



WASHINGTON COUNTY
HOSPITAL

HEALTH FOCUS

SUMMER | 2007

How
Corporate
Giving Is
**Helping Our
Community**

**Celebrating
a Decade of
Quality
Joint Care**

**Stroke Care
that Saves
Lives**

Our Pledge: Responsiveness to need. Excellence in caring. Respect for all.

a word from the

CEO



Dear Friend,

Washington County Hospital is delighted to celebrate the tenth anniversary of our nationally recognized Center for Joint Replacement. I especially want to thank our orthopedists, Ralph Salvagno, MD, orthopedic surgeon and medical director of the center, and many on the hospital staff for their vision of excellence in caring for our joint replacement patients.

Since its inception in 1997, the program has changed. There have been advances in our understanding of patient needs and in medical knowledge. We have seen improvements in the implants used to replace hips and

knees. Surgeons have developed minimally invasive surgical techniques that speed a patient's recovery. And, rehabilitation therapies have kept pace.

The Center for Joint Replacement is just one of many programs that Washington County Hospital offers to our community. We are committed to bringing the very best in care to the residents of the tri-state area and look forward to serving you.

With best wishes for your good health,

James P. Hamill
President and CEO

Schedule Your Next Appointment Online

If you are someone who prefers to use e-mail and the Internet to help manage your household errands, you'll love the new online appointment scheduling service now being offered by several of Washington County Health System's medical practices.

Online appointment scheduling was recently added to the hospital's web site, and it offers a great way to set up an office visit any time of day without having to go through a voice mail system. You can just fill out a short form that asks for such basic information as who you'd like to see, the days and times that you're available, and whether it's a routine visit. During business hours the doctor's office will follow up with you by phone or e-mail—whichever you prefer—to confirm the appointment.

This service is already being used by a growing number of patients. One person found that it helped her



care for her aging father (who is not a big fan of the Internet), because she could quickly submit the appointment request on his behalf and have the doctor's office call him to confirm the details.

Right now the following medical practices offer online scheduling: Digestive Disorders Consultants, Robinwood Family Practice, Robinwood Internal Medicine, Smithsburg Family Medical Center, Williamsport Family Practice, Women's Health Center at Robinwood, and Women's Specialty Associates.



WASHINGTON COUNTY
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Health Focus is published by the public relations department at Washington County Hospital. This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. Please see your physician if you have a health problem.

If you have ideas, comments or suggestions for future *Health Focus* articles, e-mail theriaum@wchsys.org or send them to:

Washington County Hospital
Attn: Public Relations Department
251 East Antietam Street
Hagerstown, MD 21740
(301) 790-8663

Small Changes, Big Results

Gradual behavior modifications can help you attain a healthy weight and minimize your risk for conditions such as heart disease, stroke, and diabetes.

While many of today's popular fad diets recommend sweeping changes, these changes aren't always convenient for people with busy lifestyles—and they can be risky. Here are some smaller, more manageable steps to take towards a healthier you.

Using smaller plates and bowls gives the illusion of full portions, although by doing so, you'll actually reduce your portion size by up to 30 percent.

Substituting water for lemonade, ice tea or other sugary drinks lowers the amount of empty calories you consume each day.

Phasing out high-calorie foods, such as potato chips and ice cream, is easier to do than eliminating them all at once. Eating them with less frequency or in smaller portion sizes are two options to cutting calories without cutting these items out altogether.



Lowering the fat content of milk one step—if you drink whole milk, go to two percent. If you prefer two percent, go to skim, and you will reduce fat with an incremental change in taste.

Make Exercise Fit Your Schedule

While adults should exercise at least 30 minutes each day, nothing says you have to do it all at once. If you can only get 10 minutes in the morning, noon, and in the evening, you will have all your exercise completed by the end of the day.

Exercise can be added to everyday life by parking far away from a store

for a walk through the parking lot or by choosing the farthest entrance to walk through at the mall.

