

HOLY CROSS HEALTH

Fall 2022

Cancer Research at Holy Cross Health

Bringing the Latest Treatments
to Our Community

8

Lyudmila Kalnitskaya, MBA, MS,
CCRP, CCRC

Director, Clinical Research
and Cancer Registry

*Moving Life Ahead*SM

HC HOLY CROSS
HEALTH

A Member of Trinity Health

10 Years of National Accreditation for Breast Cancer

The National Accreditation Program for Breast Centers (NAPBC) only recognizes those breast programs they consider to be the most comprehensive and of the highest quality. So, it is particularly noteworthy that the Breast Center at Holy Cross Hospital has maintained NAPBC accreditation for more than 10 years. In fact, we were the first hospital in Montgomery County to achieve NAPBC accreditation.

This accomplishment was made possible by the dedicated and talented team of caregivers and administrators who work together to provide breast patient care at the highest level.



Pictured at a celebration to mark this milestone are: (L-R): Lyudmila Kalnitskaya, Director, Clinical Research and Cancer Registry; Mary McCarthy, RN, CBCN, Oncology Nurse Navigator; Eric Cristian, MD, Medical Director, Breast Center; Jewel Allen, Cancer Registrar; Cam Ha, Cancer Registry Manager.



National Recognition for Stroke Care



Holy Cross Hospital and Holy Cross Germantown Hospital have both been recognized for their commitment to providing high-quality stroke care by the American Heart Association.

Holy Cross Hospital and Holy Cross Germantown Hospital each received the American Heart Association/American Stroke Association **2022 Get with the Guidelines® Stroke Gold Plus Achievement Award**. This award is earned by reaching an aggressive goal of treating patients with 95 percent or higher compliance to core standard levels of care as outlined by the American Heart Association/American Stroke Association for two consecutive calendar years. This helps ensure patient care is aligned with the latest evidence- and research-based guidelines.

Both hospitals were also named to the **2022 Target: Type II Diabetes Honor Roll**. This award recognizes the most up-to-date, evidence-based care for patients with type 2 diabetes who are hospitalized with cardiovascular disease or stroke.

Holy Cross Hospital was recognized with the **2022 Target: Stroke Honor Roll Elite Award** for consistently treating stroke patients within a very short window of time to significantly improve their outcomes through intravenous tPA, catheter or thrombectomy. Holy Cross Hospital's advanced, mechanical thrombectomy program provides patients with rapid access to care from experienced, specialized providers, reducing the need for transferring patients to other facilities.

Holy Cross Health CEO Appointed Chairman of the NIH Clinical Center Research Hospital Board

The U.S. Department of Health and Human Services has approved the appointment of Holy Cross Health CEO, Norvell Van Coots, MD, as chairman of the National Institutes of Health (NIH) Clinical Center Research Hospital Board. He succeeds Laura Forese, MD, MPH, Executive VP and Chief Operating Officer at New York-Presbyterian Hospital. This appointment will bring a closer partnership between Holy Cross Health and NIH, one of the nation's greatest scientific research institutes.



Dr. Coots (far right) in front of Holy Cross Hospital at the height of the COVID-19 pandemic greeting first responders as they drove past in recognition of the heroic work performed by all health care workers.

A Message from *Norvell V. Coots, MD*

President and Chief Executive Officer, Holy Cross Health

Expertise Driven by Caring at Holy Cross



When health challenges disrupt your daily life, we are committed to helping you get back on track through the dedication, expertise and caring of the extraordinary individuals who are Holy Cross.

In this issue we highlight the contributions of Lyudmila Kalnitskaya, whose dedication to bringing the most promising cancer research trials to Holy Cross Health and our patients

has given the gift of hope to countless community members and their families.

Through the exemplary contributions of Lyudmila and many others, our interdisciplinary and collaborative cancer program is expanding to deliver comprehensive care where and when you need it with the opening of a state-of-the-art Radiation Treatment Center in Wheaton this fall. It is the first of several new ambulatory and primary care sites we will be rolling out in the coming months.

Zachary Levine, MD, and Greg Mathews, MD, two of the leading lights of our world-class Neuroscience program, have been calming the storm of epilepsy for patients like Michele Carpenter through Visualase™, an MRI-guided laser brain surgery performed at Holy Cross Hospital, the only hospital in Montgomery County to offer this advanced technology. Thanks to this, Michele is living her best life.

Sometimes help comes in areas we don't much like to talk about. But Deborah Dale wants you to know that pelvic prolapse is nothing to be embarrassed about — especially if speaking up leads you to one of the compassionate and talented urogynecologists at Holy Cross Health, such as Shobha Sikka, MD, whose surgical expertise has helped improve the quality of life for countless women.

So stay tuned as we continue to expand to meet your needs where and when you need us — whether that's with primary care, or any of the specialty areas staffed with our world-class experts equipped with world-class, caring hearts.

After Epilepsy Surgery the Sky is the Limit



Since her Visualase™ procedure, Michele is free of seizures. She is able to live on her own, pursue the career she wanted and even learn to skydive. “I hope my story gives someone the courage to take the next step,” she said.

