

# Good Health

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# Union Hospital's new partner provides state-of-the-art physical therapy

In keeping with Union Hospital's mission to provide our community with the highest quality care, we are proud to announce our new partnership with PRO, an ATI Physical Therapy Company (PRO/ATI).

PRO/ATI is a leading provider of orthopedic rehabilitation and sports medicine with approximately 140 clinics, including 36 locations throughout Delaware, Maryland and Pennsylvania. PRO/ATI will provide management and operational support services for Union Hospital's inpatient rehabilitation unit and outpatient therapy services, including speech therapy, orthopedic physical therapy and occupational therapy.

## A shared commitment to excellence

Sharon Gregory, business development director for PRO/ATI, says the company is very excited about its new relationship with Union Hospital. "This partnership brings together two health care organizations that share a common mission: to provide the highest quality, evidence-based care for each individual we treat and to give back to the communities where we live and work," says Sharon.



*Ralph Franceschini, Senior Vice President of Operations for PRO/ATI*

"PRO/ATI has its own internal research department which studies state-of-the-art treatments and clinical outcomes," reports Sharon. "Then, our therapists utilize the results of those studies to personalize a treatment plan for every person who walks through our door."

Locally, PRO/ATI works to maintain excellent relationships with the community and its medical providers including staff at Union Hospital. "Our Senior Vice President of Operations, Ralph Franceschini, spent the early part of his career integrally involved with the rehabilitation unit of Union Hospital and has many long-term ties to our community," says Gregory. In addition, for the sixth consecutive year, readers of the Cecil Whig have voted PRO/ATI their favorite provider of physical therapy services.

## A shared commitment to community

The importance of giving back to the community is another value that PRO/ATI shares with Union Hospital. In addition to conducting ongoing training for therapists at the hospital and in its clinics, PRO/ATI provides community education programs and free injury screenings. The company has also created a foundation to help children with physical disabilities whose families lack the financial resources to pay for treatment or assistive devices.

Also like Union Hospital, PRO/ATI takes pride providing the highest level of quality care, teamwork, communication and one-to-one service for patients. The new partnership will help Union Hospital align the physical therapy services we offer with our goal of continuing to provide advanced patient care and leading-edge treatment techniques to our local community.

*The new partnership will help Union Hospital align its physical therapy services with its goal of continuing to provide advanced patient care and leading-edge treatment techniques to the local community.*



*Therapist Steve Kunkle helps a patient rehab her leg.*

# New physicians join Union Hospital



## Justin Sausville, MD, Urology

Union Hospital is proud to welcome urologist Justin Sausville, MD, to our medical staff. Dr. Sausville specializes in the treatment of conditions affecting the urinary tract and the male reproductive system. He attended the University of Maryland School of Medicine and completed his residency at the University of Maryland Medical Center in Baltimore. His office is located at 123 Singerly Avenue, Suite B, in Elkton. To schedule an appointment, call Union Urology at **(410) 620-2244**.



## Neha Malhotra, MD, Endocrinology

Also joining Union Hospital's medical staff is endocrinologist Neha Malhotra, MD. Dr. Malhotra's specialty is the treatment of hormone and glandular system disorders. She completed her residency in Internal Medicine and a fellowship at Nassau University Medical Center in East Meadow, NY. Dr. Malhotra has also earned certification by the American Board of Internal Medicine. Her office is located at Singerly Medical Offices, 137 West High Street, Suite 1B, in Elkton. Call **(410) 620-3548** to schedule an appointment.

## Hope and help for families affected by mental illness

When mental illness touches a family member, the entire family can suffer. Now help and hope is available at Union Hospital's Speak Up support group for family and friends of those with mental illness.

According to Union Hospital social worker Amy Shives, BSW, "Families often feel alone or stigmatized by mental illness. This group will allow them to share experiences, information and resources with others who are coping with similar challenges."

Psychologist Walter Roemer, Ph.D, facilitates the group discussion every Wednesday from 5 to 6 p.m. in the IOP Room on the 4<sup>th</sup> floor of Union Hospital. Everyone is welcome to attend. For more information or to confirm your seat, please call **(410) 392-2689**.

SPEAK  
UP



## Find us on Facebook

Keep up with Union Hospital news and events, view photos and take part in interesting discussions on our Facebook page. To find us, go to our website, **www.uhcc.com**, and click on the Facebook icon; or search for Union Hospital of Cecil County while on Facebook.