“Chores such as using a push mower, sweeping, shoveling snow or washing and waxing the car can be good exercise,” says Becki Weir, project coordinator for the Jack and Anna Hershey Education Center at Washington County Hospital. “Walk, skip rope, do an exercise video—it really adds up. Even using the stairs instead of the elevator makes a difference.”

For additional information, call the Jack and Anna Hershey Education Center at (301) 790-8626. ☒

Sisters Helping Sisters

Washington County Hospital is helping women make positive changes in their nutrition and physical activity with the assistance of a federal grant from the Department of Health and Human Services Office on Women's Health.

One of the ways the hospital is helping women is through the Sisters Helping Sisters program, which was created in response to a needs assessment study conducted by the hospital in 2005.

“Across the board, women wanted more information on nutrition and physical activity, but didn't know

how to find it,” says Becki Weir, project coordinator for the Jack and Anna Hershey Education Center at Washington County Hospital. “With Sisters Helping Sisters, we're providing this information and are hopefully helping women avoid the impact of stroke, high blood pressure, and diabetes.”

Sisters Helping Sisters was specifically targeted to young African-Americans in Washington County because of the healthcare issues they face. According to the Department of Health and Human Services, 32.9 percent of African-American women are obese, the highest rate of any ethnic group.

African-Americans are almost two times more likely to develop diabetes than whites, and 44.7 percent of African-American women over the age of 20 have high cholesterol.

Washington County Hospital is looking for ways to extend and expand the program to more women in the community. Current partners, including Memorial Recreation, Hagerstown YMCA, Washington County Free Library, Walnut Street Family Practice, and Hagerstown Community College, have helped to make the program a success, and more partners are always welcomed.



Corporate Giving Makes a Difference

When it comes to maintaining your good health, the support of corporations throughout the tri-state region may be more important than you think.

“To show that they are concerned about their communities, corporations often give to nonprofit organizations like the Antietam Healthcare Foundation,” says Dori Nipps, manager of corporate relations for the foundation. “Their gifts help keep good healthcare nearby, ultimately improving their bottom lines and resulting in a high quality of living for their employees at the same time. It’s a win-win situation.”

How It Works

One of the reasons the foundation has experienced such great success in partnering with local corporations is the simple value of keeping local healthcare strong. When corporations see the good work Washington County Hospital performs, they’re often eager to lend a helping hand.

Another reason for the foundation’s partnership success is the hard work and dedication of individuals like Bob Rankin. As a foundation volunteer and member of The Harrison Society (see “Meet Our New Harrison Society Inductees” for more), Bob tirelessly gives his time to the foundation.

“His deep belief in the foundation’s initiatives makes it easy for Bob to approach potential corporate donors, bringing new corporations on board and encouraging long-standing donors to continue in their philanthropy,” says Sandra Pollack, executive director of the Antietam Healthcare Foundation.

“Before asking others to help, I make sure the project is something I believe in, and then I commit my own finances,” Bob says. “It’s then easy to carry my belief to other corporations and provide an honest appeal to the needs of the foundation and hospital.”

Looking Ahead

As healthcare continues to move forward, it becomes more important than ever to stay up-to-date on new advances in order to provide the best care for patients. Doing this




Photo: Kyle Haught

Mark Harrell, president of Centra Bank, and Bob Rankin, foundation volunteer and member of The Harrison Society, meet with Dori Nipps, manager of corporate relations for the foundation, to discuss new initiatives to encourage and recognize corporate philanthropy in the region.

takes community members and corporations supporting the foundation. Fortunately, corporations in the tri-state region are ready and willing to make the commitment necessary to ensure your good health.

“During the 20 years I’ve been involved in corporate philanthropy, the need for corporate funding has increased,” says Mark Harrell, president of Centra Bank. “At the same time, more companies are stepping up to fill those needs. Whereas only a handful of larger corporations were giving to organizations like the foundation 15 years ago, today’s pool of corporate donors has expanded to include companies of all shapes and sizes, which is good for the long-term health and well-being of our foundation, hospital, and community.”