Michele Carpenter had her first epileptic seizure 32 years ago at age 4. Despite being on anti-seizure medications for years, “my epilepsy really wasn’t under control,” said Michele, who had seizures as frequently as a couple times a month. “At times, I was on such strong medication that my mind felt foggy and clouded.”

When she heard a radio ad for epilepsy treatment at Holy Cross Hospital, she thought, “What do I have to lose?”

It was 2013 when Michele met **Greg Mathews, MD**, epileptologist —



a neurologist specializing in epilepsy. Dr. Mathews is the medical director of the Holy Cross Hospital Epilepsy Monitoring Unit, which has advanced brain-monitoring tools to evaluate epilepsy and non-epileptic seizures in adults.

Dr. Mathews admitted Michele to the unit, where the care team reduced her anti-seizure medication, enabling her to have a seizure safely in a controlled setting. “Using electroencephalogram (EEG) monitoring, we can see brain activity during the seizure. This helps us identify the type of seizure and pinpoint the location where it is coming from to determine the best treatment,” he said.

Advanced imaging studies confirmed an abnormality in the hippocampus was causing Michele’s seizures. Surgically removing that area of the brain could



improve her seizures. Dr. Mathews brought in **Zachary Levine, MD**, medical director of Neurosurgery and Neuroscience, Holy Cross Health, for consultation.

“Epilepsy surgery requires collaboration between neurology, neurosurgery, neuroradiology and

neuropsychology because we are not just removing a part of the brain, we are altering the function of the brain,” said Dr. Levine.

In 2014 Dr. Levine surgically removed part of the hippocampus. Michele’s seizures stopped for two years, but as her anti-seizure medication was reduced, they resumed. She needed another surgery to remove residual tissue that was likely causing her seizures.

Fortunately, Holy Cross Hospital now had a new minimally invasive procedure called Visualase™, an MRI-guided laser ablation system, to offer Michele. It involves directing laser energy through a tiny fiber-optic thread at the precise part of the brain responsible for seizures. In 2016 Dr. Levine performed Visualase, inserting the small thread through a 3-millimeter incision in her skull to the hippocampus. Heat is conducted through the fiber-optic thread to destroy

abnormal brain tissue. Michele went home within 24 hours.

“Compared to open brain surgery, patients who have Visualase have fewer complications, less pain and a much faster recovery,” said Dr. Levine. Holy Cross Hospital is the only hospital in Montgomery County to offer this minimally invasive treatment.

“My recovery time was nothing like my first surgery, when I couldn’t look at the sun or TV for a month,” she said. “This time, I was back at work in a day or two.”

“There’s a misconception that epilepsy surgery is a last-resort treatment,” Dr. Mathews said. “The reality is quite the opposite.”

“Identifying drug-resistant epilepsy early in life enables us to offer surgery when we can have the most impact.



Michele skydiving fearlessly.

Seizures can become worse and harder to control the longer they go on. Epilepsy changes the trajectory of patients’ lives — career plans, where they live, and whether they can get an education, drive a car, or start a family,” Dr. Mathews said. “Performing surgery on a young person with uncontrolled epilepsy can have a life-altering result.”

Six years on, thanks to the innovative procedure coupled with long-term follow-up and continuity of care, Michele is seizure free. “I thought my epilepsy would always define me,” she said. “Finding doctors who could make that different for me and be free of it is awesome beyond words.”



Innovative Brain and Spine Care

The Holy Cross Health Neuroscience program offers:

- Comprehensive treatment for complex brain and spine disorders by expert neurologists, neurosurgeons, epileptologists, orthopedic spine surgeons and physiatrists
- Advanced care in the Neuro Critical Care Unit for neurosurgery patients and those with life-threatening neurological conditions
- The latest minimally invasive brain procedures, including Visualase™ Laser Treatment for epilepsy, Brain Path for tumor removal, and Deep Brain Stimulation for Parkinson’s disease
- State-of-the-art surgical technology, including the O-arm™ Surgical Imaging System (an intraoperative 2D and 3D imaging system) and StealthStation™ surgical navigation



Visit HolyCrossHealth.org/neuroscience.



The only one of its kind in Montgomery County, the Holy Cross Hospital Epilepsy Monitoring Unit is **accredited as a Level 3 Epilepsy Center by the National Association of Epilepsy Centers.**



LEVEL 3 EPILEPSY CENTER

There is Help for Pelvic Organ Prolapse:

Know Your Options



Deborah's recovery from minimally invasive surgery was quick. "After a few weeks, I was back to walking my usual 2.5 miles every day."

Deborah Dale is a young 74 years old, staying active with daily long walks and being proactive about her health. Last year she started occasionally leaking urine "when sneezing and laughing with great gusto," she said. Then one day, she felt a bulge at the entrance to her vaginal canal while showering. "Having worked in healthcare, I knew I was experiencing pelvic organ prolapse." She also knew she needed help.

She turned to **Shobha Sikka, MD,**



a urogynecologist, who is board certified in Female Pelvic Medicine and Reconstructive Surgery.

