

Civista Today

Fall 2007

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New Garrett Avenue entrance nears completion in preparation for October 18 Community Open House (see below for more information).

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A Message from our President

*Christine M. Stefanides, FACHE
President and Chief Executive Officer*

In less than a month we will be celebrating the “new” and improved Civista Medical Center. Our three-year construction and renovation project is nearly complete, and we are eager to show

you what has been accomplished on your behalf.

The completion last December of our new four-story South Tower gave us renewed energy for the task of renovating the existing medical center. Although there were the usual construction challenges while building the tower – noise, dust, parking, way finding -- we were able to continue patient care in the existing medical center since it was a separate building.

Construction in the existing medical center, however, presented new and very different challenges. Patient care had to continue around the clock -- with minimal disruption. As departments were renovated and/or relocated, and new services and equipment were added, departments and staff members often had to move to temporary quarters to accommodate the work.

Renovations of this magnitude do not involve simply changing the paint, flooring, or wallcovering. Considerations of power, piping, ceiling clearance, structural supports, space requirements, equipment transport -- all were integral to this project.

The end result of the labor and sacrifice of many is a medical center our community can be proud of. Our investments in building, renovations, and information technology are achieving the goals we set forth from the beginning: A Civista Medical Center which will reduce errors, make patients safer, improve clinical processes, reduce waste and waiting, and make patients healthier, faster in an environment that is humane and pleasant for patients and staff alike. And yes, where the touch of a caregiver’s hand still carries the same warmth and reassurance as it did when we first opened our doors in 1939.

We are eager to show you the “new” Civista Medical Center on the evening of October 18 during our Community Open House. Check your local newspaper or our website www.civista.org for further information on this very special opportunity to see what you have helped to provide for our patients and our community.



The more you know, the better you’ll feel.

A Focus on Function with REHABILITATION SERVICES



Photo: l to r: Laura Pilkerton, PT, Larry Edwards, Sharon Khoo, SLP.

The professionals at Civista Medical Center's Rehabilitation Services promote functional independence using a hands-on approach to help advance your recovery process.

Having recently completed an extensive renovation project, we are now able to offer a more modern, private, comfortable, and therapeutic environment as provided in our new location on Two West. This allows for easier outpatient access and easier access to inpatient units. A large open gym with windows, private treatment rooms for outpatients, separate treatment areas for all services, and increased space for new equipment are all part of the new and renovated space provided for the rehabilitation of patients.

Occupational Therapy, Physical Therapy, and Speech Therapy are provided to inpatients and outpatients at the medical center.

The highly trained clinical staff provides a wide range of treatment programs and educational services for patients. They are dedicated to ensuring you reach your maximum potential.

They work closely with each patient to evaluate the impact and loss of function due to disease, trauma, surgery, or aging. Individualized treatment plans and functional goals are developed with each patient and their referring physician to provide the most effective care.

The therapists work with you to help relieve pain, improve strength, and regain your range of motion, coordination and balance. They provide care with compassion, while respecting and supporting your desire to return to the activities in life that are important to you.

Larry Edwards of Welcome learned first hand of Civista's Rehabilitation Services: "In the early hours of a morning in January life changed. I woke to find my speech was just sounds and my right arm and leg were losing strength and usability by the minute. I was having a stroke. After three weeks of hospital care as an acute stroke victim followed by five weeks of intense therapy and rehabilitation, I was sent home to continue therapy as an outpatient.

Working with my case manager at National Rehabilitation Hospital, we determined that Civista Medical Center was part of

my insurance network and could meet my outpatient therapy requirements for occupational, physical and speech therapy with the least amount of travel and time...

"I was in therapy and my recovery continued with a minimal amount of time lapse. At Civista I was greeted with big smiles and warm welcomes from everyone. Edwards continued, The therapists are trained professionals and I am now recovering and doing things I thought I would never do again."

Because of a great staff of people who care, we see great progress by working together and solving my individual needs. The community will benefit greatly from the new rehabilitation wing which will provide even better tools and facilities for the dedicated therapists and staff."

According to Laura Pilkerton, PT (Physical Therapist), "Our therapists work well together, we are a close knit group. Our strength is that we are able to provide one on one service to our patients in a very personalized atmosphere. Our patients enjoy the friendliness of our department from greeting to goodbye."



Photo: Rehabilitation Services staff front row l to r: Diane Burroughs, PTA (Physical Therapy Assistant); Joyce Roy, Customer Service Representative; Tony Ignacio, OT; Robin Lancaster, Rehabilitation Technician. Back row l to r: Kris Edgar, PT, Manager, Rehabilitation Services; Sharon Khoo, SLP (Speech Language Pathologist); Kathy Brady, PTA; Laura Pilkerton, PT.

Tony Ignacio, OT (Occupational Therapist) agrees. "Our staff is very experienced, and our department is stable, which is important to our patients. Almost everyone has worked here for a decade or more. We are in touch with the community and receive very good feedback from our patients."

Both agree their new space and location will allow them to use their creativity and new rehabilitation equipment to further enhance the services they provide to their patients.

Inpatient services are available seven days a week while outpatient services are available Monday through Friday by appointment. For information on insurance acceptance and to schedule appointments, please call 301-609-4290. A physician order is needed for outpatient treatment.



BREATHING BETTER WITH CARDIOPULMONARY SERVICES

Photo l to r: Holly Rhoads, RCP, RRT; Billie Purcell, Angela Booker, RCP, RRT, Manager, Cardiopulmonary Services

The **Cardiopulmonary Department** is an integral part of patient care services at Civista Medical Center. The department treats and cares for patients with breathing disorders. In addition, therapists provide a broad range of diagnostic services for cardiac and neurological patients. The department is located on Two West. To participate in the

certified in ACLS and PALS. Under a Medical Director who is a Board Certified Pulmonologist, the department provides initial and ongoing patient assessment, diagnostic evaluation, treatment and management of patients with deficiencies of the lungs. The department is located on Two West.

