



Registration begins August 18, 2014
www.calverthospital.org

KeepWell

Healthy for Life.

**Walking Clubs
Help Students
Stay Active**

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"Calvert Can" Inspires Local Walking Clubs



The Community Wellness Department at Calvert Memorial Hospital started developing school walking clubs at local elementary schools in 2011, as part of the county-wide Calvert Can initiative, inspired by First Lady Michelle Obama's "Let's Move" campaign.

"Let's Move" is a national effort

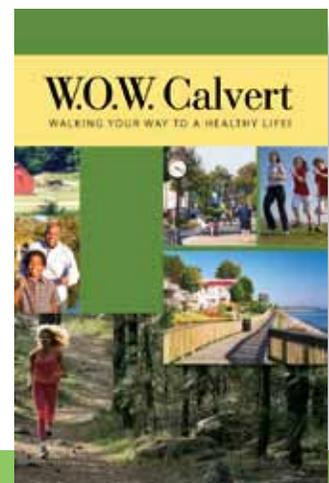
to reduce youth obesity and to get children moving again. As activity rates have declined due to the electronic world we live in, child obesity rates have skyrocketed.

According to the program's coordinator, **Karen Mohn**, the purpose of creating school walking clubs is to teach kids that something as simple as walking is a great way to stay active and healthy throughout life. Schools that have participated include Sunderland Elementary School, Dowell Elementary School, Patuxent Elementary School and Plum Point Elementary School. Students were encouraged to walk every day during recess.

Walking courses were established on each school playground and the distance was mapped. Each time a student walked the course, they would receive a token to record their time and mileage. Dowell Elementary School even mapped a course inside the school for rainy days to complete the activity requirement.

If students wanted, they could apply their "walking time" toward the **Presidential Active Lifestyle Award (PALA) Certificate**, a free, six-week physical activity challenge. During the six-week period, each student had to exercise or be physically active at least 60 minutes per day, five days a week, (the recommended guideline for children under 18) which their parents had to sign off on. At the end of the six-week challenge, all participants that met the requirements were awarded the PALA Certificate. This year five students at Dowell Elementary School and 23 students at Sunderland Elementary School were awarded the certificate as well as two students at the *Learning Through Independence* program through the Calvert Career Center.

Karen says, "The results have been very positive. Hundreds of kids in each school increased their activity on a daily basis. It has given students a fitness focus and they also learned that physical activity can be fun." Schools interested in starting a walking club can call **410-414-4572**.



Editors Note:

The KeepWell Center also offers W.O.W. (Walk Off Weight) Calvert, a guide to walking your way to a healthier life, an ideal program for families to exercise together. Several walking trails throughout Calvert County are identified. Go to www.calverthospital.org and select Community Wellness, to download the closest walking trail near you. Or you can join the W.O.W. Walking Club every Wednesday at Patuxent Health Center. Call 410-535-8233 for more information.



Health Ministry Team Network

The 5th Annual **Community Health Fair 2014**

Take Care of Your Health While Having Fun

Saturday, September 13
9 a.m.–1p.m. (Rain or Shine)

Middleham / St. Peter's Parish Hall located at
10210 Trueman Road, Lusby, MD, across the parking lot from SMILE

FREE Cholesterol Finger Stick (no fasting required)

FREE Infant and Child Car Seat Checks (by the Calvert County Sheriff's Dept.) • Bike safety and other displays especially for children • Bring your helmet and bike to participate in the Bike Rodeo

FREE Health Screenings:

Health Risk Assessments (height, weight, blood pressure, body composition) • Vascular Screening • Vision and Hearing Testing • Oral Cancer Screening • Derma Scan (skin damage related to sun exposure) • Osteoporosis Screening

Education Displays: Ask The Dietitian • Diabetes • Ask a Vet (Pet Care), Breast Center and more!

Watch for More Details!

Middleham and Saint Peter's
EPISCOPAL PARISH
Our Parish




Calvert Memorial Hospital
Tradition. Quality. Progress.

**For more information,
please call 410-610-7755**

Partnering with Area Ministries to Build a Healthier Community

Is your church part of the network? Join us to learn more. New churches are always welcome.

Health Ministry Meetings

CMH, Classroom 1, 5:30 –7:30 p.m.
Fourth Thursday of the month:

August 28:

Topic: Falling Back into Health
Prostate cancer awareness materials provided to all attending churches.

September 25:

Topic: Setting Up a Blood Pressure Screening in Your Church
Breast cancer and dental hygiene awareness materials provided to all attending churches.