To learn more about how corporations can give back through Antietam Healthcare Foundation, call (301) 790-8679. 

the Foundation

Corporate Donor Honor Roll

The Antietam Healthcare Foundation salutes our corporate partners who have contributed more than \$7,500 each during the past year. Because of their commitment, Washington County Hospital continues to provide top-quality healthcare to our community.

Antietam Health Services, Inc.

CareFirst BlueCross BlueShield

Citicorp

Control Systems Inc.

Drs. Dempsher, Mire,

O'Donoghue, and Newby

DSL Sound Inc.

Enhanced Printing and
Promotions

First Data Merchant
Services Corp.

Hagerstown Kitchens, Inc.

Hagerstown Trust Company

Kline Associated Roofing
Contractors, Inc.

Lanier Worldwide Inc.

Maryland Physicians Care

Nassau Broadcasting
Partners, L.P.

R. Bruce Carson, Ltd.

Ravenwood Lutheran Village
and the Village at Robinwood

Susquehanna Bank

Ted's Rent-It Center


The Herald-Mail Company

Volvo Powertrain North America

Weis Markets

Meet Our New Harrison Society Inductees

For some, a full life includes giving back to others and expecting nothing in return. To honor those who do this for the Antietam Healthcare Foundation, the foundation created The Harrison Society. Designated for those who have led special foundation projects and demonstrated at least 10 years of dedication to the foundation and its mission, The Harrison Society is filled with some of the most giving volunteers in the tri-state region.

In its second year, The Harrison Society is pleased to welcome its newest members—Kathleen Dayhoff-Fischel, Pat Lannon, Barbara Miller, and John G. Newby, MD. Like the society's namesake, Lois Harrison, these volunteers are extraordinary examples of selfless service and a commitment to helping others. From everyone at the foundation and Washington County Hospital, thank you all for your years of service, and welcome to The Harrison Society! 



New Harrison Society inductees Barbara Miller and Pat Lannon join fellow Harrison Society members Mike Day and Sukey Rankin.

Trust Benefits Everyone


For more than 20 years, Hagerstown Trust has worked hand in hand with Washington County Hospital and the Antietam Healthcare Foundation to support ongoing fundraisers, and community residents have reaped the benefits.

"Our relationship with the foundation has been strong for as long as I can remember," says Steve Hummel, senior vice president of Hagerstown Trust, who has been with the company for 32 years and is a lifelong tri-state region resident. "There's nothing we haven't done and nothing we wouldn't do to support the foundation and Washington County Hospital."

Giving Made Personal

Over the years, Hagerstown Trust has been one of more than 350 corporations

to donate to the foundation, both through monetary gifts and volunteerism. They've given generously to support everything from a hospital expansion that took place more than two decades ago to the annual Festival of Trees, and Crystal Ball. For the people at Hagerstown Trust, giving to the foundation is extremely meaningful. After all, their gift touches people they interact with every day.

"Because healthcare affects the whole community, it is one of the first places we turn to when we look at corporate giving," says Judy Greenwald, senior vice president with Hagerstown Trust. "Everyone in our community is touched by Washington County Hospital, and this is a small way to ensure our employees, families, and friends continue to have access to quality healthcare today and in the future." 

Celebrating a Decade of Quality Joint Replacements

The Center for Joint Replacement at Washington County Hospital is celebrating 10 years of helping patients regain function and return to their highest quality of life.

Imagine—or maybe for you it’s a reality—that you’re living with pain in your shoulder, hip or knee. If you’re ready to resume the activities you love, such as gardening, golfing or playing with your grandchildren, the Center for Joint Replacement is here for you.

“As part of a community hospital, we provide services on par with larger hospitals, while maintaining a feeling of compassion,” says Ralph T. Salvagno, MD, orthopedic surgeon and medical director of the Center for Joint Replacement. “For 10 years, our continuum of care has allowed many patients to return to the activities they enjoy.”

