

JANUARY-MARCH 2015

CALVERT MEMORIAL HOSPITAL



[www.calverthospital.org](http://www.calverthospital.org)

Registration begins  
December 18, 2014

# KeepWell

*Healthy for Life.*

**Helping  
Kids Learn  
to Eat  
Vegetables**  
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**Do You  
Know Your  
Numbers?**  
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**Breast Health  
& Wellness  
Symposium**  
Back Cover



# Dr. Charles Judge: “I Was Really Lucky”

## Dr. Charles Judge and his wife, Dr. Ruby Alonzo, were at home on a Friday night in late June when he suddenly developed chest pain.

He and his wife are both retired local physicians and he recognized the symptoms. He immediately took some aspirin tablets and went to Calvert Memorial's Emergency Department. He says, “I really was lucky; the ER was not busy, it was a clear night for the chopper to fly me to Washington Hospital Center and I was on the cath lab table in minutes. Doctors there put in a stent for a 100 percent blockage of my right coronary artery. As a result, I suffered minimal heart damage.”

Dr. Judge was lucky. Time is of the essence when you are having a heart attack. Getting medical attention as soon as possible can mean the difference between life and death and determine whether you suffer heart damage or not. When asked if he had any warning signs, Dr. Judge said he knew there was probably a heart attack in his future (his father had bypass surgery at the age he is now) but he didn't expect it to happen when it did. He knew he was overweight and under a lot of stress but exercised regularly, walking on the hospital campus with a colleague.

He added, “The heart attack was a real wake-up call. Even with a small amount of heart damage and a good prognosis, it took much longer than I anticipated to get back



to the activities of daily living.” He said the best decision he made was to go to **Cardiac Rehab at CMH**, where you're taught diet and exercise are essential to recovery. He and his wife met with a KeepWell dietitian and he was put on a Mediterranean diet. To date, he has lost 20 pounds and is eating more salad, fruits and vegetables.

Dr. Judge continued, “The Cardiac Rehab exercise program is much more than just working out to increase cardiac capacity. It is such a confidence builder to exercise in a controlled environment where my pulse and heart rhythm are constantly monitored. You start off at an incredibly low level of exercise. Then, as your heart returns to baseline function, the technicians take you very, very carefully through the process of working harder to increase your cardiac tolerance but at safe limits. This was really important to me because I never felt comfortable pushing myself to see how far I could go without being monitored.”

Dr. Judge is still in Cardiac Rehab three days a week and continues to thrive. Although retired from patient care, he has returned to work three days a week as an IT medical informaticist and practices aviation medicine, giving pilots and flight engineers FAA

medical examinations.

When asked what advice would you give as a doctor who suffered a heart attack, he responded, “If someone in your family has had coronary artery disease, you need to be proactive. Family history of heart disease is the #1 risk factor for developing heart disease. Know your numbers—monitor your cholesterol and know your BMI (body mass index). Eat well, exercise and find ways to minimize stress. Above all, if you think you are having a heart attack, get to the hospital as soon as possible. That clearly made the difference for me.”

## Know the Warning Signs of a Heart Attack

- ✓ Chest pain or discomfort
- ✓ Discomfort in other areas of the upper body
- ✓ Shortness of breath
- ✓ Nausea
- ✓ Sweating
- ✓ Lightheadedness

Most heart attacks start slowly with mild pain or discomfort. If you or someone you're with has chest discomfort, especially with one or more other signs, call 911 right away. Time is everything. It can mean the difference between heart damage or no heart damage or life and death,

**Don't Wait, Call 911.**





# Health Ministry Team Network

## **Did you know that Calvert Memorial Hospital's Health Ministry Team partners with 65 faith-based organizations to build a healthier community?**