The **Respiratory Department** at Civista recently earned the 2007 Quality Respiratory Care Recognition (QRCR). Five hundred out of 5000 hospitals nationwide have received this recognition and only two in the metropolitan area are included. Angela Booker, Manager of Cardiopulmonary Services notes, "We are fortunate to have been able to attract and retain exceptionally skilled respiratory therapists. Our respiratory team is committed to providing quality care to our patients, and we are excited and proud to receive this recognition." Hospitals earning the QRCR designation help ensure quality patient care by agreeing to adhere to a strict set of criteria governing their respiratory care services. A list of QRCR hospitals is maintained at www.yourlunghealth.org.

services a physician's referral is required. Services provided by the department include: respiratory care, a Pulmonary Function Testing Lab, EEG, EKG, and a Sleep Disorders Lab. For further information on Cardiopulmonary Services call 301-609-4278.

The **Respiratory Department** functions 24-hours a day, seven days a week, serving all areas of the medical center, including ICU/CCU, Emergency Department, Mother/Baby Unit, Medical/Surgical and Telemetry floors. Treatment for inpatients is provided by licensed therapists through the National Board of Respiratory Care and the state of Maryland. In addition each therapist is

Lois Monaco of Waldorf has received respiratory therapy services for COPD (chronic obstructive pulmonary disease) at Civista for several years. "I've been coming to Civista for treatment since 2001. I've been very pleased with the care I've received there. The staff is punctual, they explain everything to me and it's a pleasant experience."

Billie Purcell of La Plata (*pictured*) has also been a respiratory therapy patient for many years at Civista. She notes, "The service here is great. It feels like a second home to me. Each time they straighten me out and they've helped me a lot. I've also been in the Emergency Department and received very good care there."

The **Pulmonary Function Testing (PFT) Lab** provides high quality outpatient diagnostic procedures. The service is provided from 7:30 am - 5:30 pm, Monday, Tuesday, Thursday and Friday. The department is located on Two West. To schedule an appointment call 301-609-4278. Diagnostic procedures include:

- Spirometry with and without post-bronchodilator testing
- Static lung volume determination (plethysmograph)
- Diffusion capacity
- Airway resistance and conductance
- Inpatient bedside spirometry

Other Outpatient Services

In addition, the following outpatient services are provided seven days a week, 7:00 am - 5:00 pm. To schedule an appointment call 301-609-4278.

- **Arterial Blood Gas** (preoperative and diagnostic) - where blood is taken from an artery (generally taken from the wrist or elbow area). The results can provide more information about how the lungs are working and how the body is responding to decreased levels of oxygen.
- **EEG** (Electroencephalogram) - an electrical recording of the activity of the brain amplified many times. (Monday thru Friday only)
- **EKG** (electrocardiogram) - is a graphic produced by an electrocardiograph, which records the electrical activity of the heart over time.

The **Sleep Disorders Lab** consists of four beds and is located in the Same Day Surgery Department, first floor, in the South Tower. The sleep lab serves patients from 9:00 pm - 6:00 am, seven days a week. Diagnostic testing requires an overnight stay to evaluate and treat all sleep disturbances. A physician's order is required. To schedule an appointment, call 1-800-AWAKEN-1. Studies include:

- Polysomnography
- Split-night polysomnography
- CPAP titration
- Multiple Sleep Latency Testing (MSLT)



Life After Heart Disease With CARDIAC REHABILITATION

The Cardiac Rehabilitation Program of Civista Medical Center helps participants achieve a heart-healthy lifestyle and reduce their cardiovascular risk factors. The program is directed by a board-certified cardiologist. Each exercise session is supervised by a registered nurse and an exercise physiologist who are advanced cardiac life support (ACLS) certified.

Our team of professionals includes the medical director, registered nurses, and exercise physiologists who are available to help you achieve these benefits of Cardiac Rehabilitation:

- Improved functional abilities
- Improved quality of life
- Reduced lifestyle-related risks
- Increased knowledge of the disease process and prevention strategies
- Increased ability to perform tasks of daily living
- Increased self-esteem and confidence
- Increased adherence to healthy lifestyle choices
- Licensed dietitians, diabetes educators and physical therapists are also available through consult.

Phase I of the inpatient program begins after cardiac surgery or complication. A member of our staff visits you while you are an inpatient at Civista Medical Center. We discuss your surgery, the benefits of cardiac rehabilitation, risk factors, and answer any questions you may have.

Phase II is an outpatient program and begins 1-3 weeks after the patient is discharged from the medical center. This program requires a physician referral which we can help obtain. The Phase II program meets for one hour, three times per week for generally 36 sessions (12 weeks). Participants wear a cardiac monitor so the staff can monitor the heart's response to exercise.