Growing in Excellence

While joint replacement has long been practiced at Washington County Hospital, Dr. Salvagno was one of the first individuals to approach the hospital in 1997 with the idea of developing a dedicated center. Since its inception, surgeons at the center have performed nearly 3,500 advanced procedures.

“We are incredibly proud of what this program has become through the years,” says Jeanni A. Moyer, PT, MBA, MS, program manager at Total Rehab Care at Robinwood, who has also been a part of the Center for Joint Replacement since its opening. “Today, we offer a well-developed, comprehensive program that guides patients through the joint replacement process from start to finish.”

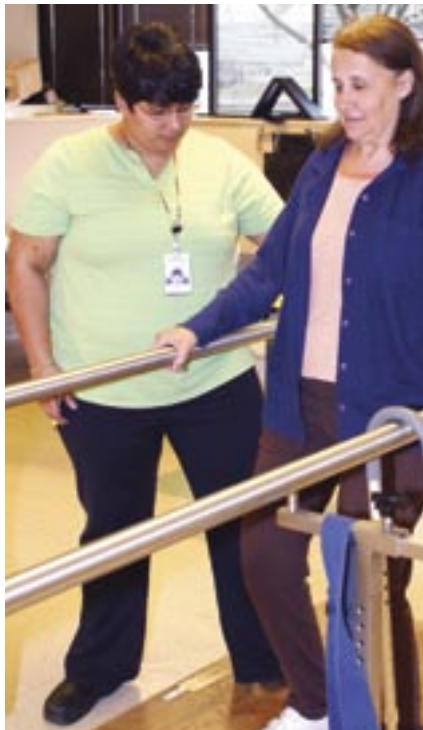
One Step at a Time

When patients choose the Center for Joint Replacement, they begin a preoperative education program about four to six weeks prior to surgery. This program equips them with the knowledge they need to prepare for their procedures. As part of the wellness aspect of care, patients often go through the program together, which allows them to challenge and support each other. Patients also receive individualized education that covers the type of implant that will be used, any exercises they should begin before the procedure, and discharge needs such as equipment or therapy that will be necessary after surgery.



Tyann Shanholtz, physical therapy assistant, helps a patient practice walking with a walker after joint replacement surgery.

Photos: Kyle Haught



Margaret Glenn, rehab aide, works on exercises with a patient during recovery.

Volunteers Appreciated!

One unique way that the Center for Joint Replacement at Washington County Hospital helps patients have a positive experience with their surgery is through its volunteers. Each volunteer is a past patient and has a personal experience to share. They are happy to answer questions so patients and families will know what to expect. The success that each volunteer has experienced encourages patients in their recovery and inspires them to achieve their highest potential.

All care plans are developed by an expert team of professionals, including orthopedic surgeons, physical therapists, occupational therapists, nurses, pharmacists, social workers, and nutritionists.

“Patients, who are encouraged to wear street clothes during the program, are also encouraged to have a coach—a friend or family member—who can attend all pre-op classes and assist them when they return home,” says Pat J. Ford, RN, BSN, ONC, care specialist for the Center for Joint Replacement, who has also been involved with the center since its inception. “This helps patients not to feel so much like they are sick patients, and they can focus on the program as an opportunity to return to their highest level of function.”

Following their surgery, about 95 percent of patients go home from the hospital within three days and begin outpatient therapy. Most patients can resume normal activities with significantly reduced or eliminated pain within six weeks.

Watching Their Success

Upon completion of the joint replacement program, Dr. Salvagno invites his patients to a yearly reunion.

“The reunion is a great opportunity for patients to stay in touch with other fellow patients they went through the program with,” says Dr. Salvagno. “Joint replacement surgery is very rewarding to me because it can be so life-changing for patients. It’s wonderful to see and interact with my patients year after year and to know that Washington County Hospital offers such a valuable resource to its community.”

For more information about the Center for Joint Replacement at Washington County Hospital, visit washingtoncountyhospital.com/joint or call (301) 790-8060.

