Celebrating 100 Years of Whole Person Health

mind body spirit health
What enables an organization to thrive and grow for 100 years? At Washington Adventist Hospital our 100th Anniversary reflects a never-ending dedication to caring for and working with the communities we serve. During our first century, we earned a reputation for excellence by focusing on patient care recognized for quality and compassion.

As we celebrate our 100th Anniversary this year, we will be highlighting our programs and accomplishments.

Here are a few of them.

• The CardioVascular Institute provides the region with state-of-the-art procedures that combine skill, compassion and experience. We also participate in leading-edge research characteristic of major academic medical centers in the United States.

• Our hospital is Montgomery County’s first complete Cardiac Care Center, annually performing more than 600 open heart surgeries and more than 8,000 heart catheterizations. The institute offers a level of care unsurpassed by any cardiology program in the Maryland suburbs.

• Our surgical services feature the most advanced equipment and technology to support sophisticated minimally invasive procedures resulting in less pain and shorter recovery time.

• Our maternity unit offers a personal, hands-on experience for new mothers and babies.

• Plans are in the works to expand and improve facilities and add important enhancements that reflect technology-driven medical advances.

In the community, we have made great progress with our “Vision for Expanded Access.” It is no longer just an idea — it is in action. Marcos Pesquera was appointed by Adventist HealthCare as the Executive Director of its new Center on Health Disparities. The mission of this Center is to remove barriers for those who do not have access to health care, which is a central tenet to our “Vision for Expanded Access.”

Additionally, Washington Adventist Hospital announced a partnership with Mary’s Center for Maternal and Child Care, an organization deeply committed to providing health care to local families. We believe that the primary care center will further expand access to health care services for families and strengthen the region’s health care safety net.

I ask each of you, on the year of our Anniversary, to honor our hospital and our community’s rich past, to engage the present, and embrace our exciting future because it belongs to all of us. I look forward to sharing more exciting news with you as together we build a bold and bright future ahead of us.

Sincerely,

Jere D. Stocks
President, Washington Adventist Hospital
Washington Adventist Hospital’s commitment to expand health care access has lead to a bold plan to construct a state-of-the-art health care campus in the White Oak section of Montgomery County.

A determining factor in this decision involves our Vision for Expanded Access initiative that mandates the easy availability of health care for all the communities we serve.

The plan as it now exists places the new facility just six miles from our current location on a 48-acre parcel of land off Plum Orchard Drive and Cherry Hill Road. This location allows easy access from Route 29 and the Capital Beltway, and is well in the heart of our primary service area. Major interconnecting roads make it central and more accessible to all of our patients and communities in Montgomery and Prince George’s counties.

During an anticipated multi-year transition period, Washington Adventist Hospital will continue to make investments and upgrade equipment at the current Takoma Park site. “Maintaining an outstanding level of quality care and service remains a priority,” said hospital president Jere Stocks. Hospital executives are engaging residents about future uses for the current hospital site, including keeping health-care services in Takoma Park.

William G. “Bill” Robertson, president and CEO of Adventist HealthCare added, “We are working diligently to create an accessible and sustainable health-care plan for the 21st century and beyond.”

Everyone involved cherishes the hospital’s 100-year tradition of playing an important part in the region’s health care safety net. We remain committed to the people we serve. Our Vision for Expanded Access is our promise to continue to provide superior care for all.

For more information about our Vision for Expanded Access, visit www.ExpandedHealthAccess.com.
Celebrating 100 Years of Whole Person Health

Opening on June 13, 1907, the original Washington Sanitarium stood on the site of the current hospital.

It’s our 100th Anniversary. It’s about our history. It’s about our vision of health care. It’s about celebrating both; to honor our past, reaffirm our beliefs and build on both to sustain a health care philosophy and institution that will carry our mission of healing forward into the 22nd century.

The original Washington Sanitarium or “the San” was founded on the concept of whole person care, treating not just a person’s body but also their mind and spirit. This has been the guiding principle for our first 100 years. And now, as we embark on our second 100 years, whole person care remains the core of our mission. And it reveals itself in ways that our founders could not have imagined but if they could see what has been accomplished and what is planned they would undoubtedly approve of Washington Adventist Hospital’s stewardship of our calling.

In June 1907 The Washington Post writes, “A few devoted reformers, believing that the wrong habits of the people were responsible for the rapid increase of crime and disease, propose to open an institution where the sick can be treated rationally by the employment of the simple agencies of nature…water, air….massage and pure food.” “The San” officially opens June 13, 1907 at 3pm. It had rooms for 40 patients and a staff of 12. This date also marks the opening of the adjacent School of Nursing whose graduates will provide important contributions to “San’s” excellence in medical care.

Today, soybeans are a common food ingredient and provide a healthy alternative to meat.

