



**Shady Grove  
Adventist  
Hospital**

SUMMER 2005

# Health Advisor

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**THIS IS YOUR HOSPITAL.**



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## Neurosurgery Saves Four-Day-Old Michael's Life Montgomery County's only Pediatric Intensive Care Unit Brings Special Care to Region

**O**n a chilly day in late December, Jennifer and Scott Huguely brought their four-day-old baby Michael to the Emergency Department at Shady Grove Adventist Hospital. The newborn was listless and very ill.

Diagnostic work soon revealed the problem: little Michael had an "intracranial hemorrhage" (bleeding inside his head) likely related to his birth. But Shady Grove Adventist Hospital had the expertise on hand to treat the problem. As one of the few hospitals in the region with a Pediatric Intensive Care Unit, or PICU, we were fortunate to have the services of Dr. Ronald Uscinski, a pediatric neurosurgeon, available.

In a one-hour procedure, Dr. Uscinski performed Shady Grove's first infant neurosurgery, removing the hematoma in Michael's brain.

Michael remained in Shady Grove's Pediatric Intensive Care Unit for three days. Says his mother, Jennifer, "The PICU's nurses took very good care of us. My husband and I spent every night in the hospital with Michael.

They were great with our family. Our nurse and doctor from the Pediatric Emergency Room even visited us in PICU to see how Michael was doing. The surgery and care saved Michael's life."

Now, almost six months later, Michael is doing very well. "We just returned from the Newborn Assessment Programs and Services Developmental Clinic at Shady Grove and he was given a clean bill of health," says his mother. "We have a follow-up visit with Dr. Uscinski's office in a few months."

*Story continued on page 7*

*Scott and Jennifer Huguely, little Michael and neurosurgeon Dr. Uscinski reunite for a visit a few months after Michael's life-saving surgery.*





# Preparing for Tomorrow

A LETTER FROM THE PRESIDENT



Dear Neighbor,

It is exciting to share with you — the members of our community — so much of the wonderful work that is being done at Shady Grove Adventist Hospital each and every day. Since 1979, our hospital has continued to add the latest state-of-the-art medical technologies that improve the delivery and efficiency of patient care. In addition, we are looking towards the future and making sure that our facility will be prepared to meet the growing health care needs of our community in the years to come.

## Providing Life-Saving Pediatric Care

Did you know that Shady Grove Adventist Hospital has the only Pediatric Intensive Care Unit (PICU) in Montgomery County? This specialized area of the hospital allows us to provide a wide range of health care services to critically ill children. In this issue you'll read the story of Shady Grove's first infant neurosurgery and how the surgery and care provided by our PICU staff saved the life of four-day old Michael Huguely. For me, this is a perfect example of the important work that is performed at our hospital each day.

## Adding New Technology

All around us, modern technology is making our lives easier and adding new levels of safety. This is true at our hospital as well. In April, we began using a new Picture Archiving Communication System (PACS), which converts x-rays to digital files. These x-rays can then be saved onto discs, viewed on computer monitors or on secure, password-protected Web sites.

PACS will allow doctors to view x-rays without traveling to the hospital, and eventually eliminate the need for patients and physicians to transport large folders with x-ray film — a convenience for patients and their health care providers.

## Expanding for the Future

The expansion, which broke ground in April, will add more than 207,000 square feet of patient care space to the hospital. We will also renovate another 52,000 square feet of space in our existing building. Through our expansions and renovations, we will add 144 private patient rooms, an entirely new Surgery Department, and more space for our

Emergency Department as well as our Neonatal Intensive Care Unit (NICU) for the care of critically ill infants. All of these wonderful changes will result in the best possible place to receive health care.

***“This is not a mere building, but a place of healing. And, when healing is not possible, it is a place of hope and comfort.”***

***— Deborah A. Yancer,  
Shady Grove Adventist Hospital Expansion  
Groundbreaking Ceremony, April 21, 2005***

All of us at Shady Grove Adventist Hospital are excited to be able to expand our facility and enhance our services for you. As always, thank you for giving us the opportunity to serve you.

Sincerely,

Deborah A. Yancer  
President  
Shady Grove Adventist Hospital

*Members of Daisy Troop 6432, joined by one of the troop member's younger sister, helped make our groundbreaking ceremony extra-special.*



# Groundbreaking Launches Expansion of Shady Grove Adventist Hospital

**A**pril 21st marked an exciting day, not only for Shady Grove Adventist Hospital, but also for everyone in our community. The first ceremonial shovel of dirt signaled the beginning of work on our long-anticipated expansion and renovation of Shady Grove Adventist Hospital. This exciting project will add more capacity as well as expanded capabilities for the community that we serve.

## New Tower and Renovations, Too

Our new, four-story, state-of-the-art tower will include 144 private patient rooms. Upon completion of the new tower, 207,000 square feet of new space will be added to Shady Grove Adventist Hospital. In addition, we'll renovate 52,000 square feet of space in the existing hospital. Construction of the new tower will be completed by the Fall of 2007, with patient care scheduled to begin in the tower in January of 2008. Renovations of the hospital will begin in the Fall of 2007, and should be completed by the Spring of 2009.

“Our dream of expanding Shady Grove Adventist Hospital has become a reality due to the hard work and dedication of the entire Shady Grove family, including the many members of our community,” notes Deborah A. Yancer, President of Shady Grove Adventist Hospital. “We celebrate the beginning of our long-awaited expansion, which will allow us to better serve the health care needs of our growing community for many years to come.”

To learn more about the expansion, visit [www.ShadyGroveAdventistHospital.com](http://www.ShadyGroveAdventistHospital.com) and click on “Hospital Expansion.” ■



*Pictured from left to right are: Maryland State Del. Herman Taylor; Montgomery County Council Members Nancy Floreen and Phil Andrews; Maryland State Del. Joan Stern; Maryland State Sen. Jennie Forehand; Shady Grove Adventist Hospital President Deborah A. Yancer; Adventist HealthCare President/CEO Bill Robertson; Maryland State Sen. Patrick J. Hogan.*

## Here's what the completion of our four-year expansion and renovation project will bring to the community:

- New mothers at the hospital will enjoy a private room while they get to know their babies. Overall, 82 percent of our patient beds will be private.
- We will increase our busy Emergency Department to 75 beds and dedicate significantly more space to care for emergency health care needs in our community.
- Our Level III-B+ Neonatal Intensive Care Unit (NICU), one of the few in the area, will expand from 27 beds up to 38 (depending upon the acuity of the patients).
- We'll have a consolidated new Surgery Department for both inpatient and outpatient surgical services, including pre-op and recovery areas for adult and pediatric patients.



# Health Solutions, Weight Loss Success Through New Surgical Procedures

If you're severely overweight, you're not alone. About 14 million American adults are considered severely overweight, about 5 million are "morbidly obese," which doctors consider more than 100 pounds overweight. The health dangers from morbid obesity are significant. It's now the number one cause of preventable deaths in the United States.



***"My daughter counts on me to be there. I knew I had to take care of myself."***

***— Shiela Lippold***

At 380 pounds, Shiela Lippold knew she had to take major steps to improve her health. She'd already had a heart attack and a stroke. She also had a 17-year-old handicapped daughter who relied on her. That's when she began to investigate bariatric surgery.

"My daughter counts on me to be there. I knew I had to take care of myself," Shiela explains. "I researched the surgery

for months before I presented the information to my primary care physician. He referred me to Dr. Greene's office."

Dr. Barry Greene, a general surgeon at Shady Grove Adventist Hospital, who was featured in the Fall 2004 issue of *Health Advisor*, recommended that Shiela attend an information session on gastric bypass surgery.

Dr. Greene was very upfront about what was expected of patients before and after surgery," says Shiela. "He stressed that this is not a cosmetic surgery. Rather, it's a procedure for people who are at least 100 pounds overweight, and who have tried diet and exercise plans but failed to lose weight."