October 23:

Topic: Diabetes Presentation
Diabetes awareness materials provided to all attending churches.

Please call 410-535-8233 to register.

Participating Organizations:

- ★ Advanced Life Support
- ★ Alexander Chiropractic
- ★ Calvert County Health Department
- ★ Calvert Health Connector
- ★ Calvert Mediation
- ★ Calvert County Sheriff's Department
- ★ Healthy Eating
- ★ Kids' Dental
- ★ Lion's Club
- ★ Living Legacy
- ★ Office on Aging
- ★ Calvert Community Dental

WALK TO HAITI

As part of the Health Ministry, members of **Middleham St. Peter's Parish** came up with a clever idea to motivate their parishioners to exercise. Because they sponsor a mission in Haiti, "Walk to Haiti" became their theme to encourage everyone to get up and walk.

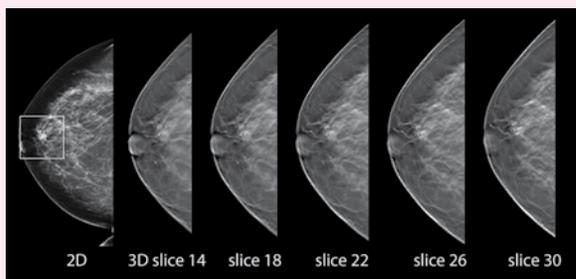
People could walk wherever they wanted, keeping track of either their steps or distance. Each week their mileage was tallied. Thirty-five members of "Walk to Haiti" walked 2,207 miles in a six-week period. Pretty impressive and, for some, life changing. One gentleman now walks 14 miles every week, has lost 24 pounds and reduced his pant size from a 40 to 36. Everyone who participated really learned the overall health benefits of exercising on a regular basis and found a fun way to enjoy the journey! Churches interested in starting a walking program or other healthy lifestyle program, please plan to attend one of our Healthy Ministry Team meetings (See dates above).



As a woman, you take care of a lot of people. At Calvert Memorial, we'll take care of you.

Breast Cancer: Early Detection is the Key

Calvert Medical Imaging Center – the imaging partner for the Sheldon E. Goldberg Center for Breast Care at CMH – is one of the few facilities in Maryland that offers **3D mammography**. Women in our community are so fortunate to have this screening technology available to them. **Why?** It is particularly beneficial for women with dense breasts because it allows radiologists to see through overlapping tissue much more clearly. They are also able to see lesions of the breast better. 3D allows a greater rate of cancer detection – an estimated 20 percent better than 2D alone and the “call-back” rate is much lower. *Look at the images below:*



Images Courtesy of Hologic

In a conventional 2D mammogram, there appears to be an area of concern that the doctor may want to further investigate with another mammogram or a biopsy. Looking at the same breast tissue in 3D mammography image slices, the doctor can now see that the tissue is in fact normal tissue that was overlapping in the traditional mammogram, creating the illusion of an abnormal area. In this scenario the patient likely avoided a “callback” for an additional mammogram thanks to 3D mammography.

When you have your mammogram, you will be asked if you would like a 3D exam. There is a \$75 out-of-pocket fee. The choice is up to you but the potential benefits are clear. The American College of Radiology has also designated CMIC as a “Breast Imaging Center of Excellence.” **Remember, early detection is the key!**

Center for Breast Care at CMH and Calvert Medical Imaging Center present

m&m fridays



Schedule your screening **mammogram** on a Friday in October and relax with a free 15-minute seated massage.

All screening mammograms performed at CMIC use the latest digital imaging technology and are read by breast imaging specialists.

Call **410-414-4700** to schedule your appointment!

For more information visit www.calverthospital.org.

 **Center for Breast Care**
at Calvert Memorial Hospital

 **AMERICAN RADIOLOGY SERVICES**
Calvert Medical Imaging Center

Calvert Memorial Hospital Auxiliary THRIFT STORE



Open for Business!

The CMH Auxiliary Thrift Store, benefitting the **Sheldon E. Goldberg Center for Breast Care**, is open for business again! We carry women's clothing and accessories, Kids Corner, shoes, household items and more. All clothing is priced under \$5. The store is located at 7920 Solomons Island Road in Owings, across from World Gym. We are open Tuesdays and Thursdays, noon to 5 p.m. and Saturdays, 9 a.m. to 3 p.m. The store is operated by CMH volunteers. Call **410-414-4523** for donation information and be sure to like us on Facebook!