Times Have Changed

Joint replacement procedures aren’t the same as they were 10 years ago. To help keep you up-to-date on these changes—especially if you’re considering joint replacement—Ralph T. Salvagno, MD, orthopedic surgeon and medical director of the Center for Joint Replacement, answers a few common questions.

Q: What is the average age of someone receiving a joint replacement?

A: “The majority of those we treat are in their 60s, but sometimes patients require care as early as their 40s. As people are living longer, we’re even treating some patients in their 80s and 90s.”

Q: How have implants changed over the years?

A: “Joint implants have improved dramatically in recent years thanks to better materials and manufacturing processes.

Through the use of more durable polyethylene (plastic), highly polished metals, and ceramics, many joint implants can now last more than 20 years. For some patients, new techniques, such as minimally invasive surgery, may also be an option.”

Q: How are today’s joint replacement techniques impacting patient recovery?

A: “Many patients are noticing significant changes in post surgery rehabilitation programs. In the early days of joint replacement, patients were often hospitalized for up to two weeks and required traction and limited weight bearing on the operative limb for many weeks. However, today’s modern rehabilitation protocols now allow patients to spend just days in the hospital with access to immediate weight bearing and functional-based rehabilitation programs.”



Ralph T. Salvagno, MD, orthopedic surgeon and medical director of the Center for Joint Replacement at Washington County Hospital, uses joint implants to help patients achieve their full potential.

Recognized for World-Class Stroke Care

Washington County Hospital recently received notification that it will be awarded Primary Stroke Center accreditation from the Maryland Institute for Emergency Medical Services Systems (MIEMSS), which means quality stroke care is always available close to home.

With the five-year certification, which officially begins September 1, Washington County Hospital will join a select group of healthcare providers who have received this designation to date. MIEMSS based its findings on an onsite review of stroke care and data submitted by the hospital, including clinical protocols and procedures that treat and manage stroke.

“Washington County Hospital has been providing the highest caliber of stroke care for years, and we are being recognized for our efforts,” says Tom Pianta, MPT, administrative director of health management for the hospital. “We are honored to be one of the first MIEMSS-accredited centers, and proud to offer this level of quality care to patients with stroke.”

The certification also means that Emergency Medical Services (EMS) will bring patients within a 30 minute drive who have had stroke symptoms for less than three hours to Washington County Hospital. This prevents patients from being taken to another, non-certified healthcare provider to receive treatment.

Caring for the Community

When it comes to care for stroke patients, every second counts, and the hospital’s stroke center provides a medication that has proven effective in treating many individuals suffering the effects of acute strokes.

The medication, recombinant tissue plasminogen activator (tPA) can be given within the first three hours following the onset of a stroke. This drug is a clot-busting medication, which means it effectively dissolves the blood clot causing the stroke, thus stopping the stroke in its tracks.

“Not all stroke victims are candidates for the drug—especially those who suffer a hemorrhagic stroke—but those who are candidates have seen success after having the drug administered in a timely manner,” says Samina Anwar, MD, neurologist and medical director of Washington County Hospital’s stroke center. “Because time is of the essence in delivering tPA, the hospital’s stroke team is ready at a moment’s notice to care for stroke patients—a fact which furthers the exemplary care provided by the Stroke Center.”

During the certification process, MIEMSS evaluated the hospital’s strong commitment to rehabilitation and standards of care for stroke patients that were already in place. Team members at the hospital were pleased with the results.

“We have a fully equipped and trained stroke team that follows proven protocols of care to ensure that stroke patients receive the care they deserve,” says Dr. Anwar. “Although the MIEMSS certification confirms our



Samina Anwar, MD, neurologist and medical director of the Washington County Hospital stroke center, evaluates a stroke patient during recovery.

Photos: Kyle Haught

status as a leader in stroke care, we will never stop striving for excellence. Our patients can take comfort in the fact that they will continue to receive the best care for stroke available.”

For more information on stroke care visit washingtoncountyhospital.com or call (301) 790-8843.