Dr. Lauretta Kress, wife of our first superintendent, was another groundbreaker in our history. She was Montgomery County’s first female physician and established the region’s first maternity ward, Kress Maternity and Children’s Hospital, at the Sanitarium in 1916. In her long and distinguished career, Dr. Kress delivered over 5,000 babies.

Dr. Kress was also active in lectures and writings against smoking including a 1934 warning to expectant mothers to avoid
The need for innovative post-cancer treatment leads to the creation of the Cancer Navigator in 2006. The Navigator is a professional nurse who assumes the role of a personal guide and advocate for cancer patients and those who are concerned about cancer.

Then there’s the new Adventist HealthCare Center on Health Disparities, established in 2006. The center is a direct result of community outreach efforts that are the center of our Vision for Expanded Access. The Center’s mission is to develop a locally-driven approach addressing and eliminating health disparities in all communities.

Washington Adventist Hospital, on our 100th Anniversary, honors all the people whose contributions of time, effort and money over this span propelled this institution to a position of being a vital community resource.

We enter the second 100 years guided by faith, devotion and service; confident that on our 200th Anniversary, people will look back at this moment and think, “well done, good and faithful servant.”
Adventist HealthCare Names Executive Director for New Center on Health Disparities  

Adventist HealthCare announces the appointment of Marcos Pesquera as Executive Director of its new Adventist HealthCare Center on Health Disparities. The center’s mission is to remove barriers for those who do not have access to health care.

Mr. Pesquera, 46, recently served as senior director of Diversity Programs for Kaiser Foundation Health Plan of the Mid-Atlantic States in Rockville.

In September 2005, the Adventist HealthCare Board of Trustees approved a Vision for Expanded Access for Washington Adventist Hospital. It established a Blue Ribbon Panel of community leaders to develop a locally-driven approach addressing and eliminating health disparities in all communities served. The panel recommended the formation of the Adventist HealthCare Center on Health Disparities with three areas of focus: increased services for underserved populations; a research program to identify and promote best practices; and an education initiative to improve the ability of caregivers to provide quality care to those populations.

“The Center on Health Disparities is an important extension of Adventist HealthCare’s mission to demonstrate God’s care by improving the health of people and communities through a ministry of physical, mental and spiritual healing,” said William G. “Bill” Robertson, Adventist HealthCare president and chief executive officer. “Marcos is just the person we need to take the recommendations of the Blue Ribbon Panel and make them a reality.”

Mr. Pesquera has already started work on five of the panel’s recommendations:
- Annual community health disparities report cards
- Maternal Services Center
- Diversity awareness training for physicians and staff
- Patient advocacy programs/Linguistic Access
- Infrastructure for health disparities research

“Through training and education of all health-care providers and support staff, we address the issues that knowingly or unknowingly affect the way we perceive and treat each other,” Mr. Pesquera said.

Mr. Pesquera, R.Ph., MPH has a masters of public health from Loma Linda University, a bachelors of science in Pharmacy from the Massachusetts College of Pharmacy and completed his pre-pharmacy curriculum at the University of Puerto Rico. He lives in North Potomac with his wife and two children.

Expanding Access to Cancer Care

One Sunday morning in January 2006, Pat June awoke to discover a lump in her right breast.

That lump was one of three that was found in the coming weeks. In April, Pat was diagnosed with Stage II breast cancer.

After successfully completing chemotherapy, Pat began radiation therapy at Washington Adventist Hospital. Pat’s therapy consisted of 33 daily treatments over the course of 6 weeks. In the span of her visits, the Radiation Oncology staff became her second family. And, Sharon Petronio, Washington Adventist Hospital’s Cancer Care Navigator, became her advocate, source of information, and friend.

Since coming to the hospital, Sharon has been someone that Pat has been able to turn to for support. “Sharon is always open to do anything she can for me,” says Pat.

Sharon keeps Pat apprised of support groups, activities at the hospital, and is available even if it’s just to chat. “Seeing doctors and nurses reminded me of why I was at the hospital, it’s nice to have someone to talk to about things on a more personal and social level,” Pat shares.

Today, Pat continues her journey to recovery and Sharon is there with her each step of the way. Pat points out, “Coming to Washington Adventist Hospital was a turning point for me. The staff at Washington Adventist Hospital is compassionate — this is the place I like to come and be a part of.”

For more information about Washington Adventist Hospital’s health and wellness classes, programs, and support groups, turn to page 8 or visit www.WashingtonAdventistHospital.com and click on events and classes.
Heart Healthy Screening, Plus

• The VAP (Vertical Auto Profile) test is an expanded cholesterol test that provides valuable information that can identify hidden heart disease risk above and beyond the Lipid Profile. The VAP test includes all of the Lipid Profile and more. It is an actual count, not just a calculation, and is emerging as the new standard of care for cholesterol risk assessment. You do not need to be fasting for this test, unless you are specifically looking at your triglyceride results. Fee: $61 or $57 for seniors (55-plus).
• Lipid Profile is a blood test that includes total cholesterol, HDL, LDL, triglycerides and cholesterol/HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Fee: $30 or $27 for seniors (55-plus).

