphy, MD

Orthopedic Surgery

**NEW Thinking About Spine
Surgery? Free**

**Wednesday, Sept. 1, Oct. 6, Nov. 3
or Dec. 1**

2 to 4 p.m. / Location: 

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

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

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

Fitness

Gentle Yoga

**Thursdays, Sept. 16 – Oct. 28 or
Nov. 4 – Dec. 23**


6 to 7:15 p.m. / Location: 

7-week session \$40

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

Guided Meditation/Yoga Nidra

**Sundays, Sept. 12 – Oct. 31 or
Nov. 7 – Dec. 19**

6 to 7 p.m. / Location: 

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

Stressed? Come relax effortlessly. Beneficial for PTSD, chronic pain, insomnia and more.

**NEW Low-Impact Gentle
Workout Fusion**

**Mondays, Sept. 6 – Oct. 18 or
Oct. 25 – Dec. 12**

6 to 7 p.m. / Location: 

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

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

Pilates

**Wednesdays, Sept. 1 – Oct. 20
(no class Sept. 15) or Oct. 27 – Dec. 15**

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

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

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

Yoga I

**Mondays, Sept. 13 – Oct. 25 or
Nov. 1 – Dec. 20**

6:15 to 7:30 p.m. / Location: 

**Thursdays, Sept. 16 – Oct. 28 or
Nov. 4 – Dec. 23**

9 to 10:15 a.m. / Location: 

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

This physically active, meditative class develops flexibility and strength.

Yoga II

**Thursdays, Sept. 16 – Oct. 28 or
Nov. 4 – Dec. 23**

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

7-week session \$40

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

Yoga for Osteoporosis

**Mondays, Sept. 13 – Oct. 25 or
Nov. 1 – Dec. 20**

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

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

Learn postures to increase bone strength, balance and longevity.

Yoga for Women

**Sundays, Sept. 12 – Oct. 31 or
Nov. 7 – Dec. 19**

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

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

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

Zumba

**Wednesdays, Sept. 1 – Oct. 20
(no class Sept. 15) or Oct. 27 – Dec. 15**

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

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

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

Fitness 55+

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

Ballet Gold 55+

**Tuesdays & Thursdays,
Sept. 2 – Oct. 28 or Nov. 2 – Dec. 30**

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

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

Chair Exercise 55+

**Tuesdays & Thursdays,
Sept. 7 – Oct. 21 or Nov. 2 – Dec. 21**

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

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

Gentle Yoga 55+

**Mondays, Sept. 13 – Oct. 25 or
Nov. 1 – Dec. 20**

10:30 to 11:30 a.m.

**Thursdays, Sept. 16 – Oct. 28 or
Nov. 4 – Dec. 23**

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

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

Meditation 55+

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

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

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

Parkinson's Exercise 55+

**Mondays, Sept. 13 – Oct. 25 or
Nov. 1 – Dec. 20**


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 endurance and strengthen muscles.

Pilates 55+

**Tuesdays, Aug. 31 – Oct. 19 or
Nov. 2 – Dec. 14**

\$25 or \$30

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

Tone, lengthen, stretch and improve posture and balance in this low-impact Pilates class. Safely strengthen the core muscles in the abdomen, lower back, hips and buttocks. The last 15 minutes of class focus on strengthening pelvic floor muscles. All levels welcome.

Senior Fit Free


Virtual Classes

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

In-Person Classes

A limited number of in-person classes will be starting in September. A complete registration and waiver form are required to participate. To register, visit HolyCrossHealth.org/seniorfit.

Stay Active—Move 55+

**Mondays & Wednesdays,
Aug. 30 – Oct. 20 or Nov. 1 – Dec. 15**
1:15 to 2 p.m. / Location:  / \$10

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

Strength Training 101 55+

**Tuesdays, Aug. 31 – Oct. 19 or
Nov. 2 – Dec. 14**

10:30 to 11:30 a.m.

**Thursdays, Sept. 2 – Oct. 21 or
Nov. 4 – Dec. 16**

10:30 to 11:30 a.m.

Location:  / \$30

Strengthen muscles, joints and bones.

Strength Training 102 55+

**Fridays, Sept. 3 – Oct. 22 or
Nov. 5 – Dec. 17**

10:30 to 11:30 a.m.


Location:  / \$25 or \$30

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

Tai Chi – 24 Form 55+

**Wednesdays, Sept. 1 – Oct. 27 or
Nov. 3 – Dec. 29**

9:30 to 10:30 a.m.


Location:  / \$30

For those who are new to Tai Chi.

Tai Chi – 37 Form 55+

**Wednesdays, Sept. 1 – Oct. 27 or
Nov. 3 – Dec. 29**

11 a.m. to Noon

Location:  / \$30

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

Yoga 1/1.5 55+

**Fridays, Sept. 3 – Oct. 22 or
Nov. 5 – Dec. 17**

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

Location:  / \$30

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

Yoga for Bone Health 55+

**Thursdays, Sept. 16 – Oct. 28 or
Nov. 4 – Dec. 23**

3:15 to 4:15 p.m.

Location:  / \$25

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

Yoga for Pelvic Health 55+

**Sundays, Sept. 12 – Oct. 31 or
Nov. 7 – Dec. 19**

3:15 to 4:15 p.m.


Location:  / \$20

Learn about this powerful area of our body. Practice yogic tools to address prolapse, discomfort and more.