Following surgery over a year ago, Shiela enjoys family outings and walks with her husband. Her sugar diabetes is under control and she takes half the medications she took prior to surgery. "This was a very individual decision and not something I took lightly," she says. "Today, I feel better than I have in 25 years."

Louise Silver, a Wheaton resident, had much the same experience. She weighed 353 pounds, had elevated cholesterol and blood pressure levels and suffered from sleep apnea.

After a year of her own research, Louise came to Shady Grove Adventist Hospital to undergo gastric bypass surgery. "I was in the hospital for two days and returned to work two weeks later."

Today, a year later, Louise weighs 180 pounds and enjoys walks three times a week. "I feel like a new person," she says. "I am able to do things now that I wasn't able to do a year ago. I recommend anyone considering surgery to attend a support group. It was very helpful for me to learn from other experiences."

There are several different techniques for weight loss surgery. To learn more about our comprehensive program, join us on the second Monday of every month, from 6:30-8:30 p.m., at the Temple Beth Ami at 14330 Travilah Rd. Rockville, MD. Call 301-251-4128 for more information. ■

**Weight loss surgery is often the best option for people who are morbidly obese and suffer from an increased risk of related medical factors, including:**

- **Coronary artery disease and heart failure**
- **High blood pressure**
- **Adult onset diabetes**
- **Sleep apnea**
- **Gastrointestinal complaints (severe heartburn, gall bladder pain)**
- **Venous insufficiency and blood clots**
- **Menstrual irregularity or infertility**
- **Stress incontinence**
- **Arthritis of knees, hips and spine**
- **Depression**



# The Gazette's Healthy Challenge

**C**an simple changes make a big difference in your overall health? Erin Grace is about to find out.

As the winner of *The Gazette Newspapers'* "Three Month Healthy Challenge," Erin will have lots of tips, tools, advice and help to start down the road to a healthy lifestyle — including free health screenings from Shady Grove Adventist Hospital.



*Erin undergoes a stress test administered by Dr. John Schindler, a cardiologist at Shady Grove Adventist Hospital.*

Erin decided to enter her name in the Healthy Challenge after seeing an ad in the *Montgomery County Gazette*. She'd struggled with her weight for years and thought this would be the perfect opportunity to find the right exercise and eating plan. "I never thought I'd be the one selected," says Erin. "Certainly three months will help me develop better habits. And I'm looking forward to being able to measure my results through Shady Grove's health screenings."

Erin will receive health screenings both before and after the challenge to see how her health has improved. The screenings include cardiac tests such as heart rate, blood pressure, exercise stress test, full lipid profile and baseline EKG. In addition, Erin will benefit from a bone density screening, a comprehensive metabolic profile including blood sugar test, body fat, hearing and balance test and a dermascan that tests for skin cancer.

Her health package also includes a fitness-training program from Velocity Sports Performance, nutritionist meetings

***As a winner, Erin will receive health screenings before and after the Healthy Challenge, fitness training, a spa treatment and more.***

at Healthy Inspirations, a day-spa session from Elaj Aveda Day Spa, yoga sessions by Willow Street Yoga and a skin treatment by Non-Invasive Cosmetic Medicine.

"We're pleased to participate in *The Gazette's Healthy Challenge*," says Michael Franklin, Vice President of Operations at Shady Grove Adventist Hospital. "We are committed to helping our community live healthier, and we wish Erin the best in her three-month challenge."

To learn more about health screenings and exercise programs available at Shady Grove Adventist Hospital, see pages 8-14. ■

# Physician Honored for Excellence in Emergency Care

**P**lease join us in recognizing Dr. Angelo Falcone, a physician and past Chair of the Emergency Department at Shady Grove Adventist Hospital. Dr. Falcone was honored with the Winter 2004 Physician RISES award. This honor recognizes physicians who live and work in a manner that reflects the values of our hospital: Respect, Integrity, Service, Excellence and Stewardship.

More than 39 staff members nominated Dr. Falcone for this prestigious award. Colleagues recognized his professionalism, personality, drive, love of family,

knowledge and encouragement. In addition, his thoughtful and timely decisions have won the trust of his staff.

According to one colleague, who nominated Dr. Falcone, "He stands alone in owning a unique talent and skill set to command respect from everyone he meets. He makes very thoughtful, perceptive, correct and timely decisions and does so with the highest integrity and trust from the staff." Thank you to Dr. Falcone for helping to make Shady Grove Adventist Hospital the best that it can be. ■



***Congratulations to Dr. Angelo Falcone, winner of our RISES Award for Winter 2004.***

# New Ways to Make Your Stay More Comfortable

Here at Shady Grove Adventist Hospital, we're always working to make your hospital stay as comfortable as possible. Here are some of the new services we've added to our roster:

## Comfort and Beauty Services

Our Personal Service Representative provides patients with free comfort and beauty services. At the request of the patient, the Personal Service Representative visits the patient's bedside for services such as manicures, pedicures and hairstyling. "This service has been particularly popular among our Antepartum patients on bed rest," states Helen McAdams, patient representative. "Many of our mothers have commented how grateful they are to have this service available." The Antepartum Unit provides care to women who require inpatient medical supervision during pregnancy.

## Smooth Departure

We have instituted a "Think Noon" team to help our patients with their discharge papers to leave the hospital easily — with a goal of helping them check out "by noon." The team works to eliminate the obstacles and streamline the procedures that can get in the way of an easy departure. They also help smooth the transition home by allowing time to fill prescriptions and scheduling follow-up with their physician.

## Spiritual Care

Our Pastoral Care Services staff provides emotional and spiritual support for patients and families of all faiths. The chaplain can contact your own clergy or arrange for special services. Chaplains also conduct short weekend services Saturday and Sunday at 8:30 a.m. in our chapel.

## Newspapers, Coffee and Gifts

Look for several new amenities at the hospital. Our new coffee kiosk with fresh pastries is located outside the Emergency Room. We've added Starbucks coffee and an ATM to our cafeteria. You can shop for snacks, cards, candy, flowers and baby items in our gift shop.

Our volunteers deliver the *Washington Times* daily to patient rooms. We also distribute Spanish and Chinese newspapers to interested patients on a weekly basis.

To plan your next visit to Shady Grove Adventist Hospital, visit [www.ShadyGroveAdventistHospital.com](http://www.ShadyGroveAdventistHospital.com) and click on *Patients and Visitors*. ■



*Shari Chamberlain is one of our hospital chaplains, providing emotional and spiritual support to patients and families.*



*Above: Jo Cimino and Barbara Tooms are members of our "Think Noon" team.*

*To the right: Sue Hargrove is one of the many volunteers who help to make your stay more comfortable.*



# New Image Viewing Technology Saves More than Time

It could save lives as well — by allowing faster diagnoses and consultations wherever, whenever physicians have access to a high resolution monitor and a secured Web site.

That's the value of PACS, or the Picture Archiving Communication System, recently implemented at Shady Grove Adventist Hospital. It's a new technology that allows medical images to be viewed digitally, rather than having to convert the images to film.

Today's sophisticated medical imaging techniques allow physicians to "see inside a patient's body" and produce high-quality images. Until recently, these images have had to be converted to film. You've probably seen them before — the large x-rays that physicians and technologists view against special light boxes.

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***"Instead of waiting for film, digital images are immediately available to be viewed on high resolution monitors."***

***— Bruce Bortnick, M.D., Radiology Department Chairman***

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But now, medical images are "going digital," and making great strides in convenience and safety at the same time.

## **PACS Offers Anytime, Anywhere Access**

Our new PACS technology converts x-rays to digital files, which can be viewed on computer monitors. With PACS, the radiologist, technologist and your physician can view images on monitors simultaneously from different locations, even in real time while the procedure is performed.