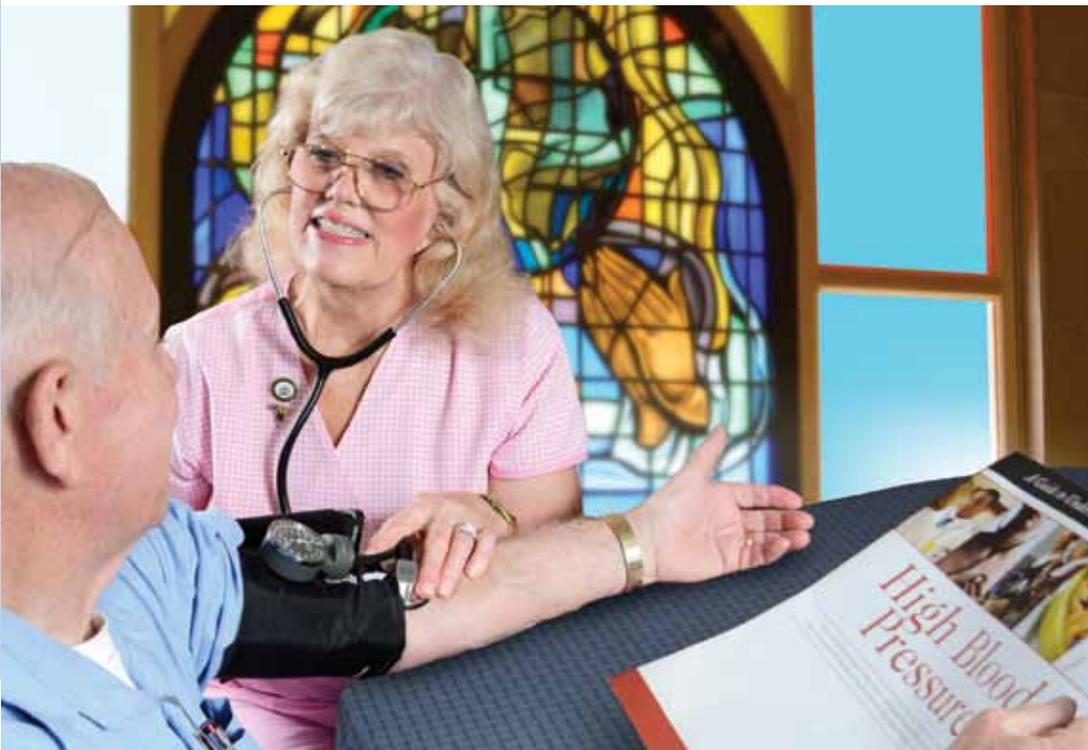
These area ministries then offer access to healthcare resources and education to their parishioners, developing a culture of wellness within their churches.

This approach to good health has proven to be very successful, with many churches reporting positive results. One such parish is Crossroad Christian Church in St. Leonard, whose pastor, **Shawn Holcomb**, says, "Since we joined the program, many individuals and families at Crossroad have benefitted from the resources now available to them. The shift began when we suffered the sudden and tragic loss of a 22-year-old parish member. He collapsed at one of our athletic events from an unknown cardiac condition. Shaken by the death of one of our own so young, retired nurse **Ginger Sauer** took the lead in making sure we were prepared in the event that ever happened again. She obtained a portable AED device to keep on-site and arranged to have CPR-trained individuals present at all our events."

He continued, "Our loss seemed to trigger a deeper commitment to being healthier. Ginger started working with the **KeepWell Center at Calvert Memorial** and the **Health Ministry**. She began providing monthly blood pressure screenings to our parishioners and initiated a weight loss program that has resulted in our parish collectively shedding significant weight. The program has grown to include a nutritionist, **Monique Milton**, who educates the congregation about healthy food choices and is interested in starting a weigh-in for parishioners. Ginger has added cholesterol screenings and hopes to have the KeepWell Center come in to do body composition measurements in January. Lectures are regularly offered on important health topics and educational materials are readily available."

Pastor Holcomb says, "Being a part of the Health Ministry program has greatly increased awareness that lifestyle is key to being healthy and staying healthy. People are eating differently and exercising more and taking advantage of screenings which are critical to good health. We are very grateful to Ginger and Calvert Memorial and look forward to growing the program even more."