Note: Both the VAP and the Lipid Profile are cholesterol tests. If you order one, you do not need to order the other.

• Homocysteine is a substance produced as the body digests protein. Excess levels can be associated with heart disease and stroke. It is an excellent marker for the status of a person’s vascular fitness. Fee: $95.

• HsCRP: High sensitivity C-Reactive Protein can be an indicator of risk for cardiovascular disease in healthy people. It is a marker for assessing acute inflammation. In order to assess any cardiac correlation, please delay this test for two weeks after any inflammatory episodes. Fee: $40.

• Blood pressure monitoring will be done and is FREE.

• Glucose (Fasting Blood Sugar) is a basic screening for diabetes. Twelve hours of fasting is recommended. Fee: $5.

• A1c measures the amount of sugar in the blood over a period of 2-3 months (the life of the red blood cell). This is a test especially for known diabetics. Fee: $40.

• Prostate Specific Antigen (PSA) is a prostate cancer-screening test for men. Fee: $40.

• Body Fat Analysis will make your weight more specific by giving your percentage of body fat, lean muscle and water. For best results, do not drink coffee or exercise 12 hours prior to test. Drink plenty of water for 24 hours in advance. Fee: $7.

Heart Screening Packages

• Sweetheart: Lipid Profile and Glucose: Fee: $32.

• Heart Smart: VAP and Glucose: Fee: $63.

• Heart Risk Special: VAP, Homocysteine and HsCRP. Fee: $185.

• Diabetes Check: Glucose and A1c. Fee: $42.

Screening Dates and Locations:

Washington Adventist Hospital
Conference Center, 3rd floor
Thursday, Aug. 9, 8-10 a.m.

Margaret Schweinhaut Sr. Center
1000 Forest Glen Rd., Silver Spring, MD
Wednesday, Sept. 26, 9:00-10:30 a.m.

Monthly Blood Pressure Testing

Washington Adventist Hospital
Main Lobby
No registration required. FREE
Thursdays, July 5, Aug. 2, & Sept. 6, 10 a.m.-noon

Takoma Park Community Center
Senior Room, 1st floor
7500 Maple Ave., Takoma Park, Md.
Thursdays, June 28, 2-3 p.m.

Colorectal Cancer Screening Program

Washington Adventist Hospital partners with Montgomery County Health Department to provide free colorectal cancer-screening services to eligible residents. If you are 50 years or older and a Montgomery County resident, call to see if you are eligible for a free colonoscopy, the most recommended screening for colorectal cancer. Call 301-315-3147 for more information.

Montgomery County Cancer Crusade Coalition Meeting

Washington Adventist Hospital partners with Montgomery County Health Department to provide free cancer screenings to Montgomery County residents. Each month we have a meeting to discuss community needs. Please join us to share your thoughts on how we can improve our program to better suit the community. Call 301-315-3147 to check for meeting dates and times.

Health and Faith

Faith Community Nurse (Parish Nurse) & Health Ministry Network Support Meeting

Join faith community nurses and health ministers in sharing ways to integrate health and wellness in the community in which we live and worship. Educational topics change monthly. To get on our monthly mailing list, please call 301-315-3136.

Washington Adventist Hospital
LL2, Conference Room B-next to cafeteria
Sunday, June 10, 1-5 p.m., Mini-Retreat for Health Ministers/Faith Community Nurses at Spencerville Seventh-day Adventist Church. To register or to obtain more information, call 301-315-3141.

The Coronary Health Improvement Project (CHIP)

If you have hypertension, diabetes, angina, high cholesterol or are overweight, CHIP is for you. This healthy lifestyle program includes heart screenings, lectures, textbook, workbook, food samples and much more. For more information on registration and fees, please call Debra at 703-548-5998.

Community Lectures

Long Life Lecture Series

Long Branch Community Center
8700 Piney Branch Rd., Silver Spring, Md.
Community Room, 2nd floor
All lectures: Tuesdays, 11 a.m.-noon
Call 301-431-5708 for more information and to preregister. Open to the public. Spanish translation available. FREE

July 10: Keeping Your Memory Sharp

There are many studies that have discovered that mentally-stimulating activities can reduce risks for developing Alzheimer’s and other dementias. Come and learn about different activities that you can use daily to prolong mental health.

August 7: Aromatherapy

What is aromatherapy? Does it really have healing powers? Aromatherapy is not only used for a preventative approach but also as a treatment for acute and chronic illnesses. It works on different levels that can improve one’s well-being. Come and find out how it can improve your life.