With this "film-less" radiology, the hospital can provide immediate access to diagnostic images and reports, anytime,



***Radiology Department Chairman Bruce Bortnick, M.D., views medical images digitally with our new Picture Archiving Communication System (PACS).***

anywhere. Because images can be saved on secure Web sites, doctors can view x-rays without traveling to the hospital — which can mean faster diagnosis and consultations for your condition — and save precious time.

## **Advanced Technology Available at Your Request**

Shady Grove Adventist Hospital's commitment to the community's health includes providing comprehensive clinical imaging services. With PACS, we have expanded our services to offer you the latest image management and reporting.

Ask your doctor about having your next diagnostic image at Shady Grove Adventist Hospital. To learn more, call 301-279-6064. ■

## **Neurosurgery continued from page 1**

It's currently unknown how often intercranial hemorrhages occur. While newborn physicals have been established to help identify possible health issues in infants, some of these injuries may not show up for weeks or even months after birth.

"Newborn physicals are a valuable diagnostic tool, but they are not infallible," notes Dr. Uscinski. "Clinical alertness on an ongoing basis is always helpful."

To find a pediatrician associated with Shady Grove Adventist Hospital, call 800-642-0101 or visit [www.ShadyGroveAdventistHospital.com](http://www.ShadyGroveAdventistHospital.com). For infant safety classes, see page 11. ■

***\* If you have concerns about your child's health, contact your pediatrician immediately.***

## **\* Symptoms to Watch for in Your Infant:**

**The symptoms of an intercranial hemorrhage can include:**

- Listlessness
- Vomiting
- Seizure
- Weakness on one side of the body



# Community Classes

SUMMER 2005



## Health and wellness classes, programs and support groups for a healthy mind, body and spirit.

Special Event . . . . .	8	CPR and First-Aid Classes . . . .	11,13	Programs for Seniors . . . . .	13
Community Screening Programs . .	8-9	Nutrition Classes . . . . .	11	Support Groups . . . . .	13-14
Health and Faith . . . . .	9	Fitness/Weight Management . .	11-12	Special Services . . . . .	14
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Youth Health and Education . . . .	11	Self-Improvement Classes . . . .	12		

### Special Event

#### Carotid Artery Screen

You may be at risk for carotid artery disease if you are over age 50, have high cholesterol, are diabetic or smoke. **FREE**

**Shady Grove Adventist Hospital**  
 Outpatient Surgery  
 9901 Medical Center Dr., Rockville, Md.  
**Sunday, June 12, 12-4 p.m.**  
 Preregistration required.  
 Call 800-542-5096 today to register.  
 Space is limited.

### NEW REGISTRATION PROCEDURE

1. Advance registration is required for screenings. Please see cancellation, payment and refund policies on page 15.
2. Walk-ins will be accommodated, if time permits.
3. Please call 800-542-5096 to register for all locations.
4. Adventist HealthCare employees will receive a discount on all screenings, with company ID only.

### Community Screening Programs

#### Heart Healthy Screenings And More Screening Descriptions and Fees:

- **The VAP (Vertical Auto Profile) test** is an expanded cholesterol test that provides valuable information that can identify hidden heart disease risk above and beyond the Lipid Profile. The VAP test includes all of the Lipid Profile and more. It is an actual count, not just a calculation, and is emerging as the new standard of care for cholesterol risk assessment. You do not need to be fasting for this test unless you are specifically looking at your triglyceride results. **Fee:** \$61 or \$57 for seniors (55-plus).

- **Lipid Profile:** This blood test includes: total cholesterol, HDL, LDL, triglycerides and cholesterol/HDL ratio. **Twelve hours of fasting is recommended for the most accurate results. Fee:** \$27 or \$23 for seniors (55-plus).
- **Homocystein** is a substance produced as the body digests protein. Excess levels can be associated with heart disease and stroke. It is an excellent marker for the status of a person's vascular fitness. **Fee:** \$95.
- **HsCRP:** High sensitivity C-Reactive Protein can be an indicator of risk for cardiovascular disease in healthy people. It is a marker for assessing acute inflammation. In order to assess any cardiac correlation, please delay this test for two weeks after any inflammatory episodes. **Fee:** \$40.
- **Blood pressure monitoring** will be done and is **FREE**.
- **Glucose** (Fasting Blood Sugar) is a basic screening for diabetes. **Twelve hours of fasting is recommended. Fee:** \$4.
- **A1c** measures the amount of sugar in the blood over a period of 2-3 months (the life of the red blood cell). This is a test especially for known diabetics. **Fee:** \$40.
- **Prostate Specific Antigen (PSA)** is a prostate cancer-screening test for men. **Fee:** \$35.
- **Body Fat Analysis** will make your weight more specific by giving your percentage of body fat, lean muscle and water. **For best results, do not drink coffee or exercise 12 hours prior to test. Drink plenty of water for 24 hours in advance. Fee:** \$7.

### Heart Screening Packages

- **Sweetheart:** Lipid Profile and Glucose **Fee:** \$29.
- **Heart Smart:** VAP and Glucose. **Fee:** \$63.
- **Heart Risk Special:** VAP, Homocystein and HsCRP. **Fee:** \$185.
- **Diabetes Check:** Glucose and A1c **Fee:** \$42.

### Screening Dates and Locations:

**Rockville Senior Center**  
1150 Carnation Dr., Rockville, Md.  
Fridays, July 22, Sept. 23, 10-11:30 a.m.

**Shady Grove Adventist Hospital**  
Weinschel Education Center  
9901 Shady Grove Rd., Rockville, Md.  
Wednesdays, July 27, Sept. 28, 8-10 a.m.

**Damascus Senior Center**  
9701 Main St., Damascus, Md.  
Wednesday, Aug. 10, 9:30-11 a.m.

### Monthly Blood Pressure Testing

**Shady Grove Adventist Hospital**  
Main Lobby  
Wednesdays, July 6, Aug. 3, Sept. 7,  
11:30 a.m.-1:30 p.m.

### Osteoporosis Screening

Measuring your bone density will provide information on your risk for fracture and osteoporosis. This screening will measure the Bone Mass Density of your heel and takes only 15 seconds. **Fee:** \$30.

**Adventist Health Care**  
1801 Research Blvd., Suite 300, Rockville, Md.  
Tuesday, June 14, 5:30-6 p.m.

## Health and Faith

### Parish Nurse and Health Ministry Network Support Meeting

Join us in sharing ways to integrate health and wellness in the community in which we live and worship. *Call 301-315-3136 to preregister.* A light meal is provided.

**Shady Grove Nursing and Rehabilitation Center**  
9701 Medical Center Dr., Rockville, Md.  
Wednesday, June 15, 6-7:30 p.m.

### Parish Nurse Training

This course is designed to prepare registered nurses with several years of experience, in any nursing area, to deliver holistic health care in centers of faith. It is offered as an interfaith model, recognizing and incorporating a diversity of belief systems. It will strengthen your practice and equip those who seek a Parish Nurse role to function within that calling. *Contact Bernice DeShay at CUC for more information at 301-891-4157.*

**Parish Nurse Training Dates for 2006**  
Mar. 17, 19, 24, 26, 31 & Apr. 2

## Maternal/Child Classes

### PROGRAMS FOR BEFORE YOUR BABY COMES

### Maternity Tour

If you are expecting a baby or planning for the future, come to a short presentation and tour our labor and delivery suite and Mother/Baby Unit. *Preregistration is required. FREE*

**Shady Grove Adventist Hospital**  
Weinschel Health Education Center  
Tours are offered for adults only on **Sundays**, except on holidays and during special hospital events. *Call for times.* Tours are also held on the following **Wednesday** evenings for adults and siblings over age 10.  
**Wednesdays**, July 6, Aug. 3, Sept. 7, Oct. 5, Nov. 2, 7-8 p.m.

