



KeepWell

Healthy for Life.

Registration begins March 31, 2014
www.calverthospital.org

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Dr. Leaps, the hospital's mascot, helped celebrate the opening of the new Urgent Care Center February 24.

Community Connections

New Urgent Care Center Opens in Prince Frederick

Eight-year-old Shawn Patrick Thompson (pictured on the cover) is just one of 17,686 area residents who was treated at Calvert Memorial Hospital's Urgent Care Centers last year.

Shawn was playing at a friend's house when he badly sprained his ankle. His mom, Christina said, "I learned at 9 p.m. that he was hurt and I was able to get the last appointment of the day for him at the Solomons Urgent Care Center. It's just nice to know that even that late, they're there for you. I have five active children who all play sports and I work during the day so being able to make appointments after work really helps. For me, Urgent Care really is a lifesaver."

I'm sure many of us have felt the same way at one time or another while trying to find a doctor for a visiting relative or getting sick when our doctor's office was closed. So, to make urgent care even more accessible in Calvert County, Calvert Memorial opened a new one in Prince Frederick on February 24. The Prince Frederick Urgent Care Center is located on the hospital campus in the Calvert Medical Arts Center, Suite 102, and offers expanded hours, opening from 2-10 p.m. during the week and from noon-10 p.m. on weekends.

With Urgent Care Centers in Dunkirk, Solomons and now Prince Frederick, everyone in the county will have easy access to these services when needed and it is expected to help reduce wait times in the hospital's emergency department during times of peak volume, like flu season.

Dean Teague, Chief Operating Officer of CMH, says, "Our goal was to make it easier for residents in the central part of the county to access these services. We find that often those who could receive care from an urgent care center choose to use the ER because it is closer to them, And I don't know if everyone realizes it, but for the most part, Urgent Care Centers are usually less expensive than going to the ER for these types of services."

When trying to decide whether you should be going to an urgent care center or the Emergency Department, the key word is minor. Urgent care is for minor illnesses and injuries such as cold and flu symptoms, nausea, earaches, sore throats, rashes, minor

Experts say these symptoms require an ER visit:

- Difficulty breathing or shortness of breath
- Chest or upper abdominal pain or pressure that lasts two minutes or more
- Severe, persistent abdominal pain
- Loss of consciousness or sudden dizziness and weakness
- Sudden changes in vision or difficulty speaking
- Confusion or changes in mental status
- Severe or persistent vomiting or diarrhea
- Severe sprain, suspected broken bone or deformity

cuts and sports injuries. The Emergency Department is for just that, emergencies, such as chest pain, difficulty breathing, severe bleeding or severe abdominal pain (See lists). Whenever there is any type of life-threatening condition, you should always call 911 immediately.

If you decide you need an urgent care center, you can count on excellent care. All three urgent care centers are staffed by board-certified physicians on staff at Calvert Memorial Hospital and there are basic X-ray and laboratory services on-site for fast and easy diagnostic testing.

What is so convenient is that they all offer same-day appointments. You can call as early as 10 a.m. to pre-register or go online at www.calverthospital.org and download a pre-registration form. Walk-in appointments are also available. In addition, all of the urgent care centers accept most insurance plans as well as Medicare and Medicaid, cash, check, Visa and MasterCard. There is a discount for self-pay individuals.

So the next time you need medical care after hours, with three urgent care centers throughout the county, Calvert Memorial has got you covered!

"I learned at 9 p.m. that he was hurt... It's just nice to know that even that late, they're there for you."



URGENT CARE CENTER LOCATIONS

Dunkirk Urgent Care

Ph: 410-286-7911

Dunkirk Medical Center

10845 Town Center Blvd., Suite 108

Dunkirk, MD 20754

Prince Frederick Urgent Care

Ph: 410-535-8911

Calvert Medical Arts Center

130 Hospital Road, Suite 102

Prince Frederick, MD 20678

Solomons Urgent Care

Ph: 410-394-2800

Solomons Medical Center

14090 H.G. Trueman Road, Suite 1300

Solomons, MD 20688

People, Programs and Services in Your Community

❖ DINNER WITH THE DIETITIAN: *Summer Nutrition Series* Register at 410-535-8233.