"Deborah had overactive bladder symptoms caused by prolapse of the upper wall of the vagina — the most common type of prolapse," said Dr. Sikka. "Because her bladder was falling down, that creates a sense of urgency and makes the bladder more sensitive, which can lead to incontinence."

In women, prolapse happens when the muscles, ligaments and tissues that support the pelvic organs — uterus, bladder and rectum — weaken, causing the organs to sag, pressing down on and even bulging through the vagina. Causes include childbirth, aging and obesity. Vaginal childbirth can damage the pelvic floor, which supports the bladder, uterus and bowels, predisposing women to prolapse. Patients with frequent coughs or constipation — actions requiring repeated muscle strain — are also at risk. As estrogen levels decrease and tissues weaken with age, the risk increases.

The problem is common: About half of women over the age of 50 have some degree of pelvic organ prolapse. Still, "women are very hesitant to seek help for pelvic prolapse conditions out of

1/2 of Adult Women Over 50 Have Urinary Incontinence. Are you one of them?

If you are living with urinary incontinence, the pelvic health experts at Holy Cross Health are here to help. Our multidisciplinary pelvic floor team of urogynecologists, urologists, colorectal surgeons, physical therapists and other clinicians understand that incontinence can be life altering. We work with women to diagnose their condition and develop an evidence-based, personalized plan of care with the goal of restoring function and quality of life.

Learn More



Read Our Blog

Pelvic Organ Prolapse is More Common than You Think

HolyCrossHealth.org/blog-pelvic



Watch Dr. Sikka Discuss Urinary Incontinence:

HolyCrossHealth.org/wusa9-urinary-incontinence



Find An Expert In Pelvic Floor Health:

HolyCrossHealth.org/pelvic-health-team



Holy Cross Health provides expert care for every stage of a woman's life. Visit HolyCrossHealth.org/womens-health

embarrassment," Dr. Sikka said. "They don't talk about this with friends, family or even their doctor. Most important, they don't realize that help is available and there are non-invasive and surgical treatments to restore their quality of life."

Deborah had extensive testing with Dr. Sikka to evaluate bladder function and anatomy. "Her whole practice was very welcoming and created an environment for me to ask questions and get the answers I needed," she said. The results showed she was a good candidate for surgery. While Dr. Sikka presented both noninvasive and surgical options to Deborah, she opted to proceed with surgery because it offered a long-term solution.

In October 2021, Dr. Sikka performed Deborah's prolapse repair vaginally using a human biologic graft to augment tissue support. This means implanting a piece of donor human tissue — with 99 percent of the DNA removed — where her tissue was weakest.

"We measure the graft according to the patient's anatomy and attach it to

strong ligaments in the pelvis," Dr. Sikka said. "This type of graft gives better results for prolapse repair because it stimulates regeneration of the patient's own cells, which strengthens tissues and makes the repair more durable."

The minimally invasive surgery was an outpatient procedure, and Deborah's recovery was quick. "I took pain pills only once or twice," she said. "After a few weeks, I was back to walking my usual 2.5 miles every day."

"Only 11 to 20 percent of women will need surgery for prolapse," Dr. Sikka said. "Many women opt for nonsurgical options such as a pessary, a diaphragm-like device that can be used conveniently to help hold the vaginal bulge in place. Physical therapy and exercises like Kegels — pelvic floor muscle contractions — can strengthen the pelvic floor. These and other options, when appropriately chosen, can help with urine leakage and pelvic floor symptoms."

"Women need to ask us for help," Dr. Sikka said. "They need to know their options and not be embarrassed."

"After my surgery, I felt completely normal again," Deborah said, and she wants other women to feel that way, too. "If you're having problems like I was, do something about it. Do what's best for you."



Giving Our Patients Extraordinary Access to the

Latest Cancer Research Trials

For more than two decades, the Holy Cross Health Cancer Research Program has enrolled thousands of patients in clinical trials that have resulted in FDA approval for several major life-saving cancer drugs. With 1,400 participants and counting, gynecological cancer accounts for most of the studies. However, the program also offers access to important clinical research in breast, lung and advanced cancers. The program is currently participating in 15 trials on treatments, interventions, screenings for genetic biomarkers and prevention.

Five program experts discuss the importance of clinical studies:

- Cheryl Aylesworth, MD, Medical Coordinator for Oncology Research
- James Barter, MD, Medical Director of Gynecologic Oncology Research
- Pablo Gutman, MD, Medical Director of the Holy Cross Health Cancer Institute
- Lyudmila Kalnitskaya, MBA, MS, CCRP, CCRC, Director of Clinical Research and the Cancer Registry
- Frederick Min, MD, Medical Oncologist

Q What are the major achievements of the cancer program to date?

A “Getting our patients access to potentially lifesaving drugs prior to FDA approval is the lifeblood of everything we do,” said Dr. Barter. “Some of the most important examples of this work include saving the lives of otherwise terminal ovarian cancer patients through participation in trials for avastin and niraparib, and cemiplimab-rwic for cervical cancer patients,” said Dr. Min. “Our participation in a study for herceptin was pivotal in the FDA’s approval of this breakthrough treatment for early-stage breast cancer,” said Dr. Gutman.