☒ *Class skips during series due to holidays or hospital functions.*

### Childbirth/Infant-Care Course

A six-week program that includes breathing, relaxation techniques, comfort measures, medications, hospital procedures, cesarean delivery and after-delivery mother and infant care. Schedule class to finish three- to five-weeks before your due date. Please register for a breastfeeding class at the same time (free with this course.) **Fee:** \$125 per couple.

**Shady Grove Nursing and Rehabilitation Center**  
Adult Day Care Room  
9701 Medical Center Dr., Rockville, Md.  
All weekday classes 7:30-9:30 p.m.

**Tuesdays**, July 26-Sept. 6x, Sept. 20-Oct. 25, Nov. 1-Dec. 6

**Thursdays**, July 14-Aug.18, Sept. 1-Oct. 6, Oct. 20-Dec. 1

**Shady Grove Adventist Hospital**  
Weinschel Education Center  
All weekday classes from 7:30-9:30 p.m.  
**Sundays**, June 26-Aug. 7☒, Aug. 21-Oct. 2☒, Oct. 9-Nov. 20, 7-9 p.m.

**Tuesdays**, July 5-Aug. 9, Aug. 23-Sept. 27, Oct. 11-Nov. 15

**Wednesdays**, Aug. 10-Sept. 14, Sept. 21-Oct. 26, Nov. 2-Dec. 14☒

**Thursdays**, June 23-Aug. 4☒, Sept. 1-Oct. 6, Oct. 20-Dec. 1

### Three-Day Childbirth/Infant-Care Course

This 12-hour program is offered on three weekend days. The curriculum is identical to the six-week series, but the fee includes a continental breakfast or afternoon snack and a tour of the birth suite. Schedule class to finish three- to five- weeks before your due date. Please register for a breastfeeding class at the same time (**FREE** with this course.) **Fee:** \$140 per couple.

**Shady Grove Adventist Hospital**  
Weinschel Education Center  
**Saturdays**, July 23, 30 & Aug. 6, Aug. 13, 20 & 27, Sept. 10, 17 & 24, Oct. 1, 15 & 22☒, Nov. 5, 12, & 19, Dec. 3, 10, & 17, 9 a.m.-1 p.m.  
**Saturdays**, July 23, 30 & Aug. 6, Aug. 13, 20 & 27, Sept. 10, 17 & 24, Oct. 1, 15 & 22☒, Nov. 5, 12 & 19, Dec. 3, 10 & 17, 2-6 p.m.

**Gaithersburg Location** (*this class does not include tour of the birth suite*)

**Sundays**, July 24, 31 & Aug. 7, Aug. 14, 21 & 28, Oct. 2, 16 & 23☒, Oct. 30, Nov. 6 & 13, Dec. 4, 11 & 18, 1-5 p.m.

### Childbirth Express

In this abbreviated four-hour class, learn about labor and delivery and pain management in a lecture format. There is an opportunity to purchase a "birth kit" and/or videotape to practice breathing and relaxation techniques at home. **Fee:** \$65 per couple.

**Shady Grove Adventist Hospital**  
Weinschel Education Center  
**Sundays**, Aug. 7, Oct. 2, Dec. 4, 1-6 p.m.  
(includes one-hour break)

### Private Childbirth Classes

Private instruction for those unable to attend childbirth class. Can be designed to meet your special needs. **Fee:** \$60 per hour. Requires four hours.

Meets at participants' home.

### Refresher Childbirth Class

This abbreviated refresher class is for couples who have attended a childbirth preparation class within the last four years and only need a short review. Offered bimonthly. **Fee:** \$40 per couple.

Shady Grove Adventist Hospital  
Weinschel Education Center

Saturdays, Aug. 6, Oct. 1, Dec. 3, 9 a.m.-noon

### Breastfeeding Class

A 2½ hour class to help moms get off to the right start at breastfeeding. Class is free to participants in our six-week and three-day Childbirth/Infant-Care Course. **Fee:** \$30.

Shady Grove Adventist Hospital  
Weinschel Education Center

Mondays, July 11, Aug. 1, Sept. 12, Oct. 3, Nov. 7, Dec. 5, 7-9:30 p.m.

Saturdays, July 9, Aug. 6, Sept. 10, Oct. 1, Nov. 5, Dec. 10, 9-11:30 a.m.

Sundays, July 17, 24, 31, Aug. 7, 14, 21, 28, Sept. 18, 25, Oct. 9, 16, 23, 30, Nov. 13, 20, Dec. 11, 18, 4-6:30 p.m.

### Prenatal Yoga

Learn relaxation techniques and poses that stretch and tone muscle groups affected by pregnancy. Prenatal yoga is offered in three locations. *Call instructor at desired location for dates, times, fees and to register.* Classes are offered at the same locations for moms after their baby comes.

Divine Life Studio, Gaithersburg  
301-924-5164

Yoga Moms, Silver Spring  
301-537-7422 (babysitting available)

Inchworm Yoga, Frederick  
866-bug-yoga (866-284-9642)  
(babysitting available)

### Prenatal and Postpartum Massage

A certified massage therapist offers the following to new and expectant moms:

- Prenatal massage
- A training session for mom and her partner in techniques for use in labor
- Postpartum massage

For more information contact Candace Otto, C.M.T., at 301-907-0153 or e-mail [CandaceOttoCMT@msn.com](mailto:CandaceOttoCMT@msn.com)

### Doula Services

Doulas are trained to provide support to both women in labor and new mothers after the birth. Allison Harris is certified by Doulas of North America. *Please call her for more information and rates for services at 240-631-8868.*

### Brother and Sister Class/Tour

Siblings (ages 3 to 6) will hear a story about a new baby in the family, followed by a tour of the nursery. Children will choose a gift for the baby. **Fee:** \$12 for the first child, \$8 for each additional child.

Shady Grove Adventist Hospital  
Weinschel Education Center

Wednesdays, July 6, 20, Aug. 3, 17, Sept. 7, 21, Oct. 5, 19, Nov. 2, 16, Dec. 7, 4-5 p.m.

### Hey, What About Me?

Siblings (ages 5 to 9) will view a video of children expressing their thoughts, feelings and perceptions about a new baby joining the family. Children will choose a gift for the baby. A tour of the nursery follows. Offered once each month. **Fee:** \$12 for the first child, \$8 each additional child.

Shady Grove Adventist Hospital  
Weinschel Education Center

Wednesdays, July 6, Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7, 5:30-6:30 p.m.

### Baby Care Basics

Learn how to care for your newborn during those challenging first weeks. Topics include bathing, diapering, cord care, circumcision care, taking a temperature and when to call the doctor. **Fee:** \$35 per couple.

Shady Grove Nursing and  
Rehabilitation Center  
Adult Day Care Room

9701 Medical Center Dr., Rockville, Md.

Mondays, July 25, Sept. 26, Nov. 28, 7-9:30 p.m.

### Fatherhood 101

A workshop to help expectant and new dads meet the challenge of fatherhood. Taught by experienced dads. For men only, but infants are also welcome. **Fee:** \$20.

Shady Grove Adventist Hospital  
Weinschel Education Center

Saturdays, July 16, Sept. 17, Nov. 19, 1-3 p.m.

### So You're Going To Be A Grandparent

This course focuses on how to be a helpful grandparent, infant care and feeding, and safety with baby furniture and toys. A tour of the birth suite is provided. **Fee:** \$20 per person; \$25 per couple.

Shady Grove Adventist Hospital  
Weinschel Education Center

Mondays, Sept. 12, Dec. 5, 7:30-9:30 p.m.

## PROGRAMS FOR AFTER YOUR BABY COMES

### Lactation Consultant Services

Certified lactation consultants are available for individual consultations in your home. Consultations can be arranged before the baby is born or after delivery for mothers experiencing problems. Breast pumps are available for sale or rental. *Please call 301-279-MOMS (6667) for information on fees and scheduling.*

### "BEST" Program: Breastfeeding Education, Support and Togetherness

Breastfeeding moms and their babies can join this informal group for breastfeeding information and support for the continuation of breastfeeding and for assistance with challenging situations. *Call to preregister. FREE*

Shady Grove Adventist Hospital  
Weinschel Education Center

Wednesdays, 2-3:30 p.m.