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

Easy-to-follow nutrition advice for long-term healthy eating provided by Karen Mohn, a registered dietitian. 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!

Health Trends Worth Trying! April 24, 6-7:30 p.m.

Healthy Meal Ideas for the Busy Mom. May 15, 6-7:30 p.m.

Grilling Ideas for the Grill Master of the House. June 19, 6-7:30 p.m.

Summer Slim Down Tips and Ideas. July 17, 6-7:30 p.m.

How to Get Your Kids to Eat More Vegetables. August 21, 6-7:30 p.m.



Feeding the Kids Workshop – *In Partnership with Wilson Ennis*

Offers flexible, no-battles, healthy eating ideas and tips for the whole family plus fun, hands-on activities to teach parents and kids healthy eating.

\$10 per person. \$20 for family of 3 or more.

**Wilson Ennis. Monday, June 2,
6:15 - 8 p.m.**



Calvert's Biggest Loser Spring Challenge *Co-sponsored by the World Gym*

Calvert's Biggest Loser Spring 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 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 (April 21-25).

Dates: April 21- July 12

Owings and Prince Frederick locations.

Dates and times will vary based on program participation.

Support Group Days and Times

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

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

- \$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

Call 410-535-8233 for program details.

Since the start of Calvert's Biggest Loser in January 2012, participants have lost a combined total of 780 lbs.! Our goal is to reach a total weight loss of 2000 lbs. (a ton) by the end of the Spring Challenge.



Community Connections

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, April 2 through May 21, Noon – 2 p.m. and 6 – 8 p.m. Holiday Inn Express, Prince Frederick, MD.



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.



Health Ministry Team Network

Partnering with Area Ministries to Build a Healthier Network



Join us to learn more about how your church can help transform the health of Calvert County.

Monthly Meetings

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

April 24: Stroke and Skin Cancer
May 22: Men's Health
August 28: Cholesterol Education

For information or to register:

410-535-8233

Light dinner provided.

Each month; participants will receive a free education kit.

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





❖ 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, 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.

❖ 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, June 7, 7-9 a.m.

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

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



❖ 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. May 17 and July 19.*

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. April 12, May 3, May 31, June 14, June 28, July 26, and August 16.*

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. April 5, June 21 and August 9.*

June: Men's Health Month

Let's celebrate Men's Health Month by raising the awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys. Regular checkups and age-appropriate screenings can improve your health and reduce premature death and disability. The KeepWell Center offers a number of free and low-cost screenings such as cholesterol, blood pressure and vascular. In addition a link to recommended health screenings for men is available at www.calverthospital.org.



MAY

Lyme Disease Awareness Month

According to the Department of Health and Mental Hygiene, Maryland has one of the highest rates of Lyme disease in the nation. Lyme disease is transmitted by the bite of an infected black-legged tick, which must be attached for 24 hours for transmission to occur. In the spring, the black-legged tick is smaller than a sesame seed and can be difficult to see. Prevention and early detection are key to reducing its impact.

Recognize the Symptoms

- From 3–30 days after a tick bite, a gradually expanding rash occurs at the site of the tick bite in 70–80 percent of infected people. The rash can expand over several days to up to 12 inches and may resemble a bull's eye.
- Other symptoms may include fever, headache and fatigue.
- If untreated, the disease may spread within a few days to weeks and may cause a loss of muscle tone on one or both sides of the face, severe headaches and neck stiffness, shooting pains that may interrupt sleep, heart palpitations and dizziness, and pain that shifts from joint to joint.
- After several months, 60 percent of untreated patients may develop severe joint pain and swelling, particularly in the knees. Five percent of untreated patients may experience shooting pains, numbness or tingling in the hands or feet, and problems with concentration and short-term memory.
- Contact your healthcare provider if you develop any of these symptoms after a tick bite or after being in tick habitat.
- Most cases of Lyme disease can be cured with antibiotics, especially when treatment is started early.

Keep Ticks Off

- Ticks are most active from late spring through early fall.
- Insect repellent containing 20–50 percent DEET is recommended to prevent tick bites.
- Repellents with up to 30 percent DEET can safely be used on children over 2 months of age.
- Treat clothes with permethrin (don't use it directly on skin).
- Long pants and long sleeves help keep ticks off of skin, and tucking pant legs into socks and shirts into pants keeps ticks on outside of clothing.
- Light-colored clothing lets you spot ticks more easily.
- Talk to your veterinarian about tick control products for your pets.