The Woman's Wellness Center

Did you know if you cannot afford a mammogram or PAP smear, the Breast and Cervical Cancer Program at the Woman's Wellness Center offers grant funding for eligible women, ages 40-64, to get free breast and cervical screening services on a routine basis?

To find out if you qualify, call **410-286-7992**. Women's health is not only about cancer prevention at the Woman's Wellness Center. We serve women ages 16 and over, insured and uninsured, and offer education and support for a multitude of women's health concerns, including sexually transmitted infections, birth control options and menopause.



People, Programs and Services in Your Community

❖ WEIGHT LOSS

Dinner with the Dietitian: Fall Nutrition Series

Karen Mohn, a registered dietitian, provides easy-to-follow nutrition advice for long-term healthy eating. Come listen to a current nutrition topic and enjoy a cooking demonstration along with a light dinner. The dinners are a fun and social way to learn how to eat healthier!

Back to School Survival Ideas
September 18, 6-7:30 p.m.

The Truth About Sugar
October 16, 6-7:30 p.m.

Sodium-Controlled Holidays
November 13, 6-7:30 p.m.

Small Changes with Big Results for the New Year
December 18, 6-7:30 p.m.

PHC, \$10 per session.
Includes light dinner and cooking demonstration.



Calvert's Biggest Loser Fall Challenge

Co-sponsored by the World Gym

Calvert's Biggest Loser Fall Challenge is a 12-week program where participants receive weekly weigh-ins, weight loss tips and goals, and access to a NEW optional participant support group. The winner will be determined by the greatest percentage weight loss, body fat loss and participation in weekly weigh-ins. A **Total Wellness Package** (free one-year World Gym membership, four consultations with a registered dietitian, and four personal trainer sessions) will be awarded to the winner. Each participant will receive an initial and final body composition measurement, a free copy of *The Culprit and The Cure* and three months' access to *Vitabot* online meal planning and nutritional analysis.

All participants must complete an initial weigh-in and body composition analysis during the first week (**October 20-24**).

Dates: October 27- January 10

Owings and Prince Frederick locations. Dates and times will vary based on program participation.

- \$80 (includes a three-month Matinee (11 a.m.-3 p.m.) membership for non-World Gym members)
- \$60 (includes only Challenge, no membership)
- \$45 World Gym member price

Support Group Days and Times

PHC: **Wednesdays: 11:30 a.m. -12:15 p.m.**

PHC: **Mondays: 4 - 4:45 p.m.**

Call 410-535-8233 for program details.



❖ HEALTHY EATING

Feeding the Kids Workshop –

The Flexible, No-Battles Healthy Eating Ideas and Tips for the Whole Family. Fun, hands-on activities to help teach parents healthy eating for the kids. Includes the book, *Feeding the Kids*, by Gould/Taylor. Light dinner will be served.

\$20 per person or \$35 per couple.
PHC. **Thursday, October 9, 6-7:30 p.m.**

Eat Right! Move More!

Nutritional Counseling

Take a healthy approach to weight loss, heart health and overall nutrition. Meet one-on-one with a registered dietitian. **\$40/hr or \$130/4 sessions. PHC. Call for appointment times.**

Weight Loss for Life A six-week program that blends nutritional education with a registered dietitian and group fitness instructor to help you learn how to lose weight and keep it off. **\$75, PHC, Wednesdays, 5:30-7 p.m., September 3 – October 8 & October 15 – November 19.**

Weight Loss for Life Plus A six-week program that builds on the skills that you have learned in **Weight Loss for Life**. Continue to work with a registered dietitian and group fitness instructor to stay motivated and build on previously learned skills. **\$75, PHC, Wednesdays, 5:30-7 p.m., September 3 – October 8 and October 15 – November 19.**

Weigh to Wellness Weekly weigh-in with a half-hour hot topic lecture by a registered dietitian or personal trainer. \$10/session or \$20 for four. **Mondays, 5-5:30 p.m. and Wednesdays, 4:30-5:00 p.m. PHC. Ongoing, call to register.**

Free W.O.W. Walking Club Get healthy and fit by walking off weight. Weekly walking club led by a wellness coach. Exercise and learn as you go. **Registration required. PHC, Wednesdays, 3:30-4:30 p.m. You may join at any time.**



Classes without specific dates are ongoing. Just call 410-535-8233 to register and get started.