Q How common is it for community hospitals to participate in clinical trials at this level?

A “Our oncology research program is unique among community hospitals and validates the clinical excellence of our cancer program,” Kalnitskaya said. “As a result of our high-quality data, ability to enroll a highly diverse patient population, and record of quality work, we are able to give our patients access to clinical trials usually found only at large academic institutions.”
“Options for clinical trials should be available close to home,” said Dr. Aylesworth. “Cancer patients feel terrified

and overwhelmed. We provide care in the community setting where people can nurture you.”

Q How does participation in clinical trials elevate the overall level of medical care at your hospitals?

A “The ability to enroll in a clinical trial is a major deciding factor for patients when choosing where to receive care,” Kalnitskaya said. “This, in turn, attracts the best clinicians.”

“The research component at Holy Cross Health is why I choose to practice here,” said Dr. Barter. “We aspire to be leaders, not followers.”

Q How do you support patients and their families?

A “We help patients not only get the right care but manage their cancer journey from diagnosis through survivorship,” Kalnitskaya said. The research staff takes the time to explain the trial protocol, which involves a rigorous schedule of appointments, lab tests and imaging scans performed at scheduled intervals. “They are excellent communicators and advocates for patients,” said Dr. Aylesworth.



Learn more about the Holy Cross Health Cancer Research Program: HolyCrossHealth.org/clinical-trials



The Holy Cross Health Cancer Research Program would not have been able to achieve the high level of research it has without Lyudmila Kalnitskaya's leadership."

— James Barter, MD, Medical Director of Gynecologic Oncology Research



Lyudmila Kalnitskaya, MBA, MS, CCRP, CCRC

One Leader's Commitment to Groundbreaking Cancer Care for You

A physician in her native Ukraine, Lyudmila Kalnitskaya emigrated to the United States in 2003 and began doing lymphoma research at the National Institutes of Health's (NIH) National Cancer Institute. But a desire to bring state-of-the-art treatment to cancer patients at a community hospital led her to Holy Cross Health in 2008.

For the past 14 years, she has given her all to the Holy Cross Health Cancer Research Program, earning a master's degree in healthcare management, as well as a master's degree in business administration to build on her leadership and management skills. Those have proven invaluable in her work with a spectrum of sponsors for clinical studies, including NIH, pharmaceutical firms and academia. As director of Clinical Research and the Cancer Registry, Kalnitskaya works with her valued team members to determine the logistics of conducting studies at Holy Cross Hospital and Holy Cross Germantown Hospital, coordinates with physicians to

ensure that studies are the right fit for patients, and develops enrollment and patient awareness strategies.

"I am just one of many dedicated people at Holy Cross doing this important work," Kalnitskaya said. The program has a solid infrastructure and an expert team of medical oncologists, radiation oncologists, surgeons, pathologists, clinical radiologists, clinical pharmacist specialists, and oncology nurse navigators and social workers.

"By offering clinical trial participation here, patients can continue to receive their care at Holy Cross, which is familiar to them," said Pablo Gutman, MD, medical director of the Holy Cross Health Cancer Institute.

"For a long time, research trials in the U.S. have lacked participation from minority and underserved communities, but at Holy Cross Health, Kalnitskaya has been instrumental in enrolling patients from culturally diverse backgrounds," Dr. Gutman added.

For example, the oncology research program enrolls on average 100 patients a year in the International Early Lung Cancer Action Program, a screening for long-term smokers that Holy Cross has participated in since 2004. To date, of nearly 2,000 patients enrolled in the I-ELCAP study, 53 percent were Hispanic and 15 percent were African American.

"It's so important to have people of different races, ethnicities and socioeconomic backgrounds be part of the trials to more accurately represent real-world demographics," said Cheryl Aylesworth, MD, medical coordinator for Oncology Research. "Lyudmila makes that possible." She is tireless in recruiting participants and accommodating their schedules, whether that means enabling someone to have blood drawn at 8 p.m. after a 12-hour workday or scheduling an early morning scan. "Lyudmila gives 100 percent to every interaction — with our research partners, her colleagues, our patients and their families."



Take Time for Your Health with Virtual Classes & Events

Get healthy virtually from the comfort of your home.

Almost all of our fitness classes, wellness and education sessions, support groups and events are virtual for the fall. Look for the orange V symbol (V).

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

Class format, dates, instructors and fees are subject to change. If the minimum number of class registrants is not met 48 hours prior to the first class, the class will be canceled.

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



Diabetes education



Virtual yoga classes

Disease Prevention & Management

Diabetes Management Basics Free

Get a new perspective on how to better manage diabetes. Learn about monitoring blood sugar and what the numbers mean; how to plan healthy meals; the role of exercise; stress management; and good foot care. The series consists of three 90-minute classes, which can be taken in any order. Class topics are:

- What Is Diabetes?
- Signs, Symptoms and Treatment
- Physical Activity and Stress Management

When you complete all three classes, you will receive a box of fresh produce from Hungry Harvest. Call 301-754-8510 or email EWI@holycrosshealth.org for more information.