## Correction

In the Summer 2011 edition of Good Health, audiologist Dana Sokolowski, MS, CCC-A, was incorrectly identified with MD credentials under her photo. We apologize for this error.

# Community Health

*For more information and registration for these and other community*

## Health Programs

**American Cancer Society & Union Hospital Co-Sponsor  
“I Can Cope” Cancer Education Program • Free  
December 21, January 18 & February 15, 5:30 - 7 p.m.**

This program gives participants an opportunity to share their concerns with others having similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Guest speakers include professionals in the field of cancer management. A light dinner will be provided.

**LAP-BAND AP System® for Surgical Weight Loss  
December 27, January 31 & February 28, 6 - 7 p.m.**

Learn more about our adjustable gastric banding weight loss tool at one of our free seminars. The seminar will provide an overview of the procedure, qualifications for surgery, costs, life after surgery and expected results to help you make an informed decision. **Registration is required, so call (410) 392-7000.**

## Meetings, Clubs & Support Groups

**American Diabetes Association Support Group • Free  
Second Tuesday of each month, 7 p.m.**

Support and educational group for persons with diabetes and their families.



**Moms Matter • Free  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of each month  
(excluding holidays), 3:30 - 5 p.m.**

This is a new support group for moms coping with pregnancy or postpartum depression (PPD), anxiety or mood disorder. Through supporting each other and by sharing resources, new moms can be happy and healthy again. **To join or for more information, please call (410) 620-3773.**

**Red Hot Mamas Menopause Management Program • Free  
December 13, January 24 & February 28, 6:30 - 8 p.m.**

The goal of this program is to provide sound medical information and peer support to women dealing with the physical and psychological impact of menopause.

**Caregivers Support Group • Free  
December 21, January 18 & February 15, 4 - 5 p.m.**

Sponsored by Union Hospital's Adult Day Services, this group offers emotional support, tips about managing your loved one and information about community resources. Anyone caring for a loved one either at home or in a nursing facility is invited. If you wish, bring your loved one. Staff is available to provide care during the meeting. **Call (410) 392-0539 for information.**

**Look Good . . . Feel Better • Free**

This program offers women and men with cancer a chance to learn how to enhance their appearance while undergoing treatment. A licensed cosmetologist assists those with cancer in looking their best. **Call (410) 398-4000, ext. 1729, for an appointment.**

**Union Survival Circle • Free  
December 14, January 11 & February 8,  
noon - 1 p.m. & 5:30 - 6:30 p.m.**

Support groups are an excellent complement to medical care. Those faced with breast cancer can join us and receive support, understanding, guidance and education to help you stay strong and positive. **For information, call (410) 620-3710.**

**Breastfeeding Support Group • Free  
Every Tuesday, 10 - 11 a.m.**

This support group is an easy way for mothers to exchange information and experiences, thereby increasing the incidence and duration of breastfeeding. **Call (410) 620-3773 for information.**



**Speak Up • Free  
Wednesdays, 5 - 6 p.m.  
Open to the General Public**

This is a new support group for family members and friends assisting loved ones as they cope with mental illness. **Call (410) 392-2689 for more information or to confirm your seat.**

# Education Programs

*education programs, call (410) 392-7000 or visit [www.uhcc.com](http://www.uhcc.com).*

## Childbirth & Family Education

For more information and registration for our childbirth and family education programs, call (443) 406-1355 or visit [www.uhcc.com](http://www.uhcc.com)

### **Childbirth Education • \$50 per couple**

**December 1 - 15; 6:30 - 9 p.m. (Special Express Holiday Edition – three-week labor basics ONLY)**  
**Five-week series: January 5 to February 2 & February 16 to March 15; 6:30 - 9 p.m.**

This class prepares you with the knowledge and coping skills for the birth of your baby. Learn about breathing and relaxation techniques, physical and emotional changes to expect, types of anesthesia and medications sometimes used in labor, post-delivery adjustments and care of the newborn. We recommend starting classes 8-10 weeks before your due date.



### **Express Labor Basics • \$50 per couple**

**One-Day Session, December 10, 8 a.m. - 2 p.m. & February 25, 8 a.m. - 2 p.m.;**  
**Weekend Two-Day Session: Friday, January 20, 6:30 - 9 p.m. & Saturday, January 21, 9 a.m. - 1 p.m.**

Only the essentials of labor and delivery are covered. Topics include: signs of labor, breathing, relaxation, comfort measures, possible interventions, caesarean birth and medications.