**CMH Health Ministry volunteer Ginger Sauer counsels a parishioner on his blood pressure readings.**



## **Is Your Church Part of the Network?**

**Join us to learn more. New churches are always welcome. If interested, contact coordinator Alexis Gross at 410-414-4574 for a new member packet.**

### **HEALTH MINISTRY MEETINGS**

CMH, Classroom 1, 5:30-7:30 p.m.  
Fourth Thursday of the Month

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**January 22:** "A New Year, A New You"

**February 19:** No meeting.  
Join us for dinner and a "Heart to Heart" with physicians in celebration of Heart Month. *See information pg. 6*

**March 26:** "Nutrition Through the Life Cycles"

### **Blood Pressure Screenings**

Knowing your blood pressure numbers are all important to good health. If you need to have your blood pressure taken, the following churches offer regular monthly blood pressure screenings: Our Lady Star of the Sea, Middleham/ St. Peter's Church, Huntingtown United Church and Waters Memorial United Methodist Church. If you would like to start providing screenings at your church, starter blood pressure kits are available. Call **Alexis Gross** at **410-414-4574**.

*As part of an educational outreach, you are invited to attend:*

**"Understanding the MOLST Form"**  
*(Medical Orders for Life Sustaining Treatment)*

**Middleham/St. Peter's Episcopal Church**  
**Wednesday, January 14**  
**6 p.m. - Pot Luck Dinner**  
**7 p.m. - Presentation**

Paul Bauer, Maryland States Attorney's Office, will discuss the new form mandated for use by EMTs and physicians to represent your healthcare wishes.

# Calling All Women: Tips for Taking Care of You

## Let CMH Help You Get Started Today!



### Get a Cholesterol Test

Many women worry a lot about breast cancer, when, in fact, heart disease is the number-one killer of women. Find out if you're at risk.



### Stay Positive

In one study, participants who had heightened activity in a region of the brain associated with a positive attitude produced greater amounts of flu antibodies. Another study showed that people with sunny dispositions churned out more antibodies in response to vaccinations.

### Up Your Calcium

Many women don't get enough calcium—which helps prevent osteoporosis—through diet alone. Women ages 19 to 50 should get 1,000 milligrams or eat three to four servings of foods high in the mineral (taken with vitamin D for absorption) daily.

### Boost Your Mood with Exercise

Exercise has a host of health benefits and can lower your risk of heart disease, diabetes, arthritis, and other conditions. But the best news is that it can improve your mood. One study found that for depressed people, exercise was as effective as antidepressant medication.

### Stay Connected

Having a good network of friends and family is associated with greater longevity, and loneliness is associated with a greater risk of heart disease.

### Have Some Fun in the Sun

Just 15 to 20 minutes of sunlight exposure each day (*without sunscreen*) can supply your daily need for vitamin D. Getting a sufficient amount of vitamin D may ward off diabetes, heart attacks, heart failure, high blood pressure, heart disease, and maybe even the common cold. But don't overdo it—too much sun exposure can increase your risk of skin cancer.

### See Your Dentist

Dental health is about more than just pretty teeth. In particular, gum disease is linked to a greater risk of heart disease and diabetes.

### Skip the Tanning Bed

While a little bit of sun is good, avoid roasting in a tanning bed. The World Health Organization's International Agency for Research on Cancer recently upped tanning beds from a probable to a known carcinogen.

### Write a List, Check It Off

Knowledge is power, especially when it comes to your health. Some important tests you can take this year include a skin check, blood test, and hearing screening, which can help you understand your health status and prevent problems down the road.



### Hang Out with Healthy People

Yes, their good habits might rub off on you. Social networks matter, studies suggest, and a number of seemingly personal factors—such as happiness, obesity, smoking, and even loneliness—are strongly influenced by the people around you.



### Watch Your Blood Sugar

Prediabetes—a condition in which blood sugar is elevated but not quite high enough to be classified as diabetes—is nearly as toxic to the body as diabetes itself. What's more, about 57 million people in the U.S. have prediabetes but don't know it. Regular exercise and a high-fiber, healthy-carb diet can keep blood sugar in the safe range.