### Discovering Motherhood

A six-week program of education and support for new moms and their babies. Discuss topics of concern, including adjusting to motherhood, coping skills and infant development. Most classes continue to meet and form their own playgroups. **Fee:** \$70.

Shady Grove Adventist Hospital  
Weinschel Education Center

Fridays, June 17-July 22, Sept. 23-Oct. 28, Nov. 4-Dec. 16, 9:30-11:30 a.m.

### Infant Massage Class

Learn how to massage your infant, from birth to crawling, and experience the benefits of touch in this three-session class. Taught by a pediatric physical therapist, who is also a certified infant massage teacher. All supplies will be provided. **Fee:** \$60 per infant.

Shady Grove Adventist Hospital  
Weinschel Education Center

Tuesdays, July 5, 12 & 19, Aug. 16, 23 & 30, Sept. 13, 20 & 27, Oct. 11, 18 & 25, Nov. 1, 8 & 15, 10-11 a.m.

### Feeding Your Infant and Toddler

Discover the hassle-free, no-guilt approach to feeding your infant or toddler. Taught by a registered dietician. **Fee:** \$20 per person or couple.

Shady Grove Adventist Hospital  
Weinschel Education Center

Wednesday, Aug. 10, 7:30-9 p.m.



## Youth Health and Education

### Babysitting

For aspiring mothers' helpers and babysitters (boys and girls ages 11 to 15), this two-session class covers accident prevention and basic care of infants and children. A certificate of completion will be given. Participants must attend both sessions. A \$10 discount on teen CPR given with this class. **Fee:** \$30.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Saturdays,** Aug. 13 & 20, Sept. 17 & 24,  
10 a.m.-noon.

**Sundays,** Aug. 14 & 21, Sept. 18 & 25,  
10 a.m.-noon.

### Home Alone

This class will prepare 8- to 11-year olds and their parents for times when children will spend brief periods alone at home. Children must attend with a parent or guardian. Advance registration is required. **Fee:** \$10 per child.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Saturday,** Aug. 13, 2-4 p.m.

### CPR for Teens and Childcare Providers

These two-session courses cover safety issues for newborns and children, rescue breathing, CPR skills and management of choking for all age groups. This course teaches the basic techniques of CPR and choking as well as how to use an Automated External Defibrillator (AED). An American Heart Association Heartsaver AED card will be issued after successful completion of an exam and skills demonstration.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

#### • CPR for Teens

**Fee:** \$60 (\$10 discount given with babysitting class). Participants must attend both sessions.

**Sundays,** Aug. 7 & 14, 2-5 p.m.

#### • CPR for Childcare Providers

**Fee:** \$60. Participants must attend both sessions.

**Sundays,** Sept. 4 & 11, 10 a.m.-1 p.m.

### CPR for Parents

Rescue breathing, CPR skills and management of choking for varied age groups will be taught. A "Family and Friends" attendance card will be given to each participant at the completion of the class.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

#### • Infant Safety and CPR

For newborns through age 1. **Fee:** \$30 per person, \$45 per couple.

**Sundays,** Aug. 28, Sept. 4, 2-5 p.m.

**Wednesdays,** Aug. 3, Sept. 14, 6:30-9:30 p.m.

**Thursdays,** Aug. 11, Sept. 22, 6:30-9:30 p.m.

#### • Child Safety and CPR

For children ages 1-8. **Fee:** \$30 per person, \$45 per couple.

**Thursday,** Sept. 15, 6:30-9:30 p.m.

#### • Pediatric Safety and CPR

For newborns through age 8. This class is not intended for licensed childcare providers. **Fee:** \$30 per person, \$45 per couple.

**Thursday,** Sept. 8, 6:30-9:30 p.m.

### Feeding Your Infant and Toddler

Discover the hassle-free, no-guilt approach to feeding your infant or toddler. Taught by a registered dietician. **Fee:** \$20 per person or couple.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Wednesday,** Aug. 10, 7:30-9 p.m.

### Healthy Eating for Teens

This two-session interactive class covers nutrition and maintaining healthy weight during adolescence. In this class, teens (boys and girls 13-18) will learn to take charge of their eating habits. Taught by registered dietician. **Please call 800-542-5096 for more information. Fee:** \$25 per person.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

NEW

## Nutrition Classes

### Gluten-Free Diet

Understand how gluten damages the celiac small intestine. Learn how to identify food products that may contain harmful grains, establish a healthy diet, recipes and baking tips, choose foods when away from home, and locate special gluten-free products. See what resources are out there including cookbooks, newsletters, websites and more. Taught by a registered dietician. **Fee:** \$20.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

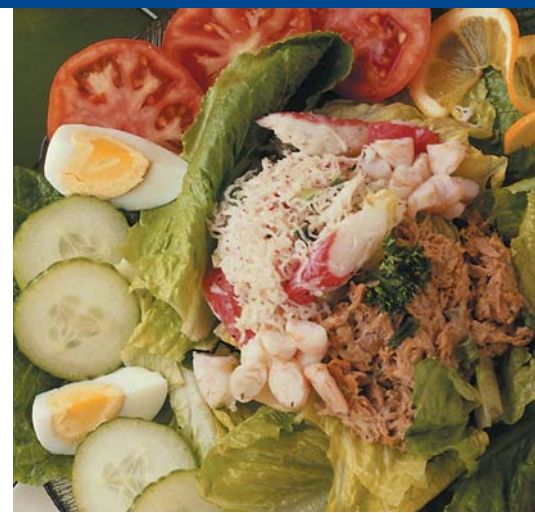
**Monday,** Aug. 15, 7:30-9 p.m.

### Sides and Salads: A Cooking Class

Learn fast and easy side dish and salad recipes using lots of fresh produce with hands-on cooking and (of course) tasting. Great recipes for gatherings, light meals, and anytime you want to eat healthy. Taught by a registered dietician. **Fee:** \$25.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Monday,** June 20, 7:30-9 p.m.



### Nutrition Counseling for All Ages

Individual counseling with a registered dietician. Consult a registered dietician for all your nutrition needs (pediatric services, gestational diabetes, weight loss, heart disease, diabetic diet, and gastro-intestinal disorders). This is a fee-for-service program at \$65 per hour. **For an appointment (evening times available), please call 800-542-5096.**

## Fitness and Weight Management

### Yoga Stretch

Anyone can take this class. This class incorporates power yoga, a strength-oriented practice with intense stretching. It involves synchronizing the breath with a progressive series of movements. You will also learn some Pilates techniques. The result is improved circulation, a light and strong body, and a calm mind. Please bring your own mat. **Fee:** \$70.

**Discovery Sports Center at the Germantown SoccerPlex**

18031 Central Park Circle, Boyds, Md.

**Tuesdays,** June 7-July 26, 7:30-8:30 p.m.

### Yoga for Cardiac Health and Recovery

This 10-week class is perfect for heart patients with CABG and CHF; you'll learn traditional poses with specific breathing instructions to create healing and reversal of cardiac conditions. Gentle-paced class using chairs and walls; includes peer support group discussions on adjusting to new lifestyle realities. Taught with clear instructions, biomechanical precision and heart-centered language, you will blossom into the practice with confidence, renewed energy, increased strength and flexibility. **Fee:** \$200 per 10-week session.

**Follow Your Heart Yoga Center**  
(near Germantown movie theatre)  
20010 Century Boulevard, Suite 430  
Germantown, Md.