Diabetes Prevention Basics Free

You can prevent diabetes by making simple lifestyle changes. We give you practical information about how blood sugar is connected to diabetes; easy ways to start being more physically active; healthier food choices; stress management; and how to quit smoking. The series consists of three 90-minute classes, which can be taken in any order. Class topics are:

- What Is Prediabetes?
- Physical Activity and Nutrition
- Smoking Cessation and Stress Management

When you complete all three classes, you will receive a box of fresh produce from Hungry Harvest. Call 301-754-8510 or email EWI@holycrosshealth.org for more information.

Diabetes Prevention Program Free

Starts Tuesday, Sept. 20

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

If you are overweight and have prediabetes, this program can help prevent you from developing type 2 diabetes. Prediabetes means that your blood sugar is elevated but is not yet high enough to be considered diabetic. This yearlong program combines diabetes education with strategies to promote lasting changes for eating healthier and incorporating exercise into your busy schedule. Learn from others in a group setting and enjoy access to a lifestyle coach and free exercise classes. To see if you qualify, call 301-557-1231. Registrants accepted on a rolling basis. For more information, visit [HolyCrossHealth.org/diabetesprevention](https://www.holycrosshealth.org/diabetesprevention).

Cori Is Lowering Her Risk for Diabetes

With a strong family history of diabetes, I'm doing everything I can to avoid becoming diabetic. Before I enrolled in the Diabetes Prevention Program, I thought my diet was pretty good and I wasn't a believer in exercise. That changed. After learning about portion control, label reading and nutrition, I've been preparing healthy meals now for many years. I am strict about exercising at least four times a week. Most important, the program taught me that chronic stress can affect glucose levels and showed me ways to manage it. I'm healthy and feel great. Most people my age can't keep up with me!"

— Cori Gordon



Diabetes Self-Management Education

Build confidence in managing your diabetes. Our four-week class covers meal planning, blood sugar monitoring, medications, exercise and coping skills. Participants report lower cholesterol and A1c levels and reduced diabetes-related complications. In-person and virtual classes available. Physician referral required. Covered by many insurance plans. For dates and registration, call 301-754-8200.

Living Well: Chronic Pain Self-Management Workshop Free

Thursdays, Oct. 13 – Nov. 17

1:30 to 4 p.m. / Location: 

A six-week workshop for adults with chronic pain, family members and caregivers. Explore strategies for goal setting and problem solving; symptom management; treatment options; pacing and planning activities; gentle exercise; stress and relaxation; and more.

Living Well: Diabetes Self-Management Workshop Free

Wednesdays, Oct. 12 – Nov. 16

10 a.m. to 12:30 p.m. / Location: 

Gain new skills to manage your health with type 2 diabetes or prediabetes while receiving support and sharing experiences with others. Learn how to manage healthy eating, low/high blood sugar, stress and mild depression; build confidence about symptom control; and work more effectively with your health care providers in this six-week workshop.

Living Well Self-Management Workshop Free

Mondays, Oct. 3 – Nov. 7

1:30 to 4 p.m. / Location: 

If a long-term health condition is limiting your activities, we can help you maximize your potential. Discover how you can break the symptom cycle for conditions such as Parkinson's disease, mild depression, osteoporosis, asthma, heart disease and high blood pressure. Support and sharing experiences with others can help you cope better with ongoing health problems.

Lung Health Basics Free

If you have lung problems, including post-COVID-19 issues, our educational series can help you understand how the lungs work and give you practical tips to improve lung function. Learn how to exercise safely, choose healthy foods and add relaxation breaks to everyday routines. The series consists of three 90-minute classes, which can be taken in any order. Class topics are:

- Caring for Your Lungs
- Breathe Better
- Physical Activity, Nutrition and Stress Management

When you complete all three classes, you will receive a box of fresh produce from Hungry Harvest. Call 301-754-8510 or email EWI@holycrosshealth.org for more information.

Pulmonary Maintenance

Location: 

A supervised physical activity program specifically for people with chronic obstructive pulmonary disease or other chronic lung conditions. An exercise physiologist and respiratory therapist help participants exercise safely to improve their activity level, better understand symptoms and learn new self-management techniques. For information, contact mckecs@holycrosshealth.org.

Road to Health

Diabetes education can give you the skills to prevent or manage diabetes. Our six-week program is led by instructors who are passionate about helping you make real changes in your behaviors through lifestyle coaching, meal planning and physical activity. For more information, call 301-754-8800. Funded with grant support from the Maryland Department of Health, Office of Minority Health and Health Disparities.

Virtual Classes Online

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





Cheryl Is Finding Relief from Chronic Pain

“Since a disabling injury in 2013, I have been in chronic pain. Taking the Living Well: Chronic Pain Self-Management Workshop the past four years has been lifesaving. Sharing experiences with people in a similar situation helped me feel less isolated and anxious. I learned about pain triggers and discovered that by avoiding foods which cause inflammation, I could reduce my pain. The workshop taught me how to do action plans for pain management and track my results, which I discussed with my doctors. Using the tools I learned in the workshop has enabled me to decrease my medications by 70 percent.”