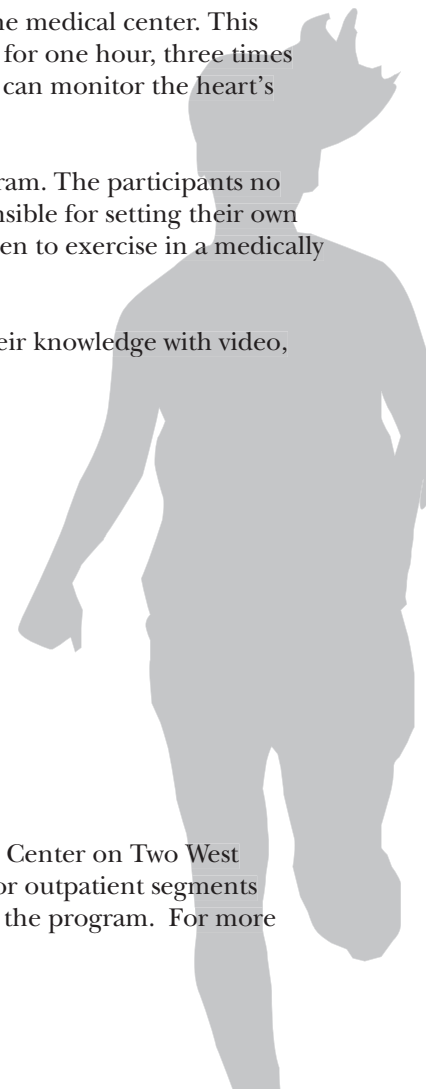
Phase III of the Cardiac Rehabilitation program is also outpatient and is a maintenance program. The participants no longer wear a cardiac monitor and are considered more independent. Participants are responsible for setting their own exercise goals and learning how to design their own exercise program. Participants have chosen to exercise in a medically supervised environment.

Participants improve the ability to function and increase their endurance while enhancing their knowledge with video, education sessions and one-on-one discussions with health professionals.

Education Topics covered during the program include:

- Understanding coronary heart disease
- Blood pressure reduction
- Cholesterol reduction
- Smoking cessation
- Benefits of exercise
- Home exercise guidelines
- Nutritional counseling/classes
- Stress management
- Understanding angina
- Diabetes and exercise
- Understanding medications

The Cardiac Rehabilitation Department is now located on the second floor of Civista Medical Center on Two West near Rehabilitation Services and Cardiopulmonary Services. A physician referral is needed for outpatient segments of the program. The Program Coordinator can answer any questions you may have regarding the program. For more information contact Heather Neal, EP, MS, at 301-609-4391.



One Year Later – A Lung Transplant Patient’s Story:

Pam is a 43-year old pulmonary rehab patient from La Plata. She was diagnosed with pulmonary fibrosis in the fall of 2004. Within a year she was on oxygen around the clock. Her disease progressed rapidly to the point where she needed to have a lung transplant.

To strengthen her body for the potentially life threatening surgery, Pam enrolled in Civista’s Pulmonary Rehab Program. She recalls, “I thought to myself there was no way that I would be able to do this when I was receiving oxygen at rest as well as during activity. I could hardly move around my house let alone exercise.” She began the program and the exercises were extremely difficult for her in her weakened condition. She needed to use a wheelchair and often had to miss sessions due to her poor health. Pam continued, “But still I kept coming. The staff was wonderful in understanding my situation and helped me feel at ease. They were very knowledgeable in everything that was done. They carefully monitored me every step of the way. This helped keep me motivated.”

Heather Neal, EP, MS is the Program Coordinator of Cardiopulmonary Rehabilitation at Civista. She notes, “Pam entered our program with Phase II. She worked so hard whenever she was here. She understood the importance of the regimen to increase her survival during surgery and to limit complications.”

Pam participated in the program from July to September and recalls, “With each session I could feel a difference. I could feel myself getting stronger. Moving around was easier. I wasn’t as tired and it also took less effort to get up the steps in my home.”

A year ago, on September 21, 2006, Pam was placed on the transplant waiting list and a week later was called for the transplant at Fairfax Inova Hospital. She notes, “Less than 24 hours after surgery I was out of bed and walking around. My doctors were amazed at how well I was able to get up and move around. I was able to be moved out of ICU within a day. I attribute my ability to move around so quickly after my transplant to the pulmonary rehab I had before the surgery.

It strengthened my whole body. I was challenged cardiovascularly, physically and mentally. I have been recovering wonderfully and continue with my pulmonary rehab three times a week. I chose to stay at Civista rather than go to a gym for exercise because I feel safe there. They know my medical history and if a problem should arise then there is someone right there to assess the problem. Pulmonary rehab has made a tremendous impact on my recovery and my life. Thank you.”

Recovering from Lung and Airway Disorders through PULMONARY REHABILITATION

The Pulmonary Rehabilitation Program at Civista Medical Center is designed to assist participants by increasing their quality of life through exercise, education, and empowerment. The program is directed by a board-certified pulmonologist. Each exercise session is supervised by registered nurses and an exercise physiologist who are advanced cardiac life support (ACLS) certified.

Patients experiencing the following diagnoses/procedures may benefit from Pulmonary Rehabilitation:

- COPD (Chronic Obstructive Pulmonary Disease)
- Persistent Asthma
- Emphysema
- Cystic Fibrosis
- Sarcoidosis
- Parkinson’s Disease
- Multiple Sclerosis
- Lung Cancer
- Pre & Post Lung Transplant
- Pre & Post Thoracic and Abdominal Surgery
- Pre & Post Lung Volume Reduction Surgery

Our team of professionals includes the medical director, registered nurses, and exercise physiologists who are available to help you achieve these benefits of Pulmonary Rehabilitation:

- Improved functional abilities
- Improved quality of life
- Increased knowledge of the disease process and prevention strategies
- Increased ability to perform tasks of daily living
- Increased self-esteem and confidence
- Reduced lifestyle-related risks

Licensed dietitians, diabetes educators and physical therapists are also available through consult.

Phase I of the inpatient program begins after pulmonary surgery or admission to the hospital for pulmonary complications. A member of our staff visits you while you are an inpatient at Civista Medical Center. We discuss your diagnosis, the benefits of pulmonary rehabilitation, risk factors, and answer any questions you may have.