**Rolling enrollment accepted for 10-week session.**

**Tuesdays,** starting June 14, 4:30-5:45 p.m.

**Wednesdays,** starting June 15, 11 a.m.-noon



### Senior Adult Exercise Class

This class is a good workout for anyone who wants to keep fit and stay limber, increase flexibility and improve cardiovascular conditioning. The class is excellent for helping ease pain caused by arthritis. **To enroll, contact Herb Snyder at 301-649-1606. Fee:** \$35 for 10 classes.

**Temple Emanuel**  
10101 Connecticut Ave., Kensington, Md.  
Classes are ongoing, 10-11 a.m.

### SugarLoafers Walking Club

This is a walking club for people who share an interest in keeping fit through walking. **For more information, call Joan at 301-926-8580 or Dena at 301-530-8173.**

## Massage

Massage combats the effects of stress along with offering a host of health benefits. Give the gift of massage: gift certificates are available. **For more information, please call 301-315-3142.**

### Private Massage Session

One-hour private massage session by our nationally and state-certified massage therapist, Doron Stadlan. **Call 301-996-9007 to make an appointment. Fee:** \$70 per hour.

### Beginning Massage for Couples

Learn how to effectively massage hands, feet, back, neck, shoulders, scalp, and face to relax each other. **Fee:** \$75 per couple.

**Shady Grove Adventist Hospital**  
Weinschel Education Center  
**Wednesdays, June 29, July 6 & 13, 7-9 p.m.**

## Self-Improvement Classes

### Stress Management, 4-Part Series

Stress can play a major role in determining how healthy and productive we are. Learn just how worry affects your everyday life. These four-component classes can either be taken individually or as an entire four-part series. **Fee:** \$20 per session; \$50 series.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

The series: **Tuesdays, July 19-Aug. 9, 7-9 p.m.**

1. **Learn to Manage Your Anger**—Learn positive coping techniques to handle your anger and reduce your stress. This class does not fulfill court orders.  
**Tuesday, July 19, 7-9 p.m.**
2. **Learn How to Handle Everyday Worries**—Learn techniques for identifying worries and making positive changes to make “worry” work for you.  
**Tuesday, July 26, 7-9 p.m.**
3. **Simplify your Life**—Learn how to simplify your life and how to create time for what you value most.  
**Tuesday, Aug. 2, 7-9 p.m.**
4. **Learn to Relax**—Learn practical relaxation techniques for stress reduction.  
**Tuesday, Aug. 9, 7-9 p.m.**

### Stop Smoking for Good

A physician-led smoking cessation education class for smokers who have the desire to quit. This class will provide tips to help you quit smoking as well as information on diseases related to smoking. **FREE**

**Shady Grove Adventist Hospital**  
Weinschel Education Center  
**Monday, July 25, 7-9 p.m.**

### Ready, Set, Live Smoking Cessation Program

This program for Montgomery County residents offers an interactive approach to smoking cessation by utilizing cognitive and behavioral therapies. Learn how to cope with nicotine withdrawal as well as making the transition to a non-smoking lifestyle. Pharmacotherapy is available on a limited basis. Registration is required. Currently only individual sessions are available. **Please call 240-777-3848 for dates and times and to register. FREE**

**Department of Health and Human Services Tobacco Control Initiatives**  
1335 Piccard Dr., Lower Level, Rockville, Md.

### Look Good...Feel Better

A program for women undergoing cancer treatments. Specially trained cosmetologists and beauticians help you enhance your self-image and look your best. Cosponsored with the American Cancer Society and the National Cosmetology Association. **FREE**

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Monday, Aug. 22, 10 a.m.-noon**

### The Advance Directives

The widely publicized story of Terri Schiavo should make it clear that we need to document our wishes about our health care at the end of life. What do we want? What do we not want? Learn how you and your loved ones can plan ahead.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Monday, June 27, 5:30-7:30 p.m.**

### Are You Suffering from Arthritis or Joint Pain?

If chronic hip or knee pain has stopped you from doing things you always loved, it may be time to consider a total hip or knee replacement procedure. At our free class, learn about the surgical procedure, hospital stay and rehabilitation program. **FREE To register, call 800-642-0101.**

**Shady Grove Adventist Hospital**  
The Joint Center, 4th floor  
Patient Education Room

First **Wednesday** of every month, 1:30-3 p.m.

### Introduction to Cardiac Rehabilitation and EECF

Individual introductions to cardiac rehabilitation and EECF are available by calling The Cardiac Rehabilitation and EECF Center. **For more information or to schedule a tour, call 301-279-6662.**

### Congestive Heart Failure Class

Congestive heart failure (CHF) is a complex disease that requires understanding. Patients and their families must work as an integral part of the health care team to facilitate a

high quality of life. Come and make a difference in your life or the life of the one you love. Heart healthy refreshments will be served. CHF classes are sponsored by Otsuka America Pharmaceutical, Inc. *Call the Cardiac Rehab Center at 301-279-6662 to register. FREE*

**Shady Grove Adventist Hospital**  
Cardiac Rehab Center  
9715 Medical Center Dr., Suite 130  
Rockville, Md.

**Monday, Sept. 5, 7-8 p.m.**

## CPR and First-Aid Classes

### HealthCare Provider CPR

This course is designed for the healthcare professional (doctors, nurses, EMTs, etc.), covers all age groups (from infant to adult) and follows the American Heart Association guidelines. After successfully completing this class, each participant will receive a Healthcare Provider card. Students must purchase the Health Care Provider CPR book at the hospital gift shop prior to the class. **Fee:** \$65.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Sunday, June 26, 11 a.m.-7 p.m.**

**Wednesday & Thursday, July 27 & 28,**  
5:30-9:30 p.m.

**Sunday, Aug. 21, 1-9 p.m.**

### Healthcare Provider CPR Renewal

Renew your CPR certification by taking this refresher course in accordance with American Heart Associations standards. This course is for people who are prepared to perform their CPR skills with little or no prompting and complete the exam. To be eligible, you must bring your Healthcare Provider card and completed pretest to class. **Fee:** \$35.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Tuesday, June 14, 5:30-9:30 p.m.**

**Sunday, July 31, 10 a.m.-2 p.m.**

**Wednesday, Sept. 7, 5:30-9:30 p.m.**

### Adult and Pediatric Heartsaver CPR and AED

This basic CPR course is for anyone who is interested in receiving CPR certification. The Heartsaver AED Course teaches the basic techniques of adult and pediatric CPR, rescue breathing, and choking, as well as how to use an Automated External Defibrillator (AED). After successful completion, the student will receive a Heartsaver AED card from the American Heart Association. You may take one or both sessions. **Fee:** \$45 per class or \$70 for both classes.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Monday, June 20, 6-9:30 p.m. (Adult)**

**Tuesday, June 21, 6-9:30 p.m. (Pediatric)**

**Tuesday, July 19, 6-9:30 p.m. (Adult)**

**Wednesday, July 20, 6-9:30 p.m. (Pediatric)**

**Sunday, Aug. 7, 9:30 a.m.-1:30 p.m. (Adult)**

**Monday, Aug. 8, 6-9:30 p.m. (Pediatric)**

**Monday, Aug. 22, 6-9:30 p.m. (Adult)**

**Tuesday, Aug. 23, 6-9:30 p.m. (Pediatric)**

### First Aid

This is a basic first-aid class anyone can take: childcare providers, healthcare providers, new parents, etc. Learn how to treat first-aid emergencies such as bleeding, shock, fractures, sprains, nosebleeds, seizures, and diabetic-heat-and cold-related emergencies. CPR training is suggested prior to this course. **Fee:** \$45.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Wednesday, June 29, 5:30-9:30 p.m.**

**Sunday, July 24, 2-6 p.m.**

**Monday, Aug. 29, 5:30-9:30 p.m.**

## Programs for Seniors

### Healthy Living Lecture Series

**Holiday Park Multiservice Senior Center**  
3950 Ferrara Dr., Wheaton, Md.

*Call 301-468-4448 for more information.*  
*Open to the public. FREE*

- **Wednesday, July 13, 1:15-2:15 p.m.**  
**Geriatric Medicine: What Does it Mean to You?**

Older adults have different needs, more chronic illnesses and even multiple conditions. Come and learn how these specialists in the care and treatment of older persons can help you improve and maintain your quality of life.