Meal Planning

Personalized meal plan for two weeks, includes grocery list and shopping plan. **\$30**

Three-Day Food Diary Analysis

Report includes percentage breakdown of your nutrient intake, percentage of daily requirements and personalized recommendations. **\$25**

Virtual Nutritionist Online nutritional analysis and diet assessment with a personalized plan for improving your nutrition habits. **\$25**

Weight-Loss Coaching Weekly e-mail and 15-minute phone consult. **\$15/week, \$50/month.**

Free Ask-the-Wellness Coach

Stop by and meet our wellness coach for a quick question-and-answer opportunity. **PHC, first and third Mondays, 4–5:30 p.m. September 15, October 6, October 20, November 3, November 17, December 1 and December 15.**

Eat to Win/Nutrition for the Athlete

Gain the competitive edge with the help of good nutrition. Get the most current nutritional information for young athletes. Great for teams. Call to set up a presentation at the location of your choice. **\$5/person, minimum of 10 participants. Ages 10 and up.**

Free Vitabot Personalized On-line Nutrition Plan Provides 14-day access allowing users to analyze eating patterns, food content and nutritional values including vitamins and mineral requirement as well as a personalized shopping list. **Call 410-535-8233 to activate.**

WELLNESS PROGRAMS

Freedom From Smoking *Free* 8-week session day and evening program in collaboration with the Calvert County Health Department to learn to stop using tobacco. You will be provided the support, education and cessation products to help you quit for good. Individual sessions available. **Call 410-535-5400 x359 for more information. Wednesdays, October 1 through November 19, Noon – 2 p.m. and 6 – 8 p.m. Holiday Inn Express, Prince Frederick, MD.**

Maryland's 1-800-QUIT NOW

Marylanders have a new way to live smoke-free. When you are ready to quit, call: 1-800-784-8669 (*This is a free service provided by the Maryland Department of Health and Mental Hygiene*). **Quit Line Hours 8 a.m. - midnight, 7 days a week.**

Tobacco Road Show Keep your kids tobacco-free! Let them see the sludge, smell the stench, gasp for air and hear the chilling effects of tobacco use in this 50-minute interactive demonstration. Available upon request for groups of children ages 6 to 16. **Free. Call 410-414-4572.**

Diabetic Self-Management Program Certified American Diabetes Association course about nutrition, medications and monitoring. Also offers practical tips for setting goals and avoiding complications. Taught by a certified diabetic educator. **Call 410-414-4809. Physician referral required. Covered by most insurances.**

"TLC" Exercise Program Designed to meet the needs of individuals with heart disease, arthritis, diabetes, obesity, high cholesterol or high blood pressure. After you obtain physician's consent, our certified trainer measures your fitness level* and develops an exercise program for you. Supervised exercise is available Wednesdays and Fridays from 9 a.m. to noon. Work out at your own pace for a duration right for you. **\$25/month. Call 410-535-8233 to register.**

**Fitness assessment required prior to beginning program. Additional \$25 fee.*

Cardiac/Pulmonary Rehab Program Individualized, tailored exercise programs for cardiac and pulmonary rehab patients with supervised medical monitoring to increase endurance, stamina and improve quality of life. **Physician referral required. Insurance benefits welcome; staff will verify coverage. Call 410-414-4527.**

Heart Failure Self-Management Class Our goal is to educate and provide answers to questions patients and their families have about congestive heart failure (CHF). We will review easy ways to take control of your care and prevent the need for a hospital admission or readmission. It is often overwhelming and difficult to retain information during a hospitalization. This is an opportunity to learn in a comfortable stress-free environment. **Free. Meets 2nd Friday of every month from noon – 2:30 p.m. Call 410-535-8233 to register.**

Physical Therapy Metabolics A licensed physical therapist, personal trainer and registered dietitian team up with your doctor to help you shed pounds and reduce the pain caused by excess weight. Held at the Prince Frederick World Gym. **Call 410-474-8564 to schedule an appointment today. Physician referral may be required.**





Classes without specific dates are ongoing. Just call 410-535-8233 to register and get started.

❖ SCREENINGS

Call 410-535-8233 for information or to register.

Blood Pressure Screening

No appointment needed. *Free.* CMH KeepWell Center, 3rd Tuesday of each month, 11 a.m. – noon.

Lung Function Testing

Free. CMH Cardiac Rehab, 1st Thursday of each month, 11:15 a.m. – 12:15 p.m.