Phase II is an outpatient program and requires a physician referral which we can help you obtain. The Phase II program meets for one hour, three times per week for generally 30 sessions (10 weeks). Participants wear a cardiac monitor so the staff can monitor the heart’s response to exercise. Blood pressure and oxygen saturation are measured on each exercise. We have oxygen available as needed.

Phase III of the Pulmonary Rehabilitation program is also outpatient and is a maintenance program. Participants no longer wear a cardiac monitor and are considered more independent. Participants are responsible for setting their own exercise goals and learning how to design their own exercise program. Participants have chosen to exercise in a medically supervised environment.

Participants improve the ability to function and increase their endurance while enhancing their knowledge with video, education sessions and one-on-one discussions with health professionals. Education Topics covered during the program include:

- Breathing retraining
- Energy conservation
- Cholesterol reduction
- Smoking cessation
- Blood pressure reduction
- Benefits of exercise
- Home exercise guidelines
- Nutritional counseling/classes
- Stress management
- Diabetes and exercise
- Understanding medications

The Program Coordinator can answer any questions you may have regarding Civista’s Pulmonary Rehabilitation Program. Please contact Heather Neal, EP, MS, at 301-609-4391.

The Pulmonary Rehabilitation Department at Civista now sees an average of 43 patients a day during a six hour time frame on Monday/Wednesday/Friday. Neal observed, “We’re very happy with the physician referrals we’ve been receiving and the growth of our program. Our exercise equipment is being used constantly and, of course, we would love to add another treadmill, recumbent bike and elliptical trainer. The move to our new, expanded location on Two West means we can assist more patients and continue achieving wonderful results such as those which Pam received.”

CIVISTA HOSTS COUNTYWIDE PANDEMIC FLU DRILL



Between July 31 and August 2 over 250 community volunteers along with Civista staff engaged in a Pandemic Flu Drill held at Civista Medical Center.

Civista's Mass Casualty Disaster Organization Team (MCDOT) coordinated the exercise based on the scenario of a Pandemic Flu outbreak.

The drill was part of a three-day, state-wide, multi-jurisdictional modified functional exercise conducted to assess, address, and evaluate health and medical initiatives in Maryland. Civista was considered a secondary site, where observers and controllers were not provided by the state. However, Civista officials determined it was in the community's best interest to hold a complete or "full-blown" drill and test all processes and responses.

Partnering with Civista were several

local organizations and government officials including the American Red Cross, Charles County Commissioners, Charles Emergency Services, Charles County Department of Health, Emergency Medical Services, La Plata Police Department, and the Charles County Sheriff's Office.

Lauri Cress, MCDOT team leader and Director, Facilities Management at Civista noted, "In order for us to ensure an effective response during an actual emergency, it was important that we practice our plans ahead of time. By testing our abilities to respond appropriately to this type of health crisis, we would be able to respond more effectively to all situations where the public's safety could be compromised."

The flu, also known as influenza, is a contagious respiratory disease caused by influenza viruses. In the United States, flu season begins every fall and ends every spring. The flu people get during this season is called seasonal flu.

Sometimes, a new type of flu virus may emerge to which people have no resistance. When this happens, it can spread more easily from person to person around the world in a very short time, causing serious illness and death.

This is pandemic flu.

The countywide effort was planned to assess and evaluate a number of factors including hospital readiness, surge, communications, isolation and quarantine, and coordinated/collaborated local agency response. While the drill was underway Civista Medical Center continued to provide all of their normal healthcare services.

Volunteers served as "patients" on August 1 as the drill reached full escalation. They received scripted cards with instructions on them that indicated a variety of possible scenarios from not having symptoms to needing rapid triage/treatment, to needing hospitalization, to death.

The volunteers were available over a 17-hour period but could participate in the drill for as long or short of a time as they were able to. Their participation was critical to the success of the pandemic flu drill. High school students who volunteered received a letter of participation along with community service hours.

For more information on preparing for a potential pandemic flu, please visit www.pandemicflu.gov.

Introducing Civista OB/GYN Associates



Michael Hotchkiss, MD, FACOG
OB/GYN
Medical Director
DELIVERING BABIES AGAIN!

Toni Mason-Jones, MD, FACOG
OB/GYN

Aryian Riley, MD
OB/GYN

Deborah Davis, CRNP
Nurse Practitioner
Specializing in Infertility and Adolescents

Now accepting new patients!

Michael Hotchkiss, MD
Toni Mason-Jones, MD
Aryian Riley, MD
Deborah Davis, Nurse Practitioner
Call 301-843-3150 or
301-645-4093 for appointments.
Located at: 11315 Pembroke Square,
Suite 111, Waldorf, MD 20603

CIVISTA RECEIVES ULTRASOUND ACCREDITATION



Civista Medical Center has been awarded accreditation in Ultrasound as the result of a recent stringent survey by the American College of Radiology (ACR).

ACR awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Civista voluntarily went through a rigorous review process to be sure it met nationally accepted standards.

Civista's Ultrasound Imaging Services were surveyed by the Committee on Ultrasound Accreditation of the Commission on Quality and Safety. The accreditation was granted for gynecological, general and vascular ultrasound services including peripheral vascular, cerebrovascular and deep abdominal vascular services.

The accreditation indicates the personnel are well qualified, through education and certification, to perform and interpret medical images, the equipment is appropriate for the test or treatment received, and the facility meets or exceeds quality assurance and safety guidelines.

Evaluations were conducted by board-certified physicians who are experts in the field. They assessed the qualifications of the personnel and the adequacy of facility equipment.

Civista recently invested substantially in the most up-to-date equipment offering 3 and 4D sonograms. Patients receiving any type of ultrasound have the procedure done by a qualified and credentialed sonographer and the exams are read by a board-certified radiologist.