September 11: Leg Pain, Cramps and Restless Leg Syndrome

Restless leg? Restless nights? Come and learn about restless leg syndrome and how you can improve your life. Find out how it is diagnosed and ways you can get treatment.
Maternal/Child Classes

Programs for Before Your Baby Is Born

Maternity Orientation and Tour
If you are expecting a baby or planning for the future, come to a short presentation on our maternity services, and then tour our labor and delivery suite and the mother/baby unit. This program is for adults only and preregistration is required. **FREE**

Washington Adventist Hospital
**Saturdays**, June 2, July 14, Aug. 25, 1-2:30 p.m.
**Sundays**, June 17, Aug. 5, 1-2:30 p.m. & July 22, Sept. 9, 11 a.m.-12:30 p.m.

Paseo de Maternidad
(Maternity Orientation & Tour given in Spanish)

Washington Adventist Hospital
**Birth, Baby Care, & Breastfeeding - Six-Week Course**
Topics for this six-week program include labor and delivery, breathing and relaxation techniques, comfort measures, medications, hospital procedures, cesarean delivery, and postpartum routines. Baby care and breastfeeding are the last two classes in this series. Register for Infant Safety and CPR at the same time in order to receive a discount on the CPR class. We recommend scheduling your childbirth course to end at least three weeks before your due date. **Fee:** $130 per couple.

Washington Adventist Hospital
**Wednesdays**, June 13-July 25, Aug. 22-Sept. 26, 7-9:30 p.m.

**Birth & Baby Care - Two-Day Course**
In two full days, you will learn all about labor and delivery, breathing and relaxation techniques, comfort measures, medications, hospital procedures, cesarean delivery, postpartum routines, and the basics of baby care. A breastfeeding class is **FREE** with this course, so please register for the date of your choice. This course also qualifies you for a discount on the Infant Safety and CPR class. We recommend scheduling your childbirth course to end at least three weeks before your due date. **Fee:** $150 per couple (includes a continental breakfast).

Washington Adventist Hospital
**Two Sundays**, Aug. 19 & 26, 10 a.m.-5 p.m.
**Two Sundays**, Sept. 23 & 30, 10 a.m.-5 p.m.

**Birth & Baby Care - Three-Day Course**
This program has the same content as the Two-Day Course described above, but it is offered in three four-hour sessions. The breastfeeding class is **FREE** with this course, but you must register for it separately (See Breastfeeding Class schedule below). **Fee:** $150 per couple (includes an afternoon snack).

Washington Adventist Hospital
**Three Sundays**, July 15, 22, & 29, 1-5 p.m.

**Express Childbirth Class**
Short on time or just need a quick review? Learn the nitty-gritty about labor and delivery and pain management when you join these two childbirth classes. You may register separately for Baby Care and Breastfeeding classes, which are **not** included in the Express Class. **Fee:** $65 per couple; Comfort Measures videotape (optional) is $40.

Washington Adventist Hospital
**Wednesdays**, June 20 & 27, 7-9:30 p.m.
or Aug. 29 & Sept. 5, 7-9:30 p.m.
**Mondays**, July 16 & 23, 7-9:30 p.m.
or Aug. 13 & 20, 7-9:30 p.m.

**Cesarean Childbirth Class**
Learn what to expect when you are expecting a cesarean. Several class and self-study options are available. **Call 301-891-5305** for fees and scheduling.

Washington Adventist Hospital
**Wednesdays**, June 20 & 27, 7-9:30 p.m.
or Aug. 29 & Sept. 5, 7-9:30 p.m.
**Mondays**, July 16 & 23, 7-9:30 p.m.
or Aug. 13 & 20, 7-9:30 p.m.

**Vaginal Birth After Cesarean Class**
In a two-hour private class, the expectant couple will be able to explore the benefits and risks of having a vaginal birth after a previous cesarean with a nurse who has experienced both deliveries. **Call 301-891-5305** for scheduling. **Fee:** $100.

Washington Adventist Hospital
**Wednesdays**, July 18, Sept. 19, 7-9:30 p.m.

**Private Childbirth Class**
Private classes can be designed to meet your special needs and/or schedule. Childbirth preparation usually requires four hours of instruction. **Call 301-891-5305 for scheduling. Fee:** $50 per hour at Washington Adventist Hospital or $60 per hour at participants’ home.

**Breastfeeding Class**
Expectant parents will learn the many benefits of breastfeeding and how to get off to the best start when the baby is born. Free to participants in our two-day or three-day Birth & Baby Care Course. **Fee:** $35 per couple.

Washington Adventist Hospital
**Mondays**, June 18, Aug. 27, 7-9:30 p.m.
**Wednesdays**, July 25, Sept. 26, 7-9:30 p.m.