Vascular Screening

Free. CMH Vascular Lab. Available at various times and days. *Please call 410-414-4539 to schedule appointment.*

Cholesterol Test Plus Screening and HbA1c

By appointment only. *Minimum age 18.* CMH, Saturday, October 25, 7-9 a.m.

✓ **Cholesterol:** 10-hour fasting required prior to blood draw. *\$25*

✓ **HbA1c:** fasting NOT required prior to blood draw. *\$15*



Ask the Nurse

Ask the Nurse is a free, on-site service provided by CMH at Calvert County Senior Centers. Registered nurses provide confidential answers to your health-related questions. Contact your local senior center at the numbers below for more information.

Tuesdays: 10 a.m. - noon. Southern Pines Senior Center, Lusby, 410-586-2748

Fridays: 9:30-11:30 a.m. Calvert Pines Senior Center, Prince Frederick, 410-535-4606

Tuesdays: 10 a.m.- noon. North Beach Senior Center, North Beach, 410-257-2549

❖ Complementary HEALTH CLASSES

Scan here with your smart phone to view ongoing Complementary Health Class schedules >or go online to www.calverthospital.org



American Heart Association Classes

Register at 410-535-8233 or 301-855-1012 x 8233 (no walk-ins, please)

CPR Basic Life Support Course

Learn emergency response CPR with and without a barrier device and relief of foreign-body airway obstruction for adult, infant and child victims. Receive a CPR card valid for two years upon completion of class and written test.

\$45. Saturdays, 9 a.m.–3 p.m., CMAC. September 6 and November 8.

CPR Basic Life Support Healthcare Provider Course

Learn emergency response and CPR for adults, infants and children, two-rescuer CPR, use of barrier devices and AED (automated external defibrillator). Meets requirements for healthcare providers. Receive a CPR card valid for two years upon completion of class and written test.

\$55. Saturdays, 9 a.m.–3 p.m., CMAC. September 13, 27, October 4, 18, November 15 and December 6.

CPR, AED and First Aid Learn general first aid techniques and CPR for adults, infants and children. Receive a CPR card valid for two years upon completion of class and written test. Designed to meet the new standards for day care providers.

\$70. Saturdays, 9 a.m.–5 p.m., CMAC. September 20, October 11, November 22 and December 13.

❖ SUPPORT GROUPS

Whatever your experience, you don't have to go it alone. Join a group where people help each other by sharing. *Free.*

Breast Cancer Support CMAC, Suite 201, Center for Breast Care, 1st & 3rd Monday of each month, 6:30 – 8 p.m. *Call Joyce Gradle, LCSW, 410-474-4569.*

Breast Cancer Support for Newly Diagnosed CMAC, Center for Breast Care, 1st Wednesday of every month, 6–7:30 p.m. *Call Mary Lingeback, RN, at 410-414-4700.*

Breastfeeding Support CMH Family Birth Center, Wednesdays, 1:30–3:30 p.m.

Diabetes Support CMH, Classroom 2, 3rd Thursday of each month, 7–9 p.m. *Call 410-414-4783 for topics and speakers.*

Lyme Support CMH, Classroom 1, 1st Monday of each month, 6–7 p.m. *Call 410-535-8233.*

NAMI (National Alliance on Mental Illness) Connection Recovery Support CMH, 1st & 3rd Wednesday of every month, 6–7:30 p.m. For people 18 and older. *Call 301-737-1988 for more information.*

Ostomy Support Chesapeake Potomac Home Health Agency, 1st Sunday of every other month, 2–4 p.m. *Call Amber Fowler at 800-656-4343 x227.*

Stroke Support CMH, Classroom 1, 1st Wednesday of each month, 5:30–7 p.m. For caregivers and stroke survivors. *Call 410-414-4800 for more information.*

Women's Health

Classes to help you prepare for baby

Call 410-535-8233 or 301-855-1012 x8233 for information or registration.