### Work Out Your Bones

Weight-bearing exercises like walking, dancing, or weight lifting can keep bones strong and healthy as you age. Experts recommend at least 2 1/2 hours weekly.

### Control Your Stress

Stress is not only unpleasant, but it may also harm your health by boosting inflammation in the body and raising your risk of heart disease.

### Eat a Banana...

Or another food high in potassium and low in sodium, such as a baked potato with skin or an avocado. This type of food, plus weight loss and exercise, can keep blood pressure under control.

### Make Sleep a Priority

Sleep may be last on your list, but it might be time to move it up. New research suggests that a lack of sleep may disturb blood-sugar control and increase the risk of type 2 diabetes. Respect the z's!



### Wash Your Hands

The Centers for Disease Control and Prevention says that hand-washing is the number-one action you can take to dodge the 1 billion colds Americans come down with annually, not to mention the bacteria that cause foodborne illnesses such as E. coli and salmonella.

### Think About Breast Health

For young women, breast cancer is often one of the last things on their minds. But you can start thinking about simple preventive measures like breast-feeding, exercise, and clinical breast exams, even in your 20s and 30s.

### Pick Food That's Super—Not Supersized

What are superfoods? They are tasty items that deliver the most antioxidants, healthy fats, or other good-for-you ingredients for the amount of calories consumed.



### Live with Purpose

Research shows that people who are happy and have a purpose in life are less likely to develop cognitive impairment and Alzheimer's disease.

### Nibble Some Chocolate

Eating as little as a quarter of an ounce of chocolate each day—an amount equal to about one small Easter egg—may lower your risk of experiencing a heart attack or stroke.

### Eat Your Beans and Berries

The red bean tops the list of food with the highest concentration of antioxidants, according to the U.S. Department of Agriculture. In general, beans took three of the top five slots, and blueberries (both wild and cultivated) took the other two.

Source: Health.com



## 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!

##### Eating Healthy on the Run

January 15, 6 -7:30 p.m.

##### Eat This, Not That for Heart Health

February 19, 6 -7:30 p.m.

##### National Nutrition Month Celebration

March 19, 6 -7:30 p.m.

##### Update on Vitamin D and Calcium Needs for Women

April 16, 6 -7:30 p.m.

PHC, \$10 per session.

Includes light dinner and cooking demonstration.

#### 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. January 5 and 19, February 2 and 16, March 2 and 16 and April 6 and 20.**

#### 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 requirements as well as a personalized shopping list.

**Call 410-535-8233 to activate.**

#### Winter Weight Loss Challenge

Co-sponsored by World Gym

Calvert's Biggest Loser Winter 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 (**January 5-9**).

#### Dates: January 12 - April 4

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



#### 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., January 7 - February 11 and February 18 - March 25.**

##### Weight Loss for Life Plus

A six-week program that builds on the skills that you 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., January 7 - February 11 and February 18 - March 25.**

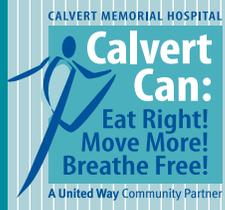
##### Weigh to Wellness

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.



## Mark Your Calendar!

IN HONOR OF  
AMERICAN HEART MONTH

Join us for dinner and have a  
**“Heart to Heart”**  
 with our physicians  
 to take care of yours!

**When:** Thursday, February 19  
6 - 8 p.m.

**Where:** CMH KeepWell Center  
Classroom 1&2

**Fee:** \$5 /Pre-registration  
Required

**Call 410-535-8233 for  
more information**

**5K**



SAVE THE DATE

**March 28th**

10th Annual  
**Keep Your  
 Colon  
 Rollin’**



www.calverthealth.org

## WELLNESS PROGRAMS

**Freedom From Smoking** Get the tools you need to quit during a **free** eight-week program offered in collaboration with Calvert Health Department. 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, January 7 through February 25 and April 8 through May 27, 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, January 10 and Solomons, February 21, 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](http://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. January 24 and March 7.*

#### 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. January 17, January 31, February 21, March 14 and March 28.*

**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. January 10, February 14 and March 21.*

## ❖ 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. January 6, February 3 and March 3.*

## 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. January 14, February 11, March 11 and April 8.*



## 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 p.m. February 10 and April 14.*

## 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. January 12, February 9 and March 9.*

## 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. January 24, February 28, March 28 and April 25.*

## ❖ 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.*

## Stay Connected

Join our online communities.