The lengthy application process for the accreditation was coordinated by Rene Baker, Non-Invasive Lab Technical Director along with Edward Druy, MD, Medical Director.

The extensive data collection included evidence that Civista performs a high volume of ultrasound procedures. Images and protocols were evaluated for technical as well as radiologist quality.

To make an appointment for an ultrasound at Civista Medical Center, please call Radiology Scheduling at 301-609-4413. For other questions regarding ultrasound, please call the Radiology Department at 301-609-4170.

Are You Dizzy? Or Lightheaded?

If you go to a doctor with complaints of being dizzy, you will probably be asked to describe the nature of your dizziness. Do you feel lightheaded? Or is the world spinning around you?

Lightheadedness is a sign that the brain is not getting enough blood—usually because of a sudden but temporary drop in blood pressure or because you're dehydrated. Many older persons feel dizzy when they rise suddenly from the bed or chair, and the solution is to pause a few seconds before starting to walk. Then drink a full glass of water. If the dizziness is due to a more serious problem such as a heart attack or stroke, you'll probably have other symptoms such as chest pain, a racing heart or loss of speech or vision.

The feeling that the world is whirling is known as **vertigo**. The most common cause is **benign positional vertigo**, caused by shifts in calcium deposits in the inner ear canals and easily corrected through head rotation maneuvers in the doctor's office. Other causes include **labyrinthitis**, which may follow a cold or the flu, and **Meniere's disease**. Meniere's disease involves a buildup of fluid in the labyrinth of the inner ear, causing a combination of fullness in the ear, roaring or ringing, fluctuating hearing loss and vertigo.

(Source: American Family Physician, MedlinePlus Medical Encyclopedia)

Health, Nutrition and Fit

Civista on the Line

If you are looking for a physician, call Civista-on-the-Line, our physician referral service at 1-888-332-4847. The operators can provide you with information on the physicians who are members of the Civista Medical Staff. In addition you can register for Civista-sponsored events and classes and obtain information on health-related county resources. Free.

Monday–Friday; 8:30 am–4:30 pm

Diabetes Self-Management Program

Our program, for men and women, is recognized by the ADA* for Quality Self-Management Education. The program is structured around two group classes and two individual sessions. The group classes are designed to enhance knowledge of diabetes in general and focus on the ADA core curriculum. Individual sessions include medical nutrition therapy, self-blood glucose monitoring, exercise testing and prescription, and insulin preparation and administration if necessary. The program is covered by most insurance plans. Call the Civista Women's Health Center, 301-609-5200, to discuss insurance coverage and registration.

Program offered monthly.

Civista Women's Health Center, Waldorf

Registration required. Fee.



Southern Maryland Ostomy Support Group

Call Amber Fowler for dates and times of meetings; 301-274-9000 ext. 227.

Chesapeake-Potomac Home Health Agency,
7627 Leonardtown Road, Hughesville

Registration NOT required. Free.

Yoga

This on-going class teaches participants relaxation techniques, flexibility exercises and strengthening techniques, through various yoga positions and practices. Jonna Climie, Yoga Instructor.

Mondays, 10:00-11:00 am; Tuesdays, 7:30-8:30 pm; Wednesdays, 9:00-10:00 am
Civista Women's Health Center, Waldorf

Preregistration NOT required. \$35/4 sessions;
\$65/8 sessions or \$10 per session.

Call to register
1.888.332.4847

Yoga Body and Mind

This is an ongoing Traditional Hatha Yoga Class, suitable for those new to Yoga or those with some experience. The class provides a gentle approach to the asanas, as well as breathing exercises and meditation. The focus is on providing stress reduction and increased flexibility. We will work some on gentle body toning and strength building as well. The class will generally consist of 45 minutes of asana work, with the last 15 minutes consisting of a variety of cooling, breathing exercises, and meditation. Some mats are available, but you may want to bring your own. For other class requirements and additional information, please call Civista Women's Health Center at 301-609-5200. Instructor: Anne Machetto, Registered Yoga Teacher.

Tuesdays, 6:15-7:15 pm;

Civista Women's Health Center, Waldorf.

Registration/prepayment required for eight classes \$60. Walk-ins \$10 per class.

Baby Care

This comprehensive class includes certification in both First Aid and CPR for infants and children. Also education and information on selecting car seats and cribs, baby proofing your home, and basic baby care, i.e. bathing, diapering and feeding. It is recommended that this 7-hour class be taken early in pregnancy for maximum comfort. This class is for expectant and new parents only.

Saturdays, September 8; October 13;

November 10; December 8; 9:00 am-4:00 pm.

Civista Women's Health Center, Waldorf

Registration/prepayment required. \$60.

Weight Management for Women Program

This 13-week, medically-managed program includes: Your Weight Management Team of licensed, certified women's health professionals such as physician, dietitians, exercise physiologists and a counselor; Weekly educational/support sessions covering topics like metabolism, eating out, holiday eating, strength training, food shopping, fitness, meal planning and healthy recipes; Pedometer and instructions, food log, and work book; Medical evaluation and lab work; Weekly strength training for women and yoga classes; Lifetime Maintenance Program available to keep you on track; no special food to buy, no points, no gimmicks, no fad diets, no hidden costs... just results! *Participants must have an appointment with a Civista Women's Health Center physician or physician assistant prior to orientation. Please contact Civista Women's Health Center for more information at 301-609-5200.

Fall Program – Class Orientation:

Thursday, September 13, 6:30-8:15 pm*

**Classes: Thursdays, September 13-
December 6, 6:30-8:15 pm. No class on
November 22.**

Winter Program – Free Information Night;

Thursday, January 10, 2008; 7:00-8:00 pm

**Classes: Thursday, January 31-April 24,
6:30-8:15 pm.**

Civista Women's Health Center, Waldorf

Registration required. Fee.