**Baby Care Basics**
Learn how to care for your newborn during those challenging first weeks. Topics include bathing, diapering, cord care, circumcision care, taking a temperature, and when to call the doctor. This same class is already included in the comprehensive Birth & Baby Care Courses. **Fee:** $35 per couple.

Washington Adventist Hospital
**Wednesdays**, July 18, Sept. 19, 7-9:30 p.m.

**Sibling Preparation Class**
Big brothers and sisters, ages three to nine, will practice techniques for holding and diapering a newborn and see a video about a new baby joining the family. Children receive a class certificate and coloring book. **For information on a “Sibling at Birth” class, call 301-891-5305 Fee:** $25 for one child; $35 for two children.

Washington Adventist Hospital
**Sundays**, June 17, Aug 5, 3-4:30 p.m.

**Infant Safety and CPR for Parents**
This course covers safety issues and the newly updated CPR techniques applicable to babies up to one year of age. Discounted $15 per couple (two for the price of one) when paying for this class together with any of the Birth & Baby Care Courses. **Fee:** $35 per person; $50 per couple.

Washington Adventist Hospital
**Saturdays**, July 14, Aug. 25, 10:00 a.m.-noon

**Doula Services**
Doulas are trained to provide extra support to women during labor. Allison Harris is certified by Doulas of North America. **Please call her for more information and fees for service at 240-631-8868.**
Mom-to-Be Fitness
Expectant mothers will be introduced to a specially tailored pregnancy fitness class that will consist of gentle aerobic activity as well as toning exercises, stretching, and relaxation techniques for the different stages of pregnancy. This class is open to women who are referred or cleared by their doctors at any time during pregnancy. Call 301-891-5305 for fees and scheduling.

Washington Adventist Hospital

**New Programs for After Your Baby Is Born**

Sign, Say & Play™
You and your baby will enjoy a six-week, fun-filled play class with lots of singing, signing and dancing activities that highlight important developmental skills. The Baby Signs® Sign, Say & Play™ starter kit includes BeeBo’s Play Pack™, two board books, a DVD, a music CD with songbook and more! Call 301-891-5305 for scheduling. Fee: $165 per family.

Washington Adventist Hospital

Child Safety and CPR for Parents
This course covers safety issues and the newly updated CPR techniques for children ages one to eight years. Fee: $35 per person; $50 per couple.
Washington Adventist Hospital
Saturday, July 29, 10 a.m.-noon

Infant Massage
This private class is for moms, dads, grandparents or other caregivers with their newborn up to four months old. Learn how to massage your infant to promote nurturing touch and communication. Taught by a certified infant massage instructor. For information on fees and scheduling, call 301-891-5305.
Washington Adventist Hospital

Prenatal and Postpartum Massage
A certified massage therapist offers the following to new and expectant moms:
- Prenatal massage
- A training session for mom and her partner in techniques for use in labor
- Postpartum massage
For more information, call 301-891-5305.

Lactation Services
Washington Adventist Hospital offers a variety of Medela breast pumps and other breastfeeding accessories for purchase or rental. In addition, arrangements can be made for a home or office visit by a certified lactation consultant. Please call 301-891-4TLC (4852) for information on fees or to schedule an appointment.

The Latch Clinic — T.L.C. for Breastfeeding Moms
Need help with breastfeeding? Bring your baby and join other new moms and a certified lactation consultant for The Latch Clinic. Please call 301-891-4TLC (4852) to preregister. Fee: $50, FREE if you delivered at Washington Adventist Hospital.

Washington Adventist Hospital
Most Tuesdays, 2-3:30 p.m.

Baby Signs® – Parent Workshop – How to Talk with Your Baby Before Your Baby Can Talk
With the Baby Signs® program, infants and toddlers can use simple signs to let you know what they see, what they need, and even how they feel. Your registration fee covers the Baby Signs® Parent Kit (valued at $35) which includes your textbook, DVDs and “Signs at a Glance” flipcards. Call 301-891-5305 for scheduling. Fee: $60 per family.

Washington Adventist Hospital

Immune-Boosting Foods
The immune system is critically important in fighting cancer. Individual cancer cells can arise in all of us from time to time. If your immune system is vigilant, it recognizes and destroys cancer cells before they can take hold. This class will explore foods that are rich in immune-boosting nutrients such as beta-carotene, vitamin C and zinc and also explain ways that food can interfere with immunity. Studies have shown that vegetarians have approximately double the natural killer cell activity (natural killer cells engulf and destroy cancer cells) compared to non-vegetarians. Look forward to enjoy a colorful and scrumptious immune-boosting vegetarian menu. Presented by the Cancer Project. FREE
Washington Adventist Hospital
Lisner Building, Room 1
Wednesday, July 18, 6-8 p.m.