[www.Facebook.com/CalvertHospital](http://www.Facebook.com/CalvertHospital)



# Helping Kids Learn to Eat Vegetables



**Teaching children to eat well is a common goal for parents, but one that is especially hard in today's fast food world.** Few eat the recommended five servings of fruit and vegetables every day. A recent study of 6,000 children of all ages found that about a third counted potato chips and French fries as a vegetable and juice as a fruit.

Nutrition experts suggest when trying to improve your child's eating habits, start with vegetables. They're low in calories when compared to other foods, provide fiber that creates a feeling of fullness and will help keep them from snacking on "junk" food. *So, where do you start?*

**TIP #1: It starts with parents setting a good example with their own food choices.** Children learn by example, so parents need to be self-disciplined, guiding their children toward better nutrition by eating healthier themselves.

**TIP #2: If you sit down and help them come up with a list, there are usually a few that they will eat.** Try to include one of those vegetables every day in meals or a snack. Don't stop serving vegetables to the "veggie resistant" child. It can take up to 20 exposures before a child is willing to eat a particular food. It may be necessary to start with just allowing the vegetable to be on the child's plate. Don't make the child eat it, just expose the child to it at first. If you force the child to eat the vegetable, it turns the vegetable into a punishment. Constant exposure as well as no pressure will often entice the child to eventually sample it.

**TIP #3: Try serving a colorful assortment of vegetables with low-fat dressing when they get home from**

*school or before dinner when they're hungry.* Vegetables can also be served raw, baked, steamed, grilled, in salad, in juice, stir-fried and barbecued. Try a wide variety and in different ways until you find the vegetables that your child will like and in the style they will like to eat them.

**TIP #4: Most kids like spaghetti and pizza, which makes them a good place to sneak in some vegetables.** Chop any vegetables your family likes (zucchini, onions, eggplant, broccoli, celery, carrots) and add them to the spaghetti sauce. The smaller you chop them, the less likely anyone will notice that they're there. Vegetables can also be a tempting topping for your pizza, adding fiber and nutrients. Any combination of the following will work well: fresh tomato, onion, bell pepper, mushroom, zucchini, artichoke hearts, fresh basil leaves, and chopped spinach.

**TIP #5: Keep healthy snacks readily available at home and easy for children to grab.** Save cookies and other sugarcoated treats for an occasional sweet treat or special occasions.

**TIP #6: Take your child to the grocery store with you.** Let him or her pick out a vegetable to try. If your child helps to prepare it, he or she will be more vested in eating it, too. Let them use a blender, juicer or food processor to make a smoothie or other recipes.

**TIP #7: Let's face it: some vegetables are just more fun to eat than others.** Corn on the cob (especially when grilled) continues to be fun into adulthood. So are veggie kabobs, and celery sticks filled with natural peanut butter or light cream cheese. And a zucchini half, tomato, bell pepper, or Portobello mushroom stuffed with a savory filling can be as elegant as it is fun.

For as long as anyone can remember, "Eat your vegetables" has been part of dinnertime conversation. Find fun and creative ways to prepare and present vegetables for your family and both you and your children will enjoy the health benefits. *(CMH offers lots of health eating resources, see page 5.)*



# Do You Know Your Numbers?

**All of us need to remember lots of numbers to live in our world today but how many of us know our heart health numbers— numbers that are key to a healthy heart?**

You need to know and monitor the following three numbers as they can all be predictors of heart attack and stroke:

## 1. Blood Pressure

Your blood pressure is an important number to know because high blood pressure, according to the American Heart Association, is the single most important risk factor for stroke. Your reading consists of two numbers. Your *systolic* pressure measures the pressure of blood against artery walls when the heart pumps blood out during a heartbeat, while the *diastolic* pressure measures the same pressure between heartbeats, when the heart fills with blood. You need to know if you have high blood pressure because it adds to your heart's workload and damages your arteries and organs over time.