### **New Additions • \$20 per couple**

**January 3, 6:30 - 9 p.m.**

The New Additions class is offered to couples who are either new parents or current parents in need of a refresher. Topics include: car seat safety, reducing the risk of Sudden Infant Death Syndrome (SIDS), infant CPR, first aid and more.

### **Breastfeeding Class • \$20 per couple**

**December 3 & February 4, 1 - 3 p.m.**

This class is recommended to those expectant mothers in their third trimester. This interactive class educates mothers about the benefits of breastfeeding and how to properly breastfeed.

### **Second Time Around • \$20 per couple**

**January 16, 6 - 9 p.m.**

This class is intended for those who have already experienced labor and delivery at least once. Included in this class: a review of labor, pain coping strategies, breathing, relaxation and medication options available; how this pregnancy and family adjustment may be different; and a tour of the Maternal Infant Center.

### **Infant Massage & Soothing Techniques • \$20 per couple**

**December 5 & February 6, 6:30 - 9 p.m.**

Infant massage promotes bonding and attachment to your new baby. It calms your baby's nervous system leading to less crying and more restful sleep. Develop confidence in handling your baby.

### **Grandparenting Today • \$10 per couple**

**January 9, 6:30 - 8:30 p.m.**

Contributions grandparents make in the lives of their families are extraordinary. Learn how to keep your grandchild safe, make your child's job of parenting easier and receive updated information on the many changes since you first became a parent yourself. Infant CPR demonstration is included.



# A good night's sleep doesn't have to be just a dream

Missing even one night of sleep can leave you tired and irritable. However, chronic sleep deprivation that results from a sleep disorder causes more than just a bad day.

Not sleeping well increases the risk of serious health problems, including high blood pressure, heart attack and depression, as well as the risk of accidents that may endanger others.

About one-third of Americans have a sleep disorder; however, there's no need for you or your health to suffer. The Sleep Disorders Center at Union Hospital offers a comprehensive approach to diagnosing and treating sleep disorders right here in our community.

## A personalized approach to sleep disorder

At the Sleep Disorders Center, we are dedicated to determining the cause of your sleep deprivation so that appropriate treatment can be recommended. Located on the 4<sup>th</sup> floor of Union Hospital, the clinical staff provides closely monitored expert care using highly sophisticated technology. Our location inside the hospital means patients benefit from our direct access to specialists, such as neurologists and otolaryngologists, if they're needed.

Our medical team will work closely with you and your family to provide the most successful treatments possible. Electroencephalograms (EEGs) and other tests may be used to diagnose your condition. Once your tests are completed, we'll send a thorough report to your doctor who can review your treatment plan with you.

If you or someone you care about is suffering from a sleep disorder, ask your physician about the Sleep Disorders Center at Union Hospital. Information and appointments are also available by calling **(410) 620-3705**.

## Tips for better sleep

If you have occasional trouble sleeping, try these helpful tips:

- Stick to a consistent sleep schedule — even on weekends — to reinforce your body's sleep/wake cycle.
- Avoid caffeine, nicotine and alcohol four to six hours before bedtime.
- Exercise daily, but not within two hours of bedtime.
- Have a bedtime ritual, such as taking a bath or reading, that is your body's cue to wind down.
- Create a comfortable environment for sleeping, which usually means a cool, dark and quiet room.

## What could losing weight do for you?

Losing excess weight can reduce your risk of serious illnesses including heart disease, diabetes and many kinds of cancer. If you are ready to lose weight — and keep it off — join Union Hospital and Tri-State Surgical Associates, LLC to learn how the Lap-Band AP System may help you be healthier for life.

Often available as an outpatient procedure, the Lap-Band AP System is an adjustable gastric band that helps curb hunger without stomach cutting or stapling. Plus, the band can even be removed if necessary.

Call **(410) 392-7000** to register for a free seminar at Union Hospital from 6 to 7 p.m. on the following dates:

**December 27 — January 31 — February 28**

## Moms Matter — a new support group for postpartum depression

Are you pregnant or recently had a baby and feeling depressed? If so, you may be suffering from pregnancy or postpartum depression, anxiety or mood disorder. Postpartum depression (PPD) is a complex mix of physical, emotional and behavioral changes that affect up to 13 percent of women after giving birth.