Nutrition Classes

Antioxidants and Phytochemicals
Antioxidants are powerful cancer-fighters mainly found in vegetables and fruits. This class will look in some detail at which vegetables and fruits are high in protective compounds. Studies have amply demonstrated the ability of diets rich in vegetables and fruits to reduce the likelihood of cancer. And some studies have even suggested that cancer survivors who consume more vegetables and fruits do indeed live longer. Look forward to observing and tasting a meal loaded with beta-carotene, lycopene, isothiocyanates, and other cancer-fighting compounds. Presented by the Cancer Project.

Washington Adventist Hospital
Lisner Building, Room 1
Wednesday, Aug. 15, 6:30-8 p.m.

Control Your Weight for a Healthy Lifestyle
Learn how to lose weight permanently. This eight-week program is built around three major areas of weight management: eating habits, nutrition and physical activity. You will receive materials to record your progress and continue your success after the program is complete. Preregistration is required. Fee: $140.

Washington Adventist Hospital
Cafeteria Conference Room B
Tuesdays, July 12-Aug. 30, 7-9 p.m.
Favoring Fiber

Fiber helps your body rid itself of toxins, waste hormones, excess cholesterol, chemicals, and other undesirables. Additionally, fiber is especially important in preventing colon cancer as it helps move food waste out of the body, and fiber even helps the immune system function properly. Building your diet from fiber-rich plant foods is important for cancer prevention and survival as well as overall health. In this class, enjoy a fiber-rich meal as you work toward your goal of 40 fiber grams per day. Presented by the Cancer Project. FREE

Washington Adventist Hospital
Lisner Building, Room 1
Wednesday, Sept. 19, 6:30-8 p.m.

Exercise Classes – Land

Beginner T’ai Chi

This Chinese coed exercise program will help improve balance and coordination, flexibility and range of motion, and strength. Preregistration is required. Fee: $85.

Washington Adventist Hospital
Conference Center, 3rd floor
Thursdays, June 21-Aug. 9, 6:30-7:30 p.m.
Drop-ins are welcome at $12 per class for the first 3 weeks only.

T’ai Chi

This class is for people who have completed at least one session of Beginning T’ai Chi, another T’ai Chi program or those who have trained in other movements, such as dance or martial arts. Preregistration is required. Fee: $90.

Washington Adventist Hospital
Conference Center, 3rd floor
Thursdays, June 21-Aug. 9, 7:30-8:30 p.m.

Senior Adult Exercise Class

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

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

Exercise Classes – Water

All Water Exercise Classes Are Open To Non-swimmers. Please be advised that due to unforeseen situations the pool may be closed and scheduled classes may be postponed. In this event we will make an attempt to make up all missed classes before a credit or refund can be requested.

Piney Branch (PB) Pool
7510 Maple Ave., Takoma Park, Md.
Email pw@adventisthealthcare.com for more information.

Deep Water Exercise

This nine-week aerobic exercise class is done wearing a floatation belt in the deep end of the pool. This class exercises your stomach, thighs, buttocks and upper body. Fee: $104.

Mondays & Wednesdays, July 9-Sept. 12, 6:30-7:30 p.m.
Drop-ins are welcome at $10 per class.

Aqua-Dynamics

This coed cardiovascular exercise course will soothe and work at the same time. This class is especially good for people with joint and circulatory problems. Fee: $104.

Tuesdays & Thursdays, July 10-Sept. 13, 6:30-7:30 p.m.
Drop-ins are welcome at $10 per class

Self-Improvement Classes

Look Good . . . Feel Better

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

Washington Adventist Hospital
Conference Room A, LL
Mondays, June 11, Sept. 24, 10 a.m.-noon

Diabetes Education

A series of four FREE classes, including information on diabetes self management, diet, exercise and medication. Classes held monthly at different locations. Sponsored by the African American Health Program. Please call Diane, in advance, at 301-421-5767 to register and for more information.

Gastric Bypass Support Group

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

Shady Grove Adventist Hospital
Weinschel Education Center
Fourth Sunday of every month, 6:30-8:30 p.m.
Temple Beth Ami
14330 Travilah Rd., Rockville, Md.
Second Monday of every month, 6:30-8:30 p.m.
Contact: 301-251-4128

Before Bariatric Surgery

After Bariatric Surgery

Brenda Osorio Monzon, Bariatric patient at Washington Adventist Hospital

www.WashingtonAdventistHospital.com
Stress Management Four-Part Series
Stress can play a major role in determining how healthy and productive we are. This four-component class can either be taken individually or as an entire four-part series. **Fee:** $20 per session; $50 series.

Washington Adventist Hospital
Cafeteria Conference Room
**Thursdays,** July 19-Aug 9, 7-9 p.m.