**The American Heart Association recently changed its blood pressure categories and ranges to the following:**

- **Normal** blood pressure is below 120/80.
- **Pre-hypertension** is 120 to 139 (systolic) and/or 80 to 89 (diastolic).
- **Stage 1 Hypertension** – also known as high blood pressure – is 140 or higher (systolic) and 90 or higher (diastolic).
- **Stage 2 Hypertension** is 160 or higher (systolic) or 100 or higher (diastolic).
- **Hypertensive crisis** is when blood pressure is higher than 180 systolic or higher than 110 diastolic and requires an emergency evaluation.



## Blood Pressure Screenings:

CMH offers **free** blood pressure screenings at the **KeepWell Center the 3rd Tuesday of each month** from 11 a.m. - noon.

## 2. Cholesterol

As you probably know, there's "good" cholesterol and "bad" cholesterol. When we measure cholesterol, we're really talking about three different numbers: HDL, LDL, and triglycerides. They combine to give you a "lipid profile" score, but the three individual scores are most important.

## Here are the numbers to strive for:

- Total cholesterol of 200 mg/dL or lower.
- HDL ("good" cholesterol) of 50 mg/dL or higher, if you're a woman, or 40 mg/dL or higher, if you're a man.
- Optimal LDL is 100 or lower. If you have other major risk factors, like pre-existing cardiovascular disease or diabetes, your doctor may want your LDL closer to 70.
- Triglycerides of less than 150 mg/dL.



## Cholesterol/HbA1c Screening:

CMH offers cholesterol/HbA1c screenings the **2nd Saturday of each month** from 7-9 a.m. at different locations around the county. The minimum age is 18 and it is **by appointment only**. Call **410-535-8233** to register.

## 3. Waist Size

If you can only remember one number, your waist size is the one to know. Why? Because better than your weight or your BMI, your waist size predicts your heart disease risk. If your waist size is equal to or more than 35 inches in women and equal to or more than 40 inches in men, it increases your risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol. It's easy to measure yourself. Just get a non-elastic tape and measure around your belly button.

## Special Numbers for People with Type 2 Diabetes

If you have type 2 diabetes, there are two other numbers you need to watch: your blood sugar and your hemoglobin A1c levels.

- A normal fasting blood sugar is less than 100 mg/dL.
- Prediabetes is a fasting blood sugar of 100 to 125 mg/dL or an A1c of 5.7%-6.4%
- You may have diabetes if your fasting blood sugar is 126 mg/dL or greater or your A1c level is 6.5% or higher – and you've gotten these results two or more times.

Because spot glucose checks can vary dramatically, HbA1c levels are a better measure of whether your diabetes is under control.

**No matter what your numbers, the most important thing to know is that they can all be helped by healthy lifestyle choices. Even small changes in your physical activity, nutrition and smoking habits can have a major impact on your heart health.**

Source: Web MD

# Calvert Physical Therapy Meeting Local Needs

Calvert Physical Therapy is a comprehensive outpatient rehabilitation facility with five locations in Calvert County.

**Since opening its doors in 1991, it has been serving the communities of northern Calvert, southern Prince George's, southern Anne Arundel, mid-Calvert, southern Calvert, Charles and St. Mary's counties.**

## Personalized Care

Having prompt, appropriate treatment can contribute to a faster recovery, which means returning to work and daily activities sooner. Our therapists offer individual programs specifically designed for each patient's needs, developed after a thorough evaluation by the therapist. Therapists at Calvert Physical Therapy and Sports Fitness Center are all licensed and board certified in occupational or physical therapy as well as CPR certified. Our team of highly skilled therapists provide personalized care in a welcoming environment at five locations throughout Calvert County— including Dunkirk, Prince Frederick, Solomons, Edward T. Hall Aquatic Center and World Gym in Prince Frederick – to better serve your needs.