AARP Driver Safety Class

Civista Health and AARP sponsor this classroom refresher course to help drivers 50 years of age or older improve their skills and prevent traffic accidents. The course will cover age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements.

Saturday, October 13; 8:30 am – 5:00 pm;

Civista Medical Center, La Plata

Registration required. Free.

Expanded Childbirth Classes

Our classes will prepare you and your support person for a safe and happy birthing experience. Our expanded classes feature topics on getting to know your newborn; including sleeping, feeding, infant safety, growth and development and knowing when your baby is sick. A tour of the Family Birthing Center is included. Call early, these classes fill quickly.

**Saturdays, September 15, 29; October 13, 27;
November 3, 10; December 1, 8; 9:00 am – 5:00 pm.**

Civista Medical Center, 1 North, La Plata.

Registration/prepayment required. \$85.

Free Prostate Cancer Screening for Men

Register to receive the potentially life saving PSA (prostate specific antigen) and DRE (digital rectal exam). Men who are age 40 and over or who have a family history of prostate cancer are urged to sign up for this important screening.

Tuesday, September 18 or Wednesday,

September 19; 6:00-9:00 pm;

Civista Medical Center, Same Day Surgery, La Plata

Registration and appointment required. Free.

Parkinson's Support Group

This group is open to persons of all ages who have been diagnosed with Parkinson's as well as friends and family members. Support and education on various aspects of the disease are provided.

Saturdays, September 22; October 27,

November 24; 2:00-4:00 pm;

Civista Medical Center, Cafeteria, La Plata

Registration NOT required. Free.

Sibling Class

We'll help prepare children ages 2-8 for a new baby in the family! Free to moms who deliver at Civista Medical Center.

Saturdays, September 22; October 20;

November 17; December 15; 3:00 pm-4:00 pm.

Civista Medical Center, Lobby, La Plata

Registration required. \$5.

10th Annual Civista Health Foundation Autumn Wine Tasting

This event to support the Civista Health Foundation has grown in popularity over the years, attracting hundreds of local and out-of-town tasters for this special event which features dozens of wines, a silent auction, culinary pairings and more.

Saturday, September 22; 5:00-9:30 pm

Port Tobacco Courthouse, Port Tobacco

\$50 per person.

For information, visit www.civista.org.

Fitness Programs and Classes

American Red Cross Blood Drive

This drive is jointly sponsored by Civista Medical Center and the La Plata United Methodist Church. Please call 1-800-GIVELIFE today to make your appointment to donate blood so that others may live.

Mondays, September 24, October 22; November 19; December 26; 2:00-8:00 pm
La Plata United Methodist Church.

3 Port Tobacco Road, La Plata

Registration required. Free.

Breastfeeding Basics

Learn basic information on breastfeeding including medical benefits; getting started; what to prepare for before and after the birth of your baby; best nutrition; going back to work; options on pumps, bottles and more. Fathers are encouraged to attend. A registered dietitian and a board-certified lactation consultant will be present to answer your questions. Taught by a Registered Dietitian.

Saturdays, October 6; December 1; 9:30-11:30 am.

Civista Women's Health Center, Waldorf.

Registration/prepayment required. \$10.

Finicky Kids, Frustrated Parents!

"Optimal dietary goals for the young child"

Have you ever had battles with your young child at the table in the following areas: Eating vegetables, eating protein, trying new foods, drinking a variety, skipping meals altogether, staying put at the table, helping out with kitchen clean up? Then this class is for you and your spouse. This interactive class will review nutrition needs for young children up to age nine, discuss the parents role in serving, buying and presenting foods to their young children, and finally focus on laying a good foundation for good eating habits for your young children to last a lifetime. Class taught by a registered dietitian.

Saturday, October 6; 12:30-2:30 pm;

Civista Women's Health Center, Waldorf.

Registration/prepayment required. \$10.

Surviving Cancer: A Photographic Essay

Civista Health sponsors this 13th annual exhibit featuring local breast, colon and prostate cancer survivors who share their stories of early detection and treatment. Survivor's quotes and their photographs will be on display at the mall, and subsequently moved to several other locations in Charles County. You won't want to miss this inspirational exhibit.

Saturday, October 6-Tuesday, October 16; mall hours; St. Charles Towne Center, Waldorf

Registration NOT required. Free.

Maternity Tours

Tour the Family Birthing Center, meet our highly-trained staff and visit the Nursery. If you are taking our Expanded Childbirth Classes, a tour is included.

Mondays, October 8; November 12;

December 10; 6:00-7:00 pm.

Sundays, October 7; November 4;

December 2; 4:00-5:00 pm;

Civista Medical Center, Lobby, La Plata

Registration required. Free.

Mindful Yoga

This is a 6-week, Traditional Hatha Yoga Class, providing a combination of gentle asanas, breathing techniques, and meditation. The class is designed to provide postures and techniques for stress reduction and relaxation, as well as enhancing flexibility and mobility. It provides approximately 45 minutes of asana instruction, 15 minutes of gentle relaxation and cooling down, and 15 minutes of breathing exercises and meditation. Instructor, Anne Machetto.

Wednesdays, October 17-November 21;

December 12-January 30 (no Christmas or New Year's week class); 5:30-6:45 pm.

Civista Women's Health Center, Waldorf

Preregistration/prepayment required. \$57.

Community Open House

Join us as we celebrate our newly renovated Civista Medical Center. Enjoy an evening of light refreshments and tours of special new and renovated areas. You will view the Capital Campaign Special Donor Recognition Wall honoring the many contributors who helped support the three-year expansion and renovation project.

Thursday, October 18, 5:30 - 7:30 pm;

Civista Medical Center, La Plata.