- **Learn to Manage Your Anger**—Learn positive coping techniques to handle your anger and reduce your stress. This class does not fulfill court orders.
  **Thursday,** July 19

- **Learn How to Handle Everyday Worries**—Learn techniques for identifying worries and making positive changes to make “worry” work for you.
  **Thursday,** July 26

- **Simplify Your Life**—Learn how to simplify your life and how to create time for what you value most.
  **Thursday,** Aug. 2

- **Learn to Relax**—Learn practical relaxation techniques for stress reduction.
  **Thursday,** Aug. 9

Freedom from Smoking
Take charge of your health and “Kick the Butt”. This eight-session program combines support group meetings with a positive behavior-change approach to show you how to become a non-smoker.

Takoma Park Community Center
7500 Maple Ave., Takoma Park, Md.
**Tuesdays,** July 17, 24, 31, Aug. 7 (QUIT DAY), 9 (Thursday), 14, 21 & Sept. 4, 6:30-8 p.m.

Introduction to Cardiac Rehabilitation
Individual introductions to cardiac rehabilitation are available by calling the center. For more information or to schedule a tour, please call 301-891-6016.

CPR and First Aid Classes

**Infant Safety and CPR for Parents**
This course covers safety issues and the newly updated CPR techniques applicable to babies up to one year of age. Discounted $15 per couple (two for the price of one) when paying for this class together with any of the Birth & Baby Care Courses. **Fee:** $35 per person; $50 per couple.

Washington Adventist Hospital
**Saturdays,** July 14, Aug. 25, 10 a.m.-noon

**Child Safety and CPR for Parents**
This course covers safety issues and the newly updated CPR techniques for children ages one to eight years. **Fee:** $35 per person; $50 per couple.

Washington Adventist Hospital
**Saturday,** July 29, 10 a.m.-noon

HealthCare Provider CPR
**If it’s been more than two years since your last class:** This course is designed for the healthcare professional (doctors, nurses, etc.), covers all age groups from infant to adult, and follows American Heart Association guidelines. After successfully completing this class, each participant will receive a HealthCare Provider card. Book included. **Fee:** $75.

Washington Adventist Hospital
**Sundays,** July 8, Aug. 13, 26, Sept. 9, noon-7 p.m.

HealthCare Provider CPR Renewal
Renew your HealthCare Provider CPR by taking this refresher course in accordance with American Heart Association standards. This course is for direct healthcare providers who have previously taken the HealthCare Provider full course and need a refresher and/or current card. Book included. **Fee:** $50.

Washington Adventist Hospital
**Sunday,** July 22, 2-6 p.m. or Aug. 19, 2-6 p.m.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the association.

HealthCare Provider CPR Skills Competency
This course is for individuals who are proficient in their CPR skills. You must be able to perform all CPR skills when prompted and without hesitation. You must first complete the American Heart Association’s online course and bring original certificate to class. This course is for direct healthcare providers (doctors, nurses, etc.) who have previously taken the HealthCare Provider full or renewal course, whose card has not expired, and need a current card. Please sign up for a 30-minute time slot within the two-hour period. **Fee:** $25.

Washington Adventist Hospital
Lisner Building, Room 1
**Thursday,** Aug. 16, 6-8 p.m.

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

Washington Adventist Hospital
Lisner Building, Room 1
**Tuesday,** July, 10, 6-10 p.m.
**Thursday,** Aug. 9, 6-10 p.m.
**Wednesday,** Sept. 12, 6-10 p.m.

First Aid
A basic first aid class for anyone: childcare providers, healthcare providers, new parents, etc. Learn how to treat first aid emergencies such as bleeding, shock, fractures, sprains, nosebleeds, seizures and diabetic and heart- and cold-related emergencies. CPR training is suggested prior to this course. Book included. **Fee:** $45.

Washington Adventist Hospital
Lisner Building, Room 1
**Tuesday,** July 24, 6-9:30 p.m.
**Wednesday,** Sept. 19, 6-9:30 p.m.
Alzheimer's Caregivers Support Group

This is an invitation to join this new support group for caregivers providing direct care or long distance care to a loved one with living with Alzheimer's disease. Information about the disease and its management will be offered, as well as the opportunity for emotional support and meeting other caregivers. Preregistration is requested; please call 301-315-3137, Pat Hutchison, RN, to register. FREE

Washington Adventist Hospital
Cafeteria Conference Room A
Third Thursday of every month, 7-9 p.m.
For more information, call 301-891-5265.

Better Living with Bariatric Surgery

Please join us every month for our Bariatric Living support group and healthy lifestyle talk. These meetings are open to both people who have had bariatric surgery and those who are learning more about lifestyle changes that help an individual maintain weight loss.

Washington Adventist Hospital
Conference Center, 3rd floor
Second Tuesday of every month, 7:15-8:30 p.m.
For more information, call 301-891-5607.

Cancer Support Group

This general support group is designed for patients with any type of cancer and their families.

Washington Adventist Hospital
Cafeteria Conference Room A
Fourth Thursday of every month, 6:30-8 p.m.
For more information, call 301-891-5559.