Common diagnoses treated include: post-op joint surgeries, repetitive stress injuries, spine (cervical, thoracic, and lumbar) dysfunction, postural disorders, lymphedema management, incontinence training, chronic pain syndromes, chronic headaches, joint injuries, adolescent and adult athletic injuries, foot pain and dysfunction, Bell's Palsy, neurological injuries, post amputations and gait dysfunction.

We receive referrals from all physician sources and have over 100 years of combined experience. The staff is diverse in both background and specializations. We strive to treat patients with the utmost respect, compassion and care.

**For information on our providers, insurances accepted and general services, please see our website at [www.calvertpt.com](http://www.calvertpt.com).**

## OUR SERVICES

- Manual Therapy
- Pre- and Post-surgical Rehabilitation
- Neurological Disorders – Stroke, Parkinson's, Balance Dysfunction
- Treatment for Arthritis/ Fibromyalgia
- Vestibular Rehabilitation – Vertigo
- Pediatric Physical and Occupational Therapy
- Occupational Therapy-Upper Extremity Static and Dynamic Splinting
- Custom Orthotics
- Aquatic Therapy at the Edward T. Hall Aquatic Center
- Physical Therapy Metabolics at the World Gym in Prince Frederick
- Comprehensive Breast Cancer Program
- Lymphedema
- Incontinence
- Joint Pain / Dysfunction Treatment
- ACL Injury Prevention and Performance Enhancement Program

*To better serve our patients, Calvert Physical Therapy has a centralized scheduler for all new patient appointments. Please call 410-535-8129 for all new patient scheduling.*



### **On March 29, Jerry Franks, head football coach at St. Mary's Ryken High School, suffered a stroke.**

This was his second stroke, and left him with decreased strength, sensation, coordination and balance affecting his left side. He participates in occupation therapy services with **Elena Mendez-Hutchinson, OTR/L** 2-3 times/wk at Calvert Physical Therapy in Prince Frederick. His therapy includes electrical stimulation to increase sensation and grip/pinch strength in left hand, fine motor and in-hand manipulation activities to improve left hand coordination and activities to improve strength, independence, safety and overall balance. Since initiating therapy, Coach Franks has demonstrated increased strength and coordination in his left dominant arm and currently can walk with no balance deficits. Because of his hard work, determination and the excellent care he received, he has returned to work full time and can drive independently. Coach Franks sets a great example for his student athletes.

***"I suffered a stroke six months ago and began occupational therapy immediately. I had minimal use of the left side of my upper body, restricted flexibility, serious weakness, lack of coordination and balance. The therapists were knowledgeable, professional and made me feel special. In a few weeks' time, I had made significant improvement and am now looking forward to a full recovery!" - Jerry Franks***



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

100 Hospital Road, Prince Frederick, MD 20678  
[www.calverthospital.org](http://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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RESIDENTIAL CUSTOMER

**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 201

*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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Gail D. Harkins  
Editor



# Breast Health & Wellness

## SAVE THE DATE

**Thursday, March 26, 2015**  
5:00 pm - 8:00 pm

**Join us at this Fun and Informative FREE event to:**

- Learn about the "tools" available to maintain breast health and healthy survivorship
- Learn how to best support survivors, co-survivors and care-givers affected by breast cancer
- Hear expert medical and health information
- Connect with valuable resources from hospital and community organization exhibitors
- Learn how to get involved in the fight to end breast cancer in your community

**Holiday Inn Solomons Conference Center and Marina**  
155 Holiday Drive Solomons, MD 20688

Thank you to our generous sponsors



# KeepWell Registration

Registration form also at  
[www.calverthospital.com](http://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.

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.

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Name(s)

\_\_\_\_\_  
Address

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City

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State

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Zip

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Home Phone

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Work Phone

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Date of Birth

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Class Name

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Level/Time

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Location

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## Method of Payment

Visa

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American Express

Check (make checks payable to CMH)

\_\_\_\_\_  
Cardholder's Name

\_\_\_\_\_  
Card Number

\_\_\_\_\_  
Exp. Date