- When enjoying the outdoors, avoid wooded or brushy areas with tall grass and leaf litter.
- Check yourself, your kids and your pets daily for ticks when spending time in tick habitat.

Most cases of Lyme disease can be cured with antibiotics, especially when treatment is started early.

To Remove Ticks

- Use fine-tipped tweezers and protect bare hands with a tissue or gloves.
- Grab the tick close to the skin; do not twist or jerk the tick.
- Gently pull straight up until all parts of the tick are removed.
- Wash your hands with soap and water or an alcohol-based rub.
- Clean the site of the tick bite with soap and water or an antiseptic.
- Do not use petroleum jelly, a hot match, nail polish or other products to remove ticks.

Source: www.dhmh.md.us

Lyme Awareness and Education Lecture

Please join us for an informative evening!

MARK YOUR
CALENDARS!



- Speaker:** Dr. Kathleen Spreen, D.O.
Date: Friday, April 25, 2014
Location: College of Southern Maryland
Prince Frederick Campus,
Building B Multipurpose Rooms 103, 104 & 105
Time: 6:30 p.m. – 8 p.m.

Sponsored by the Lyme Support Group of Calvert County, Calvert County Health Department and Calvert County Public Libraries.

Registration is preferred in order to provide adequate seating, but not required. Please RSVP to **410 535-8233** to reserve a seat.



Healthy Lifestyles

Take steps today to improve your health.



New Stroke Guidelines for Women

Stroke is one of the leading causes of death and serious, long-term disability. Did you know that women face a higher risk of stroke? About 55,000 more women than men have a stroke each year and it is the #3 cause of death in women. Because of their unique risks, the American Heart Association/American Stroke Association recently issued the following new stroke guidelines for women:

Stroke risk goes up due to...

Pregnancy & Preeclampsia

About three out of 10,000 pregnant women have a stroke during pregnancy compared to 2 out of 10,000 young women who are not pregnant. Preeclampsia is a term for high blood pressure that develops during pregnancy and it doubles the risk of stroke later in life.

Birth Control Pills

May double the risk of stroke, especially in women with high blood pressure.

Hormone Replacement Therapy

Once thought to lower stroke risk, this in fact increases the risk.

Migraines with Aura and Smoking

Strokes are more common in women with migraines with aura who also smoke.

Atrial Fibrillation

Atrial fibrillation quadruples stroke risk and is more common in women than men after age 75.

All of these recommendations should help lower your risk but, even more important, do you know what you do if you think you or a loved one are having a stroke? Do you know how to identify a stroke and when emergency help is needed? Use **F.A.S.T.** to quickly identify the signs and symptoms of a stroke:

Spot a Stroke F.A.S.T.

- F Face Drooping.** Does one side of the face droop or is it numb?
- A Arm weakness.** Is one arm weak or numb?
- S Speech difficulty.** Is speech slurred?
- T Time to call 911.** If a person shows any of these symptoms.

Lower your risk for stroke by...

Pregnant women with very high blood pressure should be treated with safe blood pressure medication.

Talk to your healthcare provider about whether you should follow the guideline recommendation of low-dose aspirin starting in the second trimester (week 12) to lower preeclampsia.

Women should be screened for high blood pressure before taking birth control pills. Women should not smoke and they should also be aware that smoking and the use of oral contraceptives increases the risk of stroke.

Hormone replacement therapy should not be used to prevent stroke in postmenopausal women.

Smokers who have migraines with aura should quit smoking to avoid high stroke risk.

All women over age 75 should be screened for atrial fibrillation.

If you think you are having a stroke, call 911 and get to Calvert Memorial Hospital as soon as possible. You need to know there are treatments that may reduce the risk of damage from a stroke but only if you get help quickly – within three hours from onset of symptoms.

You can count on getting these treatments—the best available today— at Calvert Memorial. For the third year in a row, Calvert Memorial has received the Gold Plus Quality Achievement Award from the American Heart Association for outstanding stroke care. This award recognizes the hospital's use of the latest treatment techniques for stroke care according to nationally accepted guidelines.