— Cheryl Johnson

Cancer Support

Grupo De Apoyo Para Latinas Con Cáncer Gratis

El último miércoles de cada mes (v virtualmente).

desde las 6 hasta las 8 p.m.

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

Lymphedema Support Group Free

Saturday, Oct. 22

10 a.m. to Noon / Location: v

A certified lymphedema physical therapist addresses current research in lymphedema treatment, how it can be managed through nutrition and exercise, and available resources. Receive support and learn from others who have a diagnosis of lymphedema. Caregivers, family and friends are also welcome. To register, call 301-754-7340.

Cancer: Thriving and Surviving Free

Mondays, Nov. 7 – Dec. 12

6:30 to 9 p.m. / Location: v

The phrase “living with cancer” is a lot easier said than done for many struggling to find light through their illness. This six-week workshop helps participants share their successes and build a common source of support. Topics discussed include symptom management, help for fatigue, relationships, nutrition, exercise, and making decisions about treatments and complementary therapies.

Information Sessions & Lectures

Joint Replacement Preoperative Class Free

Mondays, Sept. 12 & 19, Oct. 3 & 17, Nov. 7 & 21, Dec. 5 & 19

2 to 4 p.m. / Location: v

Tuesdays, Sept. 6 & 20, Oct. 11 & 25, Nov. 1 & 15, Dec. 13 & 27

11 a.m. to 1 p.m. / Location: v

Our educational classes prepare you for hip or knee replacement surgery and recovery with the opportunity to ask questions. To view a pre-recorded version of this class, visit: HolyCrossHealth.org/preop-joint-class.

Spine Surgery Preoperative Class Free

Wednesdays, Sept. 7, Oct. 5, Nov. 2 or Dec. 7

2 to 4 p.m. / Location: v

Learn how to prepare for spine surgery and recovery and ask your questions in our educational class. To view a pre-recorded version of this class, visit: HolyCrossHealth.org/preop-spine-class.

Fitness

Gentle Yoga

Thursdays, Sept. 1 – Oct. 27 or Nov. 3 – Dec. 22

6 to 7 p.m. / Location: v / \$70

Ideal for beginners and those with chronic conditions or pain. Beneficial for reducing stress, improving balance and building core strength and flexibility.

Guided Meditation/Yoga Nidra

Sundays, Sept. 4 – Oct. 30 or Nov. 6 – Dec. 18

6 to 7 p.m. / Location: v / \$70

This guided meditation practice is proven to be beneficial for anxiety, chronic pain, insomnia and more.

Low-Impact Gentle Workout Fusion

Mondays, Sept. 12 – Oct. 17 or Oct. 24 – Nov. 28

6 to 6:55 p.m. / Location: v / \$40

Enjoy gentle cardio and stretching exercises specifically designed to be easy on the joints.

v Virtual Classes Online

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org and click the quick link, “Find a Class or Event”.

Pilates

Wednesdays, Sept. 7 – Oct. 26 or
Nov. 2 – Dec. 14 (no class Oct. 5)

6:30 to 7:20 p.m. / Location:  / \$60

An effective workout done on a mat that improves core muscles, strength, flexibility, posture and alignment.

Yoga I

Thursdays, Sept. 1 – Oct. 27 or
Nov. 3 – Dec. 22

9 to 10:15 a.m. / Location:  / \$70

Mondays, Sept. 5 – Oct. 31 or
Nov. 7 – Dec. 19

6 to 7:15 p.m. / Location:  / \$70

This physically active, meditative class develops flexibility, balance and strength.

Yoga II

Thursdays, Sept. 1 – Oct. 27 or
Nov. 3 – Dec. 22

7:15 to 8:30 p.m. / Location:  / \$70

For experienced yoga students or those with a minimum of 6 months of Yoga 1 or with instructor's approval.

Yoga for Osteoporosis

Mondays, Sept. 5 – Oct. 31 or
Nov. 7 – Dec. 19

7:30 to 8:30 p.m. / Location:  / \$70

Learn evidence-based yoga postures proven to improve bone density, build strength, coordination and balance.

Yoga for Women

Sundays, Sept. 4 – Oct. 30 or
Nov. 6 – Dec. 18

4:30 to 5:45 p.m. / Location:  / \$70

Learn postures for better hormone balance, strength, flexibility and pelvic floor health. For women age 30+ years.

Zumba

Wednesdays, Sept. 7 – Oct. 26 or
Nov. 2 – Dec. 14 (no class Oct. 5)

5:30 to 6:20 p.m. / Location:  / \$60

Have fun burning calories while dancing your way to fitness. Routines are easy on the joints.

Holy Cross Health Foundation



Join our Donor Community!

"I want to give back and show my appreciation for the care my family and I receive. I also like supporting Holy Cross Health because the organization treats a lot of patients who don't have insurance."