### Senior Adult Exercise Class

This class is a good workout for anyone who wants to keep fit and stay limber, increase flexibility and improve cardiovascular conditioning. The class is excellent for helping ease pain caused by arthritis. *To enroll, contact Herb Snyder at 301-649-1606. Fee:* \$35 for 10 classes.

**Temple Emanuel**

10101 Connecticut Ave., Kensington, Md.

Classes are ongoing, 10-11 a.m.

## Support Groups

### Alcoholics Anonymous (Al-Anon)

**Shady Grove Adventist Hospital**  
Cafeteria, first floor

Every **Sunday, 7:30-10 p.m.**

**Contact: 202-966-9115**

### Al-Anon

A fellowship for family members and/or friends whose lives have been affected by someone else's drinking.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

Every **Sunday, 7:30-9:30 p.m.**

**Contact: 202-882-1334**

### Amputee Support Group

"Ability with Mobility" support group for amputees and caregivers.

**Adventist Rehabilitation Hospital of Maryland**

9909 Medical Center Dr., Rockville, Md.

The last **Thursday** of every month, 6-8 p.m.

**Contact: Sandy at 240-864-6200**



### **Automatic Internal Defibrillator Discussion Group**

Do you have an implantable internal defibrillator and/or pacemaker? If so, please join us in our discussion groups for patients and the families of patients with these devices.

**Shady Grove Adventist Hospital**  
Weinschel Education Center, Maple Room

**Wednesday**, July 27 & Sept. 28, 7 p.m.

Contact: 301-279-6662

### **Better Breathers Club**

For people who suffer from COPD, asthma, emphysema, lung cancer or other respiratory problems.

**Montgomery Therapy**  
15200 Shady Grove Road, Suite 204

The third **Thursday** of every month, 11 a.m.

Contact: 301-417-2652

### **Brain Injury Support Group**

For brain injury survivors, caregivers and their families. Visit the Brain Injury Association at [www.biamd.org](http://www.biamd.org) for more information.

**Adventist Rehabilitation Hospital of Maryland**

9909 Medical Center Dr., Rockville, Md.

The second and fourth **Thursday** of every month at 6:30 p.m.

Contact: Tom at 301-294-9205 or Cindy at 240-864-6085

### **Breast Cancer Support Group**

**Shady Grove Adventist Hospital**  
Emergency Department, Conference Center Room, 2nd floor

The third **Tuesday** of every month, 7-9 p.m.

Contact: Ethel or Sherry at 301-279-6604

### **Diabetes Dining Club**

If you want to make a difference in your life with diabetes and in the lives of others, please join this club. This social group eats, learns and plays together. They put the fun in diabetes management. This group also has found a way to reach out to the community with screenings, education and information on prevention for those who may be at risk but are not aware. Call 301-421-5767 for more information. Sponsored by the African American Health Program of Montgomery County.

### **Gastric Bypass Support Group**

For those interested in learning more about the procedures and for those patients who have already had the surgery.

**Temple Beth Ami**  
14330 Travilah Rd., Rockville, Md.

The second **Monday** of every month, 6:30-8:30 p.m.

Contact: 301-251-4128

### **Laparoscopic Band Support Group**

For those who are interested in learning more about the procedure and for those who have already had the procedure.

15005 Shady Grove Rd., Suite 400, Rockville, Md.

The first **Thursday** of every month, 6:30-8:30 p.m.

Contact: 301-251-4128

Both of these meetings provide a great opportunity for those who may be interested in having weight loss surgery to learn more and to meet patients who have already had the surgery. For more information about either meeting, please log onto [www.advancedwls.com](http://www.advancedwls.com) or contact Dawn at 240-453-5278.

### **Grief Care Support Group**

Provides mutual support and educational tools to assist those who are grieving the loss of a loved one.

1st floor chapel at the hospital

**Mondays**, July 11-Aug. 15, 7-8:30 p.m.

To register, please call pastoral care at 301-279-6112, 8 a.m.-5 p.m., Monday to Friday.

### **Heart-To-Heart**

This is a support group for individuals coping with heart disease. Spouses are welcome.

**Shady Grove Adventist Hospital Cardiac Rehab Center**

9715 Medical Center Dr., Suite 130  
Rockville, Md.

The third **Thursday** of every month, 7:30-8:30 p.m.

Call 800-542-5096 for more information.

### **Hepatitis Support Group**

**Shady Grove Adventist Hospital**  
Weinschel Education Center, Elm Room

First **Tuesday** of every month, 7-8:30 p.m.

Contact: Linda at 301-530-1796

### **Lupus Support Group**

Sponsored by the Lupus Foundation of Greater Washington.

**Shady Grove Adventist Hospital**  
Weinschel Education Center

The third **Saturday** of every month, 10 a.m.-noon.

Contact: Fran, 703-644-0058

### **MS Outreach**

**Shady Grove Adventist Hospital**  
Weinschel Education Center

**Wednesday**, June 15, 7:30 p.m.

**Tuesday**, Aug. 9, 7:30 p.m.

Contact: Donna at 301-680-3576

### **Narcotics Anonymous Support Group**

**Shady Grove Adventist Hospital**  
Weinschel Education Center

Every **Saturday**, 7:30-8:30 p.m.

Contact: 800-543-4670

### **Operation Runaway**

Prevent your child from running away again by joining a free, confidential, weekly support group for runaway youth and their parents/guardians.

**Potomac Ridge Behavioral Health Center**  
14901 Broschard Rd., Rockville, Md.

**Wednesdays**, 6:30-8:30 p.m.

Contact: Operation Runaway at 301-251-4545 or 800-204-8600.

### **Sickle Cell Anemia**

**Shady Grove Adventist Hospital**  
Weinschel Education Center

First **Saturday** of every month, 12:30-2:30 p.m.

Contact: Beatrice at 301-972-2442

### **Stroke Association**

This club is for stroke survivors, caregivers and their families.

**Shady Grove Nursing and Rehabilitation Center**

Dining Room  
9701 Medical Center Dr., Rockville, Md.

The second **Wednesday** of every month, 7-9 p.m.

Contact: 301-869-1580 or 301-216-4681

## **Special Services**

### **Nutrition Counseling**

Individual counseling with a registered dietician. Consult a registered dietician for all your nutrition needs (pediatric services, gestational diabetes, weight loss, heart disease, diabetic diet, and gastro-intestinal disorders). This is a fee-for-service program at \$65 per hour. For an appointment (evening times available), please call 800-542-5096.

**Shady Grove Adventist Hospital**

### **Diabetes Counseling**

Individual counseling with a certified diabetes educator and registered nurse. Consult an R.N. for all your diabetic needs. This is a fee-for-service program at \$65 per hour. For an appointment, please call 800-542-5096.

# Registration Form

Mail your registration form and the course fee to the address on the registration form. We accept personal checks, cash, MasterCard and VISA. You may also call or fax your registration form when paying by credit card.

1. Please check the enclosed schedule for the course time(s) and location(s) and mark your calendar. When we receive your request form and payment, we will send a confirmation of your registration, time permitting. If you have any questions regarding your registration, please call 800-542-5096 or e-mail [pw@adventisthealthcare.com](mailto:pw@adventisthealthcare.com) to confirm.
2. **PREPAYMENT** is required before you are registered in a class. Some classes are limited in size. If the class is full, you will receive a refund or may transfer to another class. Please register early for all classes and tours, as many fill quickly.
3. We reserve the right to cancel a class due to insufficient enrollment. If we are unable to accommodate your registration due to cancellation by Shady Grove Adventist Hospital or Washington Adventist Hospital, you will receive a full refund.
4. In the event that you must cancel your registration, a written

notice must be received one week before the class starts. It is your responsibility to check and make sure it has been received. You will receive a refund minus a \$10 processing fee. In addition to the above policies, cancellations for **Prenatal Preparation** courses require a **certified medical reason**.