PPD is caused when hormones in the body go through extreme changes that can create depression and anxiety. Symptoms ranging from mild to severe depression may appear within days of giving birth or up to a year later. Some women develop PPD symptoms during their pregnancy.

Most women giving birth will experience a brief period of “baby blues” where changes in mood, sleep and appetite can occur. However, if symptoms worsen or continue longer than two weeks, you may have PPD and should seek help from your doctor or a medical provider.

The good news is that PPD is treatable and you can get better. Counseling and medication are just some of the treatment options available. In addition, Union Hospital is offering a new PPD support group called Moms Matter. By having the support of other moms who understand and know how isolating PPD can be, those affected can be happy and healthy again.

Moms Matter meetings are held the first and third Wednesdays of each month (excluding holidays), from 3:30 to 5 p.m., at Union Hospital. To join or for more information, please call **(410) 620-3773**.

## New pay-on-foot system in parking garage

Effective January 9, Union Hospital will implement a new pay-on-foot parking system for the parking garage. It will be free to use the garage for the first hour, and after that, motorists will be charged \$1 per hour, with a daily maximum of \$3. This nominal-fee structure is necessary to help cover facility maintenance expenses.

Here is how it works: Upon entering the parking garage, take a ticket from the ticket machine. Prior to exiting, go to the automatic pay station located in the garage on the first floor at the pedestrian entrance to remit payment.

Next, proceed to the exit and insert the validated ticket into the exit verifier for exit. A parking attendant will be on duty and the exit lane is equipped with an intercom should you need assistance.



## *Early detection of cancer saves lives* Free head and neck cancer screening

Union ENT and Union Hospital are offering free screenings for cancers of the mouth, nose, sinuses, salivary glands, throat and lymph nodes in the neck. As with most cancers, early detection of head and neck cancer increases the effectiveness of treatment. Risk factors for these cancers include:

- Tobacco use, including smokeless tobacco
- Alcohol use
- Family history of thyroid, neck and head cancer
- Non-healing oral ulcers or lesions
- Persistent hoarseness or trouble swallowing

If you are 18 years of age and older and have one or more of these risk factors, please call **(410) 392-7000** to register for your free screening. Advance registration is required.

**December 8, 4 to 7 p.m.**

111 West High Street, Suite 303, in Elkton



106 Bow St.  
 Elkton, MD 21921  
 (410) 398-4000  
**Rising Sun:** (410) 658-4757  
**Delaware:** (302) 731-0743  
**TDD:** (410) 398-5941  
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**Tis the season to give – Union Hospital Foundation benefits the patients and special needs of Union Hospital. To make a gift, please use the donation envelope stapled inside this newsletter.**

## A bright start for the holidays

### *Let your light shine on the 2011 Gift of Lights tree at Union Hospital*

The lighting of the Gift of Lights tree at Union Hospital is a tradition that signals the start of the holiday season in our community. The Gift of Lights tree is also a symbol of the sense of community we share, as each bright light represents a donation to benefit Union Hospital in its mission to provide state-of-the-art health care close to home.

You can add your light to this holiday tradition with a tax-deductible donation of \$10 per light. Your lights can reflect your love for someone special as well as help the hospital auxiliary raise funds when you designate your gift to memorialize or honor a loved one or to celebrate a special occasion.

The Gift of Lights program is sponsored by the 3<sup>rd</sup> and 4<sup>th</sup> District Auxiliary of Union Hospital. Through their fundraising efforts and the hours of service they give to the hospital, Auxiliary volunteers play a vital role in helping Union Hospital meet the health and wellness needs of our community.

To be a part of the tradition and let your light shine this holiday season, complete this form and mail it with your Gift of Lights donation today.



### **I want to add my light to the Gift of Lights celebration**

My tax deductible cash gift or check in the amount of \$\_\_\_\_\_ is enclosed. Minimum donation: \$10.00 per light.

My Name \_\_\_\_\_

Address \_\_\_\_\_

Phone# \_\_\_\_\_

Please print clearly:

In Honor of/In Memory of: (Circle one)

In Honor of/In Memory of: (Circle one)

In Honor of/In Memory of: (Circle one)

Check One:

I do want my donation published

I do not want my donation published

**Please make your check payable to UHCC 3<sup>rd</sup> & 4<sup>th</sup> Auxiliary, mail to UHCC c/o Volunteer Department, Union Hospital, 106 Bow Street, Elkton, MD 21921.**

Donations are welcome for lights on the tree through December 31, 2011.