Know the Symptoms

The Face, Arm, Speech, Time (FAST) test can help you recognize the symptoms of a stroke and get help fast.

Face—Ask the person to smile. Does one side of the face droop?

Arms—Ask the person to raise both arms. Does one arm drift downward?

Speech—Ask the person to repeat a simple sentence. Are words slurred?

Time—If the person shows any symptoms, time is important. Call 911 immediately!

In the United States, someone has a stroke every 45 seconds. If you suspect a stroke, act FAST!



WASHINGTON COUNTY
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SPECIAL EVENTS

Caregiver's Forum

This seminar series offers practical tips for anyone providing care for a loved one. Next seminar will be held on August 9 at 11:30 a.m., and will include lunch for \$7. Held at Robinwood Medical Center, Suite 142.

Call 1-888-803-1518 to register.

55 and Up

This group for those age 55 and older meets for a luncheon and educational seminar given by a physician guest speaker. Join us on Tuesday, August 28 at 11:30 a.m. for *Tips for a Safe Hospitalization* featuring Dr. Robert Brooks, vice president of medical affairs at Washington County Hospital; and Tuesday, September 25 at 11:30 a.m. for *Sleep Disorders in the Elderly* featuring Dr. Danai of Pulmonary Consultants of Hagerstown. Cost for lunch is \$9. Held at Robinwood Medical Center, Suite 142, silver entrance.

Call 1-888-803-1518 to register.

CLASSES AND PROGRAMS

Aquatic Classes

A variety of aquatic classes are offered, including prenatal and aerobic, as well as for those with arthritis, diabetes or joint replacement.

For more information, call (301) 714-4025.

Cardiac Rehab Program

A program for individuals who have had a heart attack, surgery or angioplasty.

For more information, call (301) 790-8940.

Childbirth Education and Related Classes

Classes cover childbirth, Lamaze, baby care, siblings, and infant CPR.

For more information, call (301) 790-8214.

Weekend classes are available once a month.

Congestive Heart Failure Program

A program for individuals with diagnosed heart failure or who need help managing illness.

For more information, call (301) 790-8940.

CPR Classes

Classes include heartsaver (adult, child, infant for layperson) and healthcare provider programs.

For more information, call 1-888-803-1518.

First Saturday of each month

Diabetes Educational Program

A program for individuals affected by diabetes. New groups begin each month.

For more information, call (301) 714-4041.

Family Birthing Center Tours

Come learn about programs to meet prenatal, labor, delivery, and postnatal needs. The group will meet at the FBC waiting room.

Every Sunday at 4:30 p.m.

Fibromyalgia Therapeutic Program

This program offers information on self-management for people with fibromyalgia. Physician referral is required.

For more information, call (301) 714-4025.

First-Aid Class

For more information, call 1-888-803-1518.

Osteoporosis Therapy

This program offers information on osteoporosis non-medication management such as exercise, fall and fracture prevention, and nutrition. Physician referral is required.

For more information, call (301) 714-4025.

Vascular Exercise Program

This program is designed for people who experience leg pain with exercise or exertion, due to poor circulation. The program typically includes five to six treatment sessions designed to help people improve lower extremity strength and mobility and gain an understanding of vascular risk factors.

For more information, call (301) 790-8570.

Weight-Loss Program

This is a medically managed weight-loss program at Robinwood Endocrinology.

For more information or to sign up for an information session, call (301) 714-4044.

SUPPORT GROUPS

Breast Cancer

This group is sponsored by Breast Cancer Awareness of Cumberland Valley.

For more information, call (301) 791-5843.

Second Monday of each month

Breastfeeding

This group is for pregnant women planning to breastfeed and mothers who breastfeed.

For more information, call (301) 790-8530.

First and third Friday of each month

Headway

This group offers support for persons living with brain injury. Families are also welcome to attend.

For more information, call (301) 714-4028.

First Tuesday of each month

Labor of Love

This group is for anyone who has experienced a miscarriage, stillbirth or newborn loss.