Registration not required. Free.

"When the Hammer Falls" Annual Crab Feast

When the hammer falls, grab a seat and get pickin'! It's not too late to get your tickets for this annual event.

Crack some fresh hot steamed crabs -- or choose from a choice of platter options. Bring your family and friends or turn it into an after-hours event with co-workers.

Enjoy door prizes, our cake wheel, 50-50 raffle and more. Carry out is available on platters. Proceeds benefit Civista Health Foundation's efforts.

Thursday, October 25; 2:00-9:00 pm;

Captain Billy's Restaurant, Pope's Creek, Newburg

To reserve tickets or for more details, visit our website www.civista.org or call 301-609-4132 for details. Tickets are available at the door, but will not be offered at the pre-event pricing.

Diabetes Education Fair

Civista Health will be hosting a free Diabetes Education Fair for those who wants to learn more about diabetes. There will be activities, screenings, glucose testing, product information, educational information/presentations, seated massage, door prizes, and an opportunity to meet the Diabetes Management Team.

Saturday, October 27; 9:00 am - Noon;

Civista Women's Health Center, Waldorf

Registration is requested. Free.

Lowering Your Cholesterol Without Medication

In this two hour class, participants will learn the latest ways to incorporate plant sterols and stanols, fiber, monounsaturated fats, fish and soy into their daily diets. Research has shown that by changing your diet to include these items, the risk of heart disease can be reduced by 29-32% (equal to starting statin medication). Instructor, Mary Sistrunk, RD, LD.

Tuesday, October 30; 3:00-5:00 pm

Civista Women's Health Center, Waldorf

Registration/prepayment required. \$30.

Safe Sitter® Training

Safe Sitter® is a one-day course designed to teach 11 to 13 year old adolescents skills they need to be safe, nurturing babysitters. Topics such as Babysitting as a Business, Success on the Job, Essentials for the Sitter, Injury Prevention and Management, Preventing Problem Behavior, Care of a Choking Infant and Care of a Choking Child will be presented. Students will receive training in Infant and Child CPR, a training manual, a babysitter carrying bag, and flashlight. Lunch will be served. *Students will receive training in CPR for infants and children by trained instructors however this is NOT a CPR certification course.

Wednesday, November 7; 9:00 am-3:00 pm

Civista Women's Health Center, Waldorf.

Registration/prepayment required. \$60.

Christmas Tree of Life Ceremony

This annual event supports the Civista Health Foundation while honoring your loved ones. Visit www.civista.org for further information.

Wednesday, December 5; 5:30 pm

Civista Medical Center, La Plata

Registration not required. Free. Bulb purchase available.

www.civista.org

Class Cancellation and Refund Policy

There is a \$10 nonrefundable administrative fee for all classes that require a payment. A full refund (minus the administrative fee) will be issued for cancellations 72 hours prior to the initial class.

For Childbirth Classes a 50% refund (minus the administrative fee) will be issued after the first class if the enrollees wish to withdraw. No refund will be issued after the second class.

All classes are subject to adequate class enrollment. You will be notified if a class is canceled or a starting date is changed. In case of inclement weather, we follow the Charles County Public Schools' policy regarding closings.

THANKS

To a Caring Community



Members of Charles County Women – United in Giving listen while Kathleen Windsor, (pictured third from right), a labor and delivery nurse at Civista explains how grant monies have assisted patients.

In 2004 United Way of Charles County, Inc. launched a new initiative, Charles County Women – United In Giving. The group funds projects to benefit women and children in our community. Members meet and decide what worthwhile projects the funds should support. Civista Health has received \$7,000 for each of the last two years to assist women who are experiencing high-risk pregnancies. The grant funds ultrasounds and lab work to high-risk women between the ages of 18 and 40 who live in Charles County and have little or no insurance.



St. Peter's School in Waldorf and St. Michael's Church in Brandywine donated teddy bears to our pediatric patients during the holidays. Pictured (l to r) are: Patricia DiSandro; Mary Lou Barnwell, RNC, Assistant Unit Manager, 2 South, Civista Medical Center; Nicholas DiSandro, St. Peter's School student; and Teresa Brannigan, RN, MSN, Clinical Nurse Specialist.



Members of the Planet Protectors donated toys and craft materials to pediatric patients. Mary Lou Barnwell, RN C (in white coat) accepted the toy donation. Planet Protectors is a global environmental and humanitarian education program for youth, through the Jane Goodall Institute.

Joseph Woytas of La Plata, a neighbor of Civista Medical Center, took frequent photos of the new South Tower as it was being constructed, from start to finish, for the past two years. His daughter, Debbie France of Waldorf assembled the photos in a lovely wooden album and Mr. Woytas presented it to Civista officials on December 11, the day the new building was dedicated.

Operator Ken Weikel and the Waldorf Chick-Fil-A have donated mini-moos and kids meal premium items on a regular basis for the children who come to Civista's Emergency Department.

Dear Civista

PRAISE FOR OUR PEOPLE

"I would like to take this opportunity to thank you and your wonderful staff at Civista. (In May) our father was admitted...with...a serious blood clot...After the Emergency Department stabilized him they transferred him to ICU, where he...had the most wonderful care I have ever seen. There are by far too many names to remember...All of his doctors (took) the time to sit and talk with us about his care, prognosis and what we (could) expect. Although no one can predict what will happen they have always been very forthcoming with information to us. As his family we are very grateful to all of your staff.

So many times people are quick to let you know the negatives of their experiences, but not the positives; we just wanted to let you know the wonderful people you have on your staff."