— Bonnie Holt

Donor and Member of the Patient & Family Advisory Council, Holy Cross Hospital

Philanthropy is a source of energy and inspiration to us all.

Please consider making a donation to support Holy Cross Health by visiting HolyCrossHealth.org/donate/ or scanning the QR code. Or call us at 301-557-GIVE to learn how you can help.



Fitness 55+

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

Ballet Gold 55+

Tuesdays & Thursdays,
Sept. 1 – Oct. 27 or Nov. 1 – Dec. 29

1 to 2:15 p.m. / Location:  / \$100
Whether an intermediate beginner or beyond, these senior ballet classes will challenge you. Ballet shoes are required.

Better Balance 55+

Mondays, Sept. 12 – Oct. 31 or
Nov. 14 – Dec. 26

11:30 a.m. to 12:30 p.m.

Location:  / \$40

Improving balance and strength can reduce your risk of falling.

Chair Exercise 55+

Tuesdays & Thursdays,
Sept. 6 – Oct. 27 or Nov. 1 – Dec. 15

1 to 2 p.m. / Location:  / \$45

While sitting on a chair, this workout gets your body moving and heart pumping.

Gentle Yoga 55+

Thursdays, Sept. 1 – Oct. 27 or
Nov. 3 – Dec. 22

Mondays, Sept. 5 – Oct. 31 or
Nov. 7 – Dec. 19

10:30 to 11:30 a.m. / Location:  / \$45

Ideal for beginners and those with chronic conditions or pain. Beneficial for reducing stress, improving balance and building core strength and flexibility.

Parkinson's Exercise 55+

Tuesdays, Sept. 6 – Oct. 25 or
Nov. 1 – Dec. 20

10:30 to 11:30 a.m. / Location:  / \$20

Learn exercises to increase range of motion and flexibility and improve balance, coordination and strength. Participants notice greater stamina, physical endurance and confidence.

Pilates 55+

Tuesdays, Sept. 13 – Nov. 1 or
Nov. 15 – Dec. 27

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

Location:  / \$40

Stretch and improve posture and balance in this Pilates class that is easy on the joints. Safely strengthen the core muscles in the abdomen, lower back, hips and buttocks.

Virtual Classes Online

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org and click the quick link, "Find a Class or Event."



Senior Fit Free

Virtual Classes

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

To register, visit HolyCrossHealth.org/seniorfit.

In-Person Classes

Senior Fit offers in-person classes at 10 facilities. A completed registration and waiver form are required to participate.

To register, visit HolyCrossHealth.org/seniorfit.

Strength Training 101 55+

Tuesdays, Sept. 13 – Nov. 1 or Nov. 15 – Dec. 27

Thursdays, Sept. 15 – Nov. 3 or Nov. 17 – Dec. 29

10:30 to 11:30 a.m. / Location: v / \$40
Strengthen muscles, joints and bones for better mobility.

Strength Training 102 55+

Fridays, Sept. 16 – Nov. 4 or Nov. 18 – Dec. 30

10:30 to 11:30 a.m. / Location: v / \$40
Strengthen muscles, joints and bones for better mobility. Prerequisite: Strength Training 101 and/or permission from instructor.

Tai Chi – 24 Form 55+

Wednesdays, Sept. 7 – Oct. 26 or Nov. 2 – Dec. 28

9:30 to 10:30 a.m. / Location: v / \$40
An excellent class for those new to Tai Chi. Develop better balance and build upper- and lower-body strength with minimal stress to the joints. Tai Chi is a moving meditation that exercises mind and body.

Tai Chi – 37 Form 55+

Wednesdays, Sept. 7 – Oct. 26 or Nov. 2 – Dec. 28

11 a.m. to Noon / Location: v / \$40
Improve stamina, balance and energy with a more challenging form of Tai Chi that helps develop relaxation skills, reduce stress and promote overall wellness.

Yoga for Bone Health 55+

Thursdays, Sept. 1 – Oct. 27 or Nov. 3 – Dec. 22

3:30 to 4:30 p.m. / Location: v / \$45
Learn evidence-based yoga postures that are shown to improve bone density and build strength, coordination and balance. Moderate difficulty level.

Yoga for Pelvic Health 55+

Sundays, Sept. 4 – Oct. 30 or Nov. 6 – Dec. 18

3:15 to 4:15 p.m. / Location: v / \$45
Practicing yogic tools to build muscle tone and strength helps address pelvic floor issues, such as stress leaks, physical discomfort, prolapse and more.

Support Groups

Weight-Loss Surgery Support Group Free

Mondays, Sept. 12, Oct. 10, Nov. 7 & Dec. 12

7 to 8 p.m. / Location: v

Thursdays, Sept. 15, Oct. 20, Nov. 17 & Dec. 15

Noon to 1 p.m. / Location: v

This group provides a supportive space for individuals who have had weight-loss surgery to connect with others and share their experiences, feelings and questions. Led by a registered dietitian, the group addresses a different post-surgery nutrition topic each month. Family members and friends, as well as anyone who is thinking about or planning to have weight-loss surgery are also encouraged to attend.