Cardiovascular Discussion Group

A new and exciting discussion group will be starting with a focus on supporting those diagnosed with heart disease, their care givers and family members. If you are interested in taking part, please call 1-800-542-5096.

Diabetes Dining Club

This social group eats, learns and plays together, and puts the fun in diabetes management. This group also has found a way to reach out to the community with screenings, education and information on prevention for those who may be at risk but are not aware. There are also FREE diabetes education classes available. Call Diane at 301-421-5767 for reservations. Sponsored by the African-American Health Program of Montgomery County.

Washington Adventist Hospital
Cafeteria Conference Room A
Second Wednesday of every month, 7-9 p.m.

Montgomery County Stroke Association Support Group

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

Adventist Rehabilitation Hospital of Maryland
9909 Medical Center Dr., Rockville, Md.
Second Wednesday of every month, 7-9 p.m.
Contact: 301-869-1580 or 301-216-4681

Nicotine Support Group

This group is for those who are interested in quitting smoking, those are going through the process of quitting and those who quit but need extra support. For more information and to confirm the meeting, please call 800-542-5096. FREE

Washington Adventist Hospital
Last Thursday of every month, 7-8 p.m.
1. Please check the enclosed schedule for the course time(s) and location(s) and mark your calendar. When we receive your request form and payment, we will send a confirmation of your registration, time permitting. If you have any questions regarding your registration, please call 800-542-5096 or e-mail pw@adventisthealthcare.com to confirm.

2. PREPAYMENT is required before you are registered in a class. Some classes are limited in size. If the class is full, you will receive a refund or may transfer to another class. Please register early for all classes and tours, as many fill quickly.

3. We reserve the right to cancel a class due to insufficient enrollment. If we are unable to accommodate your registration due to cancellation by Shady Grove Adventist Hospital or Washington Adventist Hospital, you will receive a full refund.

4. In the event that you must cancel your registration, a written notice must be received one week before the class starts. It is your responsibility to check and make sure it has been received. You will receive a refund minus a $10 processing fee. In addition to the above policies, cancellations for prenatal preparation courses require a certified medical reason.

5. No refunds will be given for any class after it has begun.

6. In bad weather, we follow Montgomery County public schools. If school starts late, morning classes and programs will be canceled; if school is canceled, all classes and programs will be canceled. Weekend programs will be held at the discretion of the program coordinator. The hospital switchboard and information desk will receive notification of cancellations at Shady Grove Adventist Hospital and Washington Adventist Hospital two hours before the class starts. Please call 800-542-5096 to confirm class cancellations.

7. By enrolling, you agree to follow these policies.

Name                Birthdate
Phone (Home)   (Work)
Address
City    State  Zip
Email Age
Adventist HealthCare employee: ☐ Yes ☐ No Sex: ☐ Male ☐ Female

How did you hear about us?

Name of your health plan (optional)

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

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

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

Mother’s name Birthdate
Phone (Home)   (Work)
Father/partner’s name Birthdate
Phone (Home)   (Work)
Hospital where you’ll be delivering
Doctor’s name Your due date
Expecting multiple births? ☐ Yes ☐ No Number attending tour?

For Sibling, Toddler and Youth classes:

Name(s) of child(ren)
How many will attend?

Age(s) ☐ Male ☐ Female

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

Card No. Card expires

Cardholder’s authorized signature

$ Total charge amount

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

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

Health and Wellness fax: 301-315-3135
TTY for the hearing impaired: 301-315-3089

FOR OFFICE USE ONLY:

Date received Amount paid $

Confirmation sent Form of payment

Mailing list Deposit $
As we expand your access to health care, we’d like to know what you think.

Some big changes are in the works for Washington Adventist Hospital as we begin our second century of service to our community. With our Vision for Expanded Access, we’re re-defining what a hospital can be — bringing the best of health care into the community — and the community into health. We’re making plans for significant new facilities and a new campus in White Oak. And we’ll continue to enhance and develop our services at our Takoma Park campus to meet the community’s needs well into the future.

Visit www.expandedhealthaccess.com to learn more about our new vision. And let us know what you think. We look forward to hearing from you. We’ll even send you a gift in appreciation.

Important Numbers for Washington Adventist Hospital

Main Number ........................................... 301-891-7600
Health and Wellness ................................... 800-542-5096
Employment Center .................................... 301-279-6135
Foundation Office ...................................... 301-445-4224

If you would like to be removed from our mailing list, please contact us via mail or phone: Washington Adventist Hospital, Ken DeStefano, VP, 1801 Research Blvd, Suite 400, Rockville, MD 20850, 301-315-3366.

Copyright ©2007, Washington Adventist Hospital

For a free physician referral, call 800-642-0101 or visit www.WashingtonAdventistHospital.com