For more information, call (301) 739-3863 or (301) 739-2439.

First Wednesday of each month

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Leukemia and Lymphoma

The John R. Marsh Cancer Center, in partnership with Leukemia and Lymphoma Society, Maryland Chapter, sponsors a support group for patients and families affected by leukemia, lymphoma, Hodgkin's disease, MDS or myeloma.

For more information, call
(301) 665-4650.

Man-to-Man

This is a prostate cancer education and support group sponsored by the Urological Center PA, WCHS, and the American Cancer Society.

For more information, call
(301) 733-0022.

Third Wednesday of each month

Ovarian Cancer

This group is for women who have been diagnosed with ovarian cancer.

For more information, call
(301) 665-4657.

Second Tuesday of each month

Second Wind Club

This group is for persons with breathing difficulties and respiratory diseases.

For more information, call
(301) 790-8195.

Second Tuesday of each month

Stroke

This group is for stroke survivors and families. It is sponsored by Total Rehab Care and the American Heart Association.

For more information, call
(301) 714-4025.

Fourth Wednesday of each month

CLINICS

Blood Pressure Clinics

These free clinics are offered by Home Health Care.

For more information, call
(301) 766-7800.

Breast Cancer Clinics

This includes free education, clinical exams, and transportation to clinics, funded by Susan G. Komen For the Cure.

For more information, call
(301) 665-4671.

Collaborators: John R. Marsh Cancer Center, Breast Cancer Awareness—CV, and Washington County Health Department BCCP

Vascular Screening Clinic

This free screening is for those 55 and older for peripheral arterial disease, abdominal aortic aneurysm, and stroke. Screenings are available by appointment only.

For more information, call
(301) 790-8946.

Listen for the Washington County Hospital Health Matters Radio Show

Call (301) 739-2323 during the show with your questions. Every Tuesday at 9:30 a.m. on WJEJ radio (1240 AM).

Watch the Contemporary Retirement television program for more information on hospital programs and services.

Sundays at 7:30 a.m. on NBC-25

Clinical Trials at Washington County Hospital

The Center for Clinical Research at Washington County Hospital is conducting research studies for individuals who have conditions such as irritable bowel syndrome—constipation, ulcerative colitis, chronic obstructive pulmonary disease (COPD), diabetes, epilepsy, cancer, pain, osteoarthritis, and gastroesophageal reflux disease (GERD).

If you are over 18 years of age and would like more information, call 1-800-411-3901.

Caregivers Conference and Expo

On Friday, September 28, Washington County Hospital will sponsor the annual Caregiver's Conference and Expo, a day-long event offering practical tips from the experts on normal aging, safeguarding your loved one, technical aspects of caregiving, and stresses of caregiving.

Bill Bugg will provide the keynote address, *Soaring Above Adversity*. The conference will also include a session, *Rights of the Caregiver*, featuring a panel of healthcare experts, as well as roundtable discussions on resource planning, advance directives, navigating the healthcare system, compassion fatigue and depression, Medicare Part D, the working caregiver, and hands on caregiving technical sessions.

The conference will be held at Robinwood Medical Center. Cost is \$15 per person and includes a variety of free health screenings and free massages. Registration is required.

For more information or to register, call 1-888-803-1518.

Repeat Performance Thrift Shop

Stop by our new location at 18706 Crestwood Drive (off Pennsylvania Avenue) to check out our variety of gently used clothing, jewelry, shoes, handbags, books, CDs, videos, linens, and small household items. Open Tuesdays through Fridays 10 a.m. to 4 p.m., and Saturdays 9 a.m. to 2 p.m. We are looking for more volunteers to staff the shop—a great opportunity for retired retailers.

For more information, call
(301) 790-8143.

Join the Health Focus Reader Panel

If you are interested in joining a select group of readers to share your thoughts and help us plan for future issues of *Health Focus*, please take a few minutes to fill out our short online survey at

www.washingtoncountyhospital.com by July 31, 2007. 



www.washingtoncountyhospital.com

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