ABCs of Breastfeeding

Learn helpful techniques with positioning, latching on and how to establish and maintain your milk supply. *\$40/couple, CMH Classroom 1, Tuesdays, 6–8 p.m. October 7, November 4 and December 2.*

Breastfeeding Support Group

Nurturing Necessities at CMH Family Birth Center. *Free. Every Wednesday, 1:30–3:30 p.m.*

Birth Center Tours

Expectant parents tour the Family Birth Center in preparation for their baby's arrival. Meet in the Emergency Department registration area. *Free. CMH, 3rd Sunday of every month, 2 p.m.*

Baby Care Basics I & II

For new and expectant parents (grandparents are invited, too), this class offers a comprehensive overview of baby care basics. The first hour will be led by a registered obstetrical nurse covering basic newborn care (0–2 months). The second hour will be taught by a pediatrician who will discuss feedings, immunizations and treating minor illness (2 months–1 year). Recommended during the first seven months of pregnancy. No CPR training in this class. *\$40/couple. CMH Classroom 1, Wednesdays, 6:30–8:30 p.m. September 10, October 8, November 12, December 10.*

Big Kids and Babies

Designed to prepare children ages 3–5 for the arrival of a new sibling. Includes a video presentation and a birth center tour. Class recommended within the first seven months of pregnancy. \$12/child or free for families delivering at CMH. *CMH Classroom 2, Tuesdays, 6–7:15 a.m. October 14 and December 9.*

Infant CPR

A great follow-up to Baby Care Basics! New and expectant parents, grandparents and babysitters learn infant CPR (birth–12 months). Led by certified American Heart Association instructor Ellen Davis. *\$24/person. CMAC, Mondays, 6–8 p.m. September 8, October 13, November 10 and December 8.*

Outpatient Lactation Services

For breastfeeding moms who may need assistance with latching techniques, milk supply concerns or slow weight gaining problems. *Fee. CMH, call 410-414-5414 for appointment.*

Safe Sitter® is a medically accurate hands-on program that teaches boys and girls ages 11 to 14 how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. *\$45. CMH, Classroom 1. Saturdays, 9 a.m.–3 p.m. September 20, October 18, November 15, December 13.*

❖ JUST for MOM

Call 410-535-8233 or 301-855-1012 x8233 for information or registration.

Pregnancy Massage Pregnancy massage reduces pain, tension and swelling, improves circulation and increases relaxation. 50 minutes. CMH, *\$65. Please call for appointment.*

Childbirth Education

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breast-feeding education and more. *CMH, \$100/couple. Register by the 20th week of pregnancy. Call for information.*





CMH Diabetes Self-Management Program

Steve Groom, a retired federal fire inspector from Lothian, MD, gives Calvert Memorial Hospital's Diabetes Self-Management program a four-star rating. He was a very sick man when he went to the **Diabetes Expo**, an annual CMH event, in 2012. Massive doses of prednisone had triggered diabetes, and after going to another facility for help, he not only felt sick but very confused.

Then he met Certified Diabetes Educators, **Rose Essex**, Registered Nurse, and **Darleen Reinking**, Registered Dietitian, and "everything just clicked." Steve attended their diabetes self-management classes and his health started to improve. He explains, "Rose and Darlene (who he affectionately calls the food police), really teach you to see the whole picture and I was better able to grasp what was happening. They taught me how the medication works in connection with my meals and the tools for keeping my blood sugar monitored and controlled. It really took diabetes specialists to make me understand."

He added, "The program helps you learn how to balance what you eat with medication, good carbs vs. bad carbs, and how to avoid extreme blood sugar highs or lows. I changed my diet, eating more fish and less fried foods, although I treat myself the first Monday of each month to french fries. I began to feel the benefit of eating well, not skipping meals and having healthy snacks every couple of hours and smaller meals. Increasing my exercise also made a difference; I walk in the pool three times a week in addition to working in my yard. My doctor is very pleased with how my diabetes is controlled."

When asked, "What is the best advice you can give to someone who has been diagnosed with diabetes?" He says, "Get into a program that you're comfortable with and listen to what the specialists are telling you. If it's not working, they will help you figure it out. You may have to change some habits, but it will change your life, for the better."



If you've been diagnosed with diabetes and need help managing it, sign up for the Diabetes Self-Management class held every Wednesday from 9 a.m.- 4:30 p.m. in the KeepWell Center at the hospital. A comprehensive program is offered as well as follow-ups and sessions on specific topics such as:



- Gestational diabetes
- Nutritional assessment and individual meal planning
- Glumeters
- Insulin administration
- Pre-diabetes counseling

To schedule your class, call **410-414-4809**. The cost of the program is reimbursed by most insurance plans. Contact your insurance carrier if you have questions about your coverage. Participation of your family members is encouraged and free. *Physician referral required.*

We also have a **Diabetes Support Group** which meets on the third Thursday of the following months: September, October and November from 7-8 p.m. at CMH in classroom 1. For more information on topics and speakers, call **410-414-4783**.



Diabetes Expo

Date: Thursday, November 20

Time: 5 - 8 p.m.