The hospital, designated a Primary Stroke Center since 2008, has developed a comprehensive system for the rapid diagnosis and treatment of stroke patients admitted to the Emergency Department. Following the American Heart Association's protocols, "Get with the Guidelines," patients are started on aggressive-risk reduction therapies including medications such as tPA, which can reduce the amount of damage to the brain tissue; antithrombotics and anticoagulation therapy, along with cholesterol reducing drugs and smoking cessation counseling. Following these evidence-based interventions is significant because they are proven to reduce complications after a stroke, as well as the chances of a subsequent stroke or heart attack.

No one wants to think about having a stroke but knowledge is power. Know the signs and symptoms and know getting to the hospital as quickly as possible may mean the difference between life/death and disability/recovery.





Women's Health

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

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. April 1, May 6, June 3, July 1 and August 5.*

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. May 14, June 11, July 9 and August 13.*

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. June 17 and August 12.*

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. April 14, May 12, June 9, July 14 and August 11.*

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 Camp Partnering with CSM Kids College

This expanded version of *Safe Sitter*® includes more hands-on learning, games, snack preparation and additional practice to provide a Monday through Friday option in a camp setting. *Please register through College of Southern Maryland at 301-934-7634 or kidscollege@csmd.edu. \$90*



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.*

Breast Center Offers 3D Mammography

The Center for Breast Care at Calvert Memorial Hospital is pleased to announce that its imaging partner, **Calvert Medical Imaging Center**, now offers 3D breast mammography – a cutting-edge technology that can detect even the most subtle signs of early cancer. Why is this important? Because statistics indicate one in eight women will develop breast cancer and the earlier detected, the greater chance of survival. If detected early, the five-year survival rate is 98 percent.

How is 3D performed? The 3D exam is a separate procedure that is performed at the same time as your regular mammogram which takes multiple breast images. Then a computer produces a 3-D (three-dimensional) image of your breast tissue in one millimeter slices, providing greater visibility for the radiologist to see breast detail in a way never before possible.

3D mammography is particularly beneficial for women with dense breasts because it allows the radiologist to see through the overlapping tissue much more clearly. More importantly, it allows him/her to see lesions of the breast better and, according to many experts, will detect cancer at an estimated 20 percent higher rate than the traditional 2D mammogram. Additionally, the call-back rate is much lower, reducing anxiety.

As with many new technologies, insurance does not yet reimburse for 3D imaging although there are many large studies showing an increase in accuracy when mammography is performed with 3D over 2D alone. Patients choosing to have the additional 3D imaging will be required to pay a \$75 fee out of pocket.

Look Good, Feel Better

This free program helps female cancer patients cope with hair and skin changes that occur during treatment. Led by a licensed cosmetologist and designed by the American Cancer Society. *Register at 410-535-8233.*

CMAC, Suite 102, 10 a.m. – noon, Saturdays, May 10 or July 12.





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

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 6-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. and Thursdays, 10:30-11:30 a.m. May 7-June 18.

Weight Loss for Life Plus A 6-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. and Thursdays, 10:30-11:30 a.m. May 7-June 18.

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, 11:30 a.m.-noon and 4:30-5:00 p.m. PHC.

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. PHC, Wednesdays, 3:30-4:30 p.m. and Thursdays, noon-1 p.m.; you may join at any time.



Get Ready for the CMH Breast Cancer 5k! In preparation for the Calvert Memorial Hospital Breast Cancer 5K Walk/Run in October, we will be holding a weekly group run created for people who want to begin exercising or are new to running and walking. While the program focuses on beginners, all levels of walkers and runners are welcome and the program is structured to help you cross the finish line in just eight weeks! Along the way, we'll provide you with motivation to keep you moving, weekly group training runs or walks, a training plan and access to Vitabot (an on-line meal planning program). You can exercise at your own pace.

Dates: August 13th-October 1st, Wednesdays at 4:15 p.m., PHC.

Target Race: Calvert Memorial Hospital Breast Cancer 5K Walk/Run (October 4th)

Throughout the program, you will receive:

- Weekly organized & coached training runs/walks
- Weekly motivational and educational e-mails
- Two months' free access to Vitabot
- A personal training schedule with daily activity

Free! Registration required. 410-535-8233

Learn to Make Eating Right Your Way of Life!