Support Groups

Epilepsy Support Group Free

Wednesday, Oct. 20

6 to 7 p.m. / Location: 

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

Weight Loss Surgery Support Group Free

**Mondays, Sept. 13, Oct. 11, Nov. 8 &
Dec. 13**

7 to 8 p.m. / Location: 

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

More Support Groups

Holy Cross Health offers a variety of support groups. For more information, visit HolyCrossHealth.org/support.

Facebook
Live Event Free



WEIGHT LOSS SURGERY JOURNEY

Friday, Dec. 3 at 1 p.m.

FB.com/HolyCrossHospital

Considering weight-loss surgery? Join our experts for a robust discussion about what to expect before, during and after weight-loss surgery.

Speakers include:



Joseph Greene, MD
Bariatric Surgery



Julia Mutter
Registered Dietitian

Wellness

Community Chats Free

Tuesday, Oct. 26

5 to 6 p.m. / Location: 

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

**PREGNANCY AND BIRTH:
YOUR QUESTIONS ANSWERED**

Thursday, Sept. 30 at 1 p.m.
FB.com/HolyCrossHospital

Are you pregnant or thinking about becoming pregnant? Our panel of experts breaks down what's most important to understand during this exciting time, including prenatal care, high-risk pregnancies and childbirth complications.

Speakers include:



Janel Hino, MD
Neonatology



Juliette Prust, MD
Obstetrics & Gynecology

**Virtual Freedom from Smoking
Counseling Free**

Location: 

Join Holy Cross Health and the American Lung Association for a free online, seven-week, eight-session Freedom from Smoking® Group Clinic to learn systematic approaches to quitting smoking, especially during these difficult times. For more information and to register, contact Stacey Bisnette at Stacey.bisnette@holycrosshealth.org or call 301-754-8710.

Wellness 55+

**Contemporary Issues Discussion
Group 55+ Free**

Wednesdays, Sept. 8 – Oct. 20 or
Nov. 3 – Dec. 1

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

Exchange ideas on a variety of issues.

Medication Review Free

Friday, Sept. 24 & Nov. 26

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

Registration required for half-hour time slots.

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

Memory Academy 55+

Thursdays, Nov. 4 – Dec. 9

2 to 4 p.m.

Location:  / \$5

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

Caregiver Resources

Caregivers Support Groups Free

Location: 

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

Mondays, 6 to 8 p.m.

Tuesdays, 3 to 4:30 p.m.

Thursdays, 10 to 11:30 a.m.

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

Wednesdays, 10 to 11:30 a.m.

Thursdays, 3 to 4:30 p.m.

Fridays, 10 to 11:30 a.m.

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

Tuesdays, 6 to 7:30 p.m.

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

For more information: Call Sister Kathy Weber at 301-754-7152 or visit HolyCrossHealth.org/crc.

Parenting Education

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

Saturday, Sept. 4 or Nov. 6

10 a.m. to Noon

Sunday, Sept. 26 or Nov. 21

1 to 3 p.m.

Thursday, Oct. 14 or Dec. 9

6 to 8 p.m.

Tuesday, Oct. 26 or Dec. 14

6 to 8 p.m.

Location:  / \$25 per registrant

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

Grandparents-To-Be

Monday, Sept. 20, Thursday, Oct. 7,

Tuesday, Nov. 16 or Tuesday, Dec. 21

6 to 7 p.m.

Location:  / \$5 per registrant

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

Maternity Classes

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

NEW Pre-eclampsia and Gestational Diabetes Education Series Free

Location: 

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

Safe Sitter

Saturday, Sept. 11 & Sunday, Sept. 12
10 a.m. to 1 p.m.

Saturday, Dec. 11 & Sunday, Dec. 12
10 a.m. to 1 p.m.

Location:  / \$70 per registrant

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

La seguridad del bebé y de los niños

sábado, 23 de octubre o sábado, 11 de diciembre

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

Location:  / \$15 por cada solicitante

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



With Diabetes and Nutrition Education, Vicky Wasmund is Lowering Her Risk for Diabetes

"For most of my life, my blood sugar has been a little higher than normal. With a family history of diabetes, I didn't want to become diabetic. The Living Well: Diabetes Self-Management program put me on the right track with education about diabetes, healthy nutrition and ways to change my eating habits. Every class we made an action plan — my first one was to reduce the number of desserts I ate. By the time I completed the program, I wasn't thinking about desserts anymore — it was about exercise, thinking positively, and how far I would walk that week. Now, I feel energized to accomplish each day's goals."

Holy Cross Health offers a full range of programs to prevent and manage diabetes. See pages 10-11.

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

Need to See a Doctor Now ?

HOLY CROSS HEALTH PARTNERS OFFERS SAME-DAY AND NEXT-DAY APPOINTMENTS

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

In addition to same-day and next-day appointments, our practices offer:

- ✓ Virtual video visits
- ✓ Check-ups and wellness visits
- ✓ Immunizations and vaccinations (including COVID-19)
- ✓ Specialized geriatric care for seniors
- ✓ Health screenings
- ✓ On-site diagnostics and lab
- ✓ Coordinated care for patients with chronic illness

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

★ Care for Military Members, Veterans, and Their Families

Our providers and staff have received special training to provide high-quality, culturally sensitive health care services to meet the specific needs of military service members, veterans and their families.



📍 TWO CONVENIENT LOCATIONS:

Holy Cross Health Partners in Kensington

Serving patients 18 years and older
3720 Farragut Ave., 2nd Fl., Kensington, Maryland 20895
Tel: 301-949-4242

Holy Cross Health Partners at Asbury Methodist Village

Serving patients 50 years and older
201 Russell Ave., Gaithersburg, Maryland 20877
Tel: 301-557-2110

For more information about primary care services, scan this code.



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

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

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