Place: CMH Outpatient Concourse

Pre-registration required. Call 410-535-8233.

Spend an evening with us and unlock the mysteries of diabetes self-management.

**Speakers ♦ Screenings ♦ Educational Displays
Free Healthy Food Samples and Giveaways**

Good Health Starts with You **Choosing Wisely**

You make choices every day that affect your health – from what you eat and how much you exercise to whether you smoke or text when you drive. Being a smart healthcare consumer means you also play an active role in how you use healthcare services.

This means knowing what services are offered by your insurance plan, when to see a doctor and how your choice of where to receive care can affect your co-pay and deductible levels. A good first step is establishing a relationship with a doctor in your community – someone who will know you and your family and can provide valuable guidance.

This is important for everyone but even more so for those who have a chronic condition such as diabetes or hypertension. The continuity of care can make a big difference in how well your condition is managed and, ultimately, in your quality of life.

It's OK to Have Questions.

It's been estimated that 30 percent of all medical tests and treatments are unnecessary and may even be harmful. Medical societies from many different specialties have picked up on this, and led by the ABIM (*American Board of Internal Medicine*), are pursuing a **Choosing Wisely** campaign.

The goal of the public awareness campaign is to promote meaningful conversations between you and your doctor and to encourage shared decision making. These five questions can help ensure that the right care is delivered at the right time:

1. **Do I really need this test or procedure?**
2. **What are the risks? Will there be side effects?**
3. **Are there simpler, safer options?**
4. **What happens if I don't do anything?**
5. **How much does it cost?**

At Calvert Memorial Hospital, we want you to understand it's okay to ask questions. We want you to know your choices – so that you can choose wisely. Sometimes it's hard to decide what kind of care is needed and where you should go to get it. Here are some guidelines to help you decide:

When Should I Call My Primary Care Physician?

Unless you are experiencing a life-threatening emergency, start by calling your primary care physician. Many stay open later and on weekends to provide access for their patients, and most have after-hours coverage by phone. You may be able to speak with your physician or with another provider on call, to determine if you need immediate care or if you can be seen the next day.

When Should I Go to an Urgent Care Center?

If your physician is not available, or it is after hours and you feel the condition can't wait until the next day, go to an urgent care center.

What is an Emergency?

An emergency is a serious medical condition or symptom (including severe pain) caused by an injury or illness that arises suddenly and requires immediate care and treatment to avoid disability or death.



What You Can Do

- ✓ Create a personal health history
- ✓ Choose the level of care wisely
- ✓ Ask why tests are being ordered
- ✓ Get checkups, screenings and vaccinations
- ✓ Manage any chronic condition(s)



Calvert Physical Therapy's Aquatics Program

A Unique Tool in the Effective Management of a Wide Variety of Medical Conditions

Calvert Physical Therapy offers a comprehensive aquatic therapy program at the Edward T. Hall Aquatic Center in Prince Frederick. The aquatics program assists in patient healing and exercise performance to allow patients to more quickly achieve therapeutic goals.

The unique properties of water make it an optimal environment for therapeutic exercise. While submerged in water, the patient is supported by **buoyancy**, decreasing the amount of weight bearing and reducing the force of stress placed on the joints. This aspect of aquatic therapy is especially useful for patients with arthritis, healing fractured bones, or who are recovering from surgery. By decreasing the amount of joint stress, it is easier, safer and less painful to perform exercises.

The **viscosity** of water provides an excellent source of resistance. This resistance allows for muscle strengthening in all planes of motion without the need of weights. Resistance, coupled with the water's buoyancy, allows a person to strengthen muscle groups with decreased joint stress in a way that cannot be experienced on land. Along with buoyancy, viscosity ensures a decreased risk of falls during exercises. On land, when a person experiences a loss of balance, gravity acts quickly and provides forces that accelerate a fall. In the pool these forces are altered allowing the patient increased time to react to a loss of balance and to recover more easily.

Aquatic therapy also utilizes **hydrostatic pressure** to decrease swelling and improve joint position awareness. Hydrostatic pressure produces forces perpendicular to the body's surface and provides joint positional awareness and stimulation. This can dramatically improve balance. The hydrostatic pressure also assists in decreasing joint and soft tissue swelling that results after injury or with arthritic disorders.