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.

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.

Free Healthy Vending Machine Analysis for Employers/Business:

Let us help you create a healthier workforce. Have your vending machine checked for sodium, fat, calorie, trans fat, saturated fat and sugar content. Obtain a list of alternative snacks to meet healthy snack guidelines to promote a healthy work environment. Call 410-535-8233 to schedule an appointment.

Made possible with funding from the Centers for Disease Control and Prevention

GET READY!



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

Join Us!

National Women's Health Week EXPO

Join us for fun, prizes, and health education!

Sponsored by the Calvert County Commission for Women in collaboration with Calvert Memorial Hospital and the Calvert County Health Department

When: Saturday, May 17, 2014, 10 a.m. to 4 p.m.

Where: Wilson Ennis Clubhouse
3150 Solomons Island Road North,
Huntingtown, Maryland

Despite the fact that heart disease is the #1 killer of women, few women know their risks or what to do about it. This event will cater to all women of Calvert County.

Panel Discussion: *Women and Heart Health*

Time: 10-11:30 a.m.

Dr. Francisca Bruney – Family Medicine

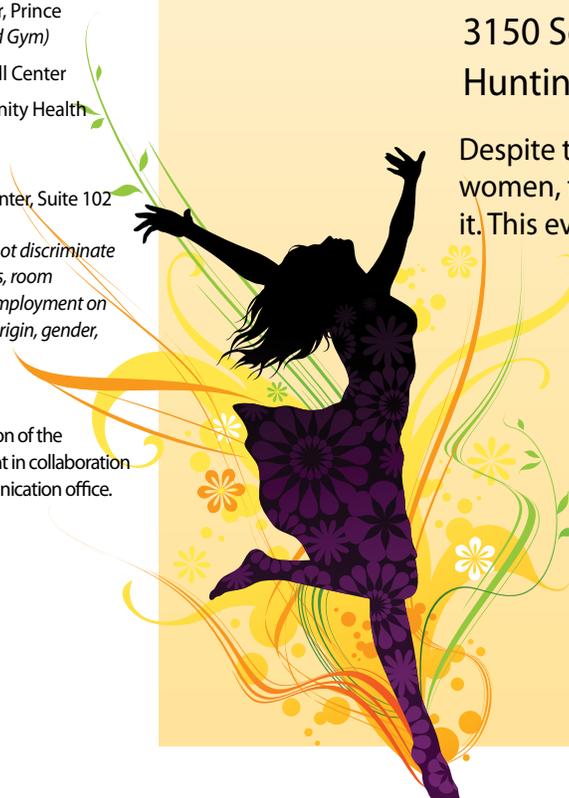
Dr. Meena Shah – Cardiologist

Dr. Vasundhara Muthu – Cardiologist

Karen Mohn – Dietitian

- Healthy Eating demos for busy women - hourly
- Dance and Exercises demo, even in a chair - hourly
- Informative Exhibits, including the **Heart Truth Red Dress Campaign**

WATCH FOR MORE
DETAILS!
For more information
call 202-253-9946



KeepWell Registration

Due to increased interest, early registration by phone or walk-in 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. When Calvert County Public Schools and/or Parks and Recreation programs are cancelled due to inclement weather, CMH KeepWell programs will not be held.

Registration form also at
www.calverthospital.com

BY MAIL

Mail registration form to:
KeepWell Center of CMH
100 Hospital Road
Prince Frederick MD 20678
Credit card or check only.

BY PHONE

KeepWell classes:
Call 410-535-8233 or
301-855-1012 x8233

Healthy Alternatives classes:
410-394-2816
301-855-1012 x2816
Credit card only.

BY FAX

Fax registration form to
410-535-8397
Credit card only.

WALK-IN

Stop by our office in the
basement of CMH,
8:30 a.m.–4:30 p.m.,
Monday–Friday.
Credit card, check or cash.

Name(s)

Address City State Zip

Home Phone Work Phone Date of Birth

Class Name Date Level/Time Location

Method of Payment

Visa MasterCard American Express Check (make checks payable to CMH)

Cardholder's Name

Card Number

Exp. Date