5. **No refunds will be given for any class after it has begun.**
6. **In bad weather**, we follow Montgomery County public schools. If school starts late, morning classes and programs will be canceled; if school is canceled, all classes and programs will be canceled. Weekend programs will be held at the discretion of the program coordinator. The hospital switchboard and information desk will receive notification of cancellations at Shady Grove Adventist Hospital and Washington Adventist Hospital two hours before the class starts. Please call 800-542-5096 to confirm class cancellations.
7. By enrolling, you agree to follow these policies.



For information and to register, call 800-542-5096. Unless otherwise indicated, classes require preregistration. Please fill out the registration form completely and print clearly.

**For Maternal/Child Health Education, Toddler and Youth classes only:**

Name		Birthdate	
Phone (Home)		(Work)	
Address			
City	State	Zip	
Email		Age	
Adventist HealthCare employee: <input type="checkbox"/> Yes <input type="checkbox"/> No Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female			

Mother's name		Birthdate	
Phone (Home)		(Work)	
Father/partner's name		Birthdate	
Phone (Home)		(Work)	
Hospital where you'll be delivering			

How did you hear about us?

Name of your health plan (optional)

Doctor's name	Your due date
Expecting multiple births? <input type="checkbox"/> Yes <input type="checkbox"/> No Number attending tour? _____	

**For Sibling, Toddler and Youth classes:**

Have you previously attended a health education program at Washington Adventist Hospital?  Yes  No

Have you previously attended a health education program at Shady Grove Adventist Hospital?  Yes  No

Name(s) of child(ren)	
How many will attend?	
Age(s)	<input type="checkbox"/> Male <input type="checkbox"/> Female

**PAYMENT:** You may use check, cash, MasterCard or VISA to pay for your class. Charge to  MasterCard  VISA

Card No.	Card expires
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Cardholder's authorized signature

\$ Total charge amount

**Please make checks payable to AHC. Mail to:** Adventist HealthCare Health and Wellness, 1801 Research Blvd., Suite 300, Rockville, Md. 20850. (Please note: There is a charge of \$25 plus other possible charges and penalties for dishonored checks.) For information, call 800-542-5096.

**Registration office phone hours:** Monday through Thursday, 9:30 a.m.-4 p.m., and Friday, 9:30 a.m.-3 p.m.

**Health and Wellness fax:** 301-315-3135

**TTY for the hearing impaired:** 301-315-3089

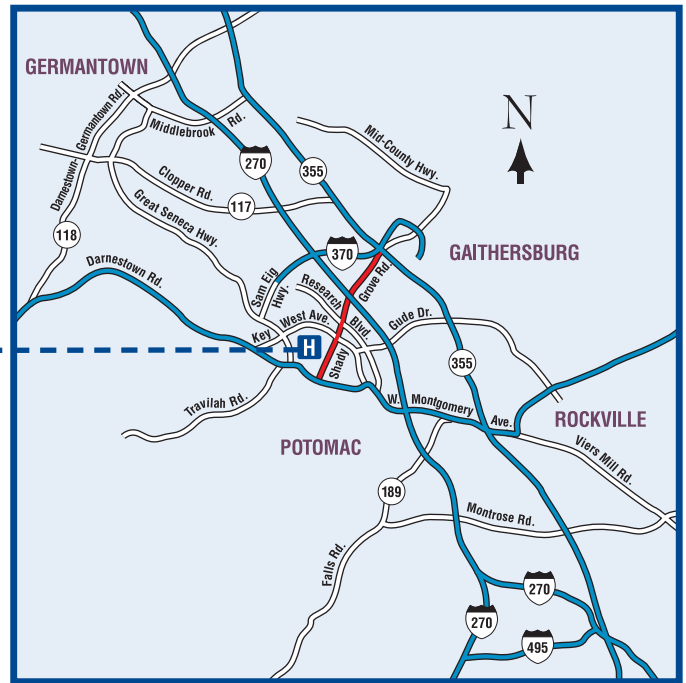
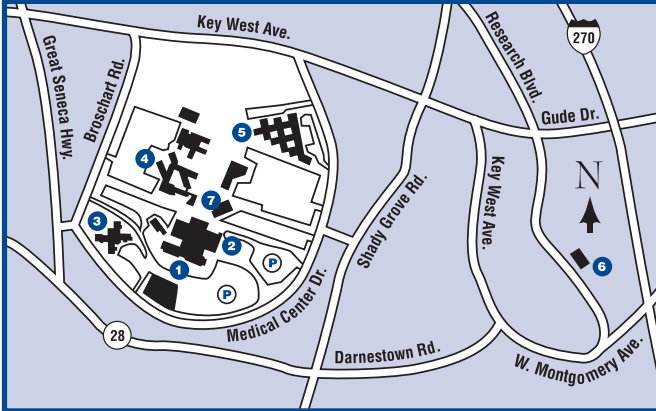
**FOR OFFICE USE ONLY:**

Date received	Amount paid \$
Confirmation sent	Form of payment
Mailing list	Deposit \$

<b>1. PROGRAM TITLE</b>		
Start date	Days of week	Time
Place	Cost \$	
<b>2. PROGRAM TITLE</b>		
Start date	Days of week	Time
Place	Cost \$	
<b>3. PROGRAM TITLE</b>		
Start date	Days of week	Time
Place	Cost \$	
<b>4. PROGRAM TITLE</b>		
Start date	Days of week	Time
Place	Cost \$	
<b>5. PROGRAM TITLE</b>		
Start date	Days of week	Time
Place	Cost \$	

## MAP KEY

- |  |                                       |
|--|---------------------------------------|
| 1. Shady Grove Adventist Hospital                | 5. Shady Grove Nursing & Rehab Center |
| 2. Weinschel Health Education Center             | 6. Support Services                   |
| 3. Adventist Rehabilitation Hospital of Maryland | 7. Outpatient Laboratory              |
| 4. Potomac Ridge Behavioral Health Center        | P. Visitor Parking                    |



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## Important Numbers

### Shady Grove Adventist Hospital

Main Number	301-279-6000
Admitting	301-279-6007
Emergency Department	301-279-6053
Employment Center	301-279-6135
Foundation Office	301-279-6570
Volunteer Services	301-279-6111

### Community Services

Health Ministries	301-315-3136
Interfaith Counseling	301-869-8428

[www.ShadyGroveAdventistHospital.com](http://www.ShadyGroveAdventistHospital.com)

If you would like to be removed from our mailing list, please contact us via mail or phone:

Adventist HealthCare  
 Attn: Ken DeStefano, Vice President  
 1801 Research Blvd, Suite 400  
 Rockville, MD 20850. 301-315-3366.

## CONSTRUCTION CORNER

Check here for the latest information throughout our expansion project:

### Main Entrance and Lobby

Patients and visitors should enter the hospital through outpatient surgery entrance, which is our temporary main entrance. Watch for signs to help direct you.

### Visitor Parking

Please park in a designated area in our old employee parking lot. Signs will be posted directing you to the visitor parking area.

### Bus Stop Changes

Visitors using buses to access Shady Grove Adventist Hospital should use the stop located along the hospital entrance near Medical Center Drive and Shady Grove Road.

For more information about our construction, please visit [www.ShadyGroveAdventistHospital.com](http://www.ShadyGroveAdventistHospital.com).

## Sign up to receive our free monthly email newsletter.

Each *eHealth Advisor* is full of health tips, news and information on upcoming events at Shady Grove Adventist Hospital. Visit [www.ShadyGroveAdventistHospital.com](http://www.ShadyGroveAdventistHospital.com) and sign up today.

# eHealth Advisor



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