Lastly, the **therapeutic temperature** (92 degrees) of the water assists in relaxing muscles and dilates blood vessels, increasing blood flow to injured areas. Patients with muscle spasms, back pain and fibromyalgia find this aspect of aquatic therapy especially therapeutic. The many benefits of aquatic therapy include:

- Promotion of early range of motion, increased flexibility, decreased joint stiffness
- Increased muscle tone and strength
- Improved healing of injured tissues
- Improved balance, gait and coordination
- Decreased pain
- Improved cardiovascular endurance
- Decreased edema

The Calvert Physical Therapy and Sports Fitness Center's (CPTSFC) Aquatics program offers an individualized program specifically designed for each patient's needs and is covered by most insurance plans. Therapy is provided by a licensed physical therapist. Each patient's program is developed after a thorough evaluation by a therapist at one of CPTSFC's three area clinics. The aquatics program is located at the Hall Aquatic Center in Prince Frederick. The type of conditions it benefits includes but is not limited to:

- Post-surgical
- Post-injury
- Arthritis
- Chronic pain
- Fibromyalgia
- Osteoporosis
- Neurological conditions (Multiple Sclerosis, Stroke, Parkinson's)
- Poor balance, history of falls, difficulty walking



One of OUR STORIES

In October of 2013, **Tammy Baker** developed a sudden onset of left side weakness and decreased sensation along with difficulty speaking. She was diagnosed with having suffered a TIA (Transient Ischemic Attack), her second in 15 years. She was initially unable to walk and had very limited use of her left side. She is currently being seen three days a week in aquatic therapy and one day a week at CPTSFC's Prince Frederick clinic. She can now walk unassisted with a quad cane and returned to work this spring. "If it wasn't for the water therapy I definitely wouldn't be where I am right now in my recovery. I initially started working mainly with land therapy but once I tried the pool we realized the movements and motions were coming back quicker and easier in the water. It has played a huge role in my recovery."



Calvert Health System
Calvert Memorial Hospital
Tradition. Quality. Progress.

100 Hospital Road, Prince Frederick, MD 20678
www.calverthospital.org

For questions about physician referral,
 class registration or support groups, call

Calvert Health Line:
888-906-8773

Maryland Relay Service:
800-735-2258

This facility is accredited by The Joint Commission. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at 1-800-994-6610.

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KEEPWELL REGISTRATION

Early registration is encouraged. Advance registration with payment is required for all classes. Refunds given only with seven days notice. With advance notice, reasonable accommodations can be made for those with special needs. CMH reserves the right to cancel classes when enrollment minimums are not met. Cancellations: Call 410-535-8233 for a recorded message on the status of class cancellations during inclement weather. Payment: Visa, MC, AMX, or check payable to CMH.

KEY TO CLASS LOCATIONS

(unless otherwise noted):

- CMH:** CMH KeepWell Center, Prince Frederick
- CMAC:** Calvert Medical Arts Center, CMH Campus, Prince Frederick
- PHC:** Patuxent Health Center, Prince Frederick (next to World Gym)
- Solomons:** Solomons KeepWell Center
- TBCHC:** Twin Beaches Community Health Center, North Beach
- WW:** Woman's Wellness, Calvert Medical Arts Center, Suite 102

Calvert Memorial Hospital does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, gender, religion, disability or age.

KeepWell

KeepWell is a tri-annual publication of the Community Wellness Department in collaboration with the CMH Corporate Communication office.

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 Editor



Mark Your Calendar!
October 18, 2014

Calvert Memorial Hospital's 5th annual 5K Run/Walk will be held on Saturday, October 18. Join the fun and run or walk around beautiful Solomons Island. Funds raised will benefit the Sheldon E. Goldberg Center for Breast Care.

Early Bird Race Fee: \$40 (before October 10, 2014)

Early Bird registrants guaranteed sweatshirt and can pick up packets Thursday, October 16, and Friday, October 17 at the KeepWell Center.

Race Fee: \$50 (Day of race)

Race Time: 8:30 a.m. / Check-in begins at 7 a.m. / World Gym Warm-up 8 a.m.

Register online at www.active.com or in person at the KeepWell Center.

Interested in a get-ready guide?

Go to the "Community Wellness" section of the CMH website at www.calverthospital.org and follow the link to the 5k Run/Walk.

All participants will be entered to win a Total Wellness Package (one-year World Gym membership, four consultations with a registered dietitian and four personal training sessions). Must be present to win.

Donations are tax-deductible as applicable by law.

You can also scan here with your smart phone for your get-ready guide >



> Go to www.active.com to register online or in person at the KeepWell Center.