More Support Groups

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

Wellness 55+

Contemporary Issues Discussion Group 55+

Wednesdays, Sept. 7 & 21, Oct. 5 & 12, Nov. 2, 16 & 30, Dec. 14

1:30 to 3:30 p.m. / Location: v / \$20
Enjoy a lively discussion. Interesting topics and related articles are emailed to participants five days before scheduled meetings to be discussed by the group.

Medication Review Free

Fridays, Sept. 16 & Nov. 18

10 a.m. to 2 p.m. / Location: v

Registration required for half-hour time slots.

Take advantage of the opportunity to personally consult with a Holy Cross Health pharmacist. Please register for your half-hour consultation and have all your medication handy. The pharmacist will review drug interactions, proper dosing and side effects with you.

Caregiver Resources

Caregivers Support Groups Free

Location: v

Groups for Adult Children Caring for Aging Parents

Mondays, 6 to 8 p.m.

Tuesdays, 3 to 4:30 p.m.

Thursdays, 10 to 11:30 a.m.

Groups for Caregivers of Ill or Aging Spouses

Wednesdays, 10 to 11:30 a.m.

Thursdays, 3 to 4:30 p.m.

Fridays, 10 to 11:30 a.m.

Groups for Caregivers of Spouses and Adult Children

Tuesdays, 6 to 7:30 p.m.

How to join a group:

Scan this QR code and fill out the Caregiver Support Group Registration form.



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

v Virtual Classes Online

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org and click the quick link, "Find a Class or Event."

Parenting Education

Infant and Child Safety: Ages Birth to 5 years

Saturday, Sept. 10 or Oct. 29
10 a.m. to Noon

Sunday, Sept. 18 / 1 to 3 p.m.

Wednesday, Nov. 9 / 6 to 8 p.m.

Tuesday, Nov. 22 / 6 to 8 p.m.

Thursday, Dec. 8 / 6 to 8 p.m.

Location:  / \$25 per registrant

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

Grandparents-To-Be

Wednesday, Sept. 7 or Dec. 14

Tuesday, Oct. 18

Thursday, Nov. 17

6 to 7 p.m. / Location: 

\$5 per registrant

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

Class Scholarships Available



For those who are interested in taking our classes but have difficulty paying some or all of the class fees, need-based scholarships are available for those who qualify.

To Apply:

For more information and an application, visit HolyCrossHealth.org/classes or scan this code.



Maternity Classes

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

Safe Sitter

Saturday & Sunday, Oct. 8 & 9

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

\$70 per registrant

A comprehensive babysitting course for 11- to 14-year-olds that teaches the business of babysitting, safe and nurturing childcare techniques, behavior management skills, and appropriate response to medical emergencies. Two sessions of three hours each.

Mother-to-Mother Connection

Wednesdays, 10 to 11 a.m.

Registration dates are: Sept. 21, Nov. 2 and Dec. 14

Location: 

One-time \$20 registration fee

Join our weekly discussion group for moms with babies up to 12 months of age. Ask questions, share experiences and make new friends. Topics include sharing your birth or adoption story, baby care questions, nutrition and feeding, newborn development, changing relationships with family members, childcare options, time management and much more.

Fall Grow It/Eat It Community Garden Fair

Saturday, Sept. 17 / 10 a.m. to 2 p.m.

Holy Cross Germantown Hospital
19801 Observation Dr.
Germantown, MD 20876

Join us for our Fall Grow It/Eat It Community Garden Fair — an event for all ages. Find out ways to access healthy foods, both at home and around the county. You'll find interactive demos, resources and giveaways on garden-to-table growing at home, community resources that support food access, and more! This community event is sponsored by Holy Cross Health, in collaboration Montgomery College and the Montgomery County Master Gardeners Program.

Norvell V. Coots, MD / President and CEO, Holy Cross Health
Louis Damiano, MD / President, Holy Cross Health Acute Care Division
Annice Cody / President, Holy Cross Health Network

State-of-the-Art Radiation Treatment Center Opens This Fall

Holy Cross Health's new Radiation Treatment Center in Wheaton will be home to the latest in life-saving cancer treatments, and the first in the Washington, D.C. and Montgomery County areas to offer the Edge® radiosurgery system from Varian, a state-of-the-art technology that precisely targets radiation to brain,

lung and spine tumors. The opening of this free-standing facility, less than a mile from Holy Cross Hospital, is the first phase of what will become a community-based ambulatory Cancer Center offering medical and surgical services and an expansion of navigation, care coordination, and supportive services. In planning the

center, our focus has been on patient convenience, comfort and the latest in cancer care. The building has been designed with islands of natural light, calming artwork and comfortable seating throughout. Our center will be a place of hope where patients come to work with their doctors to heal so that they may live their best lives.

Follow our progress at HolyCrossHealth.org.



Main Entrance

Waiting Area

Main Reception Area

For care location addresses and phone numbers, visit HolyCrossHealth.org.

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

To find a physician,
visit HolyCrossHealth.org
or call 301-754-8800.
TTY 301-754-7406