*Florence Dement
Swan Point*

"I recently had the opportunity to see first hand the great teamwork practiced by the ICU nurses. (In April) my sister-in-law was a patient in the ICU...The nurses worked as a real team to take care of the situation and at the same time were compassionate and caring to both their patient and the family...The family had decisions to make that were not easy but they explained everything and answered all our questions. It was a long night but everyone made it a little easier for us with their compassion and caring attitude.

I would also like to thank the Emergency Department staff for the care they gave when (she) was brought in by ambulance and the Radiology Department for making sure that the CT results were called upstairs immediately. Thanks to Security for helping defuse the emotional "drama" in the Emergency Department.

Again, thank you all and keep up the great work."

*Belinda VanCleaf
Mechanicsville*

"On behalf of the Washington Regional Transplant Consortium (WRTC), we would like to thank you and the staff of Civista Medical Center for helping us facilitate a tissue donation case...Tissue Donor E.N. donated bone and tendons... This donation enhanced the lives of several recipients. The donation of bone can benefit as many as 60 people who suffer from a wide range of health issues. The tendons of the lower leg, including the Achilles tendons, may be used clinically to support or replace a patient's own ligaments or tendons that have been damaged such as in many sports injuries...

The recipient of C.R.'s liver is a 55 year-old...gentleman from Virginia...Prior to receiving his precious gift, he had suffered from Hepatitis C. He was disabled and had been awaiting a transplant...The transplant was a success, and the recipient is in great condition. He enjoys spending time with his family, and he is grateful for this life saving gift.

We thank you again for the cooperation that we received at Civista Medical Center. It is through the commitment of you and your staff that we are able to offer the option of donation to families and the gift of a better life to recipients in our community..."

Washington Regional Transplant Consortium

Pre-Diabetes in Mothers a Risk

It's long been known that diabetes during pregnancy is a risk for both mother and child. A recent large study found that high blood sugar in the mother during pregnancy is associated with an increased risk of large babies and first-time Caesarean section births. The babies were more likely to have low blood sugar and high insulin levels with an increased risk of obesity, diabetes and high blood pressure in later life.

"We have established without any question that levels of blood sugar less elevated than typical diabetes carry risks," wrote the lead author of the study which was presented at the annual scientific meeting of the American Diabetes Association.

Of the 20.8 million Americans with diabetes, more than half are keeping their blood sugar at the level recommended by their doctors, compared to only a third who had their blood sugar under control in 2001.

Tight control of blood sugar is crucial to preventing diabetic complications that affect the heart, large and small blood vessels, nerves, kidneys, eyes and other organs.

(Source: AP Health; Reuters Health)



The *truth* about organ donation

– the gift of a life time

It seems simple enough. Donate your organs and save lives. Yet many people don't -- and lives are lost as a result.

Seventeen people in this country die every day waiting for a vital organ that never appears. That's nearly 6,000 people who died in 2006. While kidneys are one of the rare organs that can come from living donors, most transplanted organs come from the newly deceased.

More than 95,000 people are on the organ transplant waiting list in the United States today. They're waiting for kidneys, livers, pancreases, intestines, bone marrow, hearts and lungs.

Most people know of the importance of organ donation but too often myths and rumors turn into concerns and stop a potential organ donor.

If you've delayed your decision to be a donor because of a belief you've never fully explored, here are answers to some common organ transplant myths and concerns.

Concern: If I agree to donate my organs, my doctor or the emergency room staff won't work as hard to save my life.

Reality: When you're treated at a hospital, the physician is focused on treating you. The physician in charge of your care has nothing to do with transplantation.

Concern: My family will be charged for donating a loved one's organs.

Reality: The organ donor's family is never charged for donating. Your family is charged for the cost of all final efforts to save your loved one's life, and those costs are sometimes misinterpreted as costs related to organ donation. Funeral expenses are still the responsibility of the donor's family.

Concern: Race plays a role in determining who gets an organ.

Reality: The national organ transplant waiting list is colorblind. Among all of the medical data listed on the transplant list for each person waiting, no race information is specified. When a donor organ becomes available, those allocating the organ don't know the race of those waiting for it. Allocation is made according to medical data, the severity of the illness and time spent on the waiting list.

Concern: I want my loved one to have an open-casket funeral. That can't happen if his or her organs or tissues have been donated.

Reality: Like an autopsy, organ and tissue donation doesn't interfere with having an open-casket funeral.

Concern: I'm too old to donate. Nobody would want my organs.

Reality: There's no defined cutoff age for donating organs. Organs have been successfully transplanted from donors in their 70s and 80s. The decision to use your organs is based on strict medical criteria, not age. Don't disqualify yourself prematurely. Let the doctors decide at your time of death whether your organs and tissues are suitable for transplantation.

Concern: I'm not in the greatest health, and my eyesight is poor. Nobody would want my organs or tissues.

Reality: Very few medical conditions automatically disqualify you from donating organs. The decision to use an organ is based on strict medical criteria. It may turn out that certain organs are not suitable for transplantation, but other organs and tissues may be fine. Don't disqualify yourself prematurely. Only medical professionals at the time of your death can determine whether your organs are suitable for transplantation.



HOW TO DONATE:

Signing a donor card or your driver's license does not guarantee that your organs will be donated. The best way to ensure that your wishes are carried out is to inform your family of your desire to donate. Doing this in writing ensures that your wishes will be considered. Hospitals seek consent of the next of kin before removing organs. If your family knows you wanted to be a donor, it makes it easier for them to give their consent.

A signed donor card or driver's license provides proof to your family that you wanted to be a donor, but these cards often aren't readily available. They also aren't usually legally binding. Signing a state or national donor registry is helpful but provides no guarantee that you'll be a donor. Registries aren't always checked and aren't legally binding. Again, the best way to ensure that your wishes are carried out is to tell your family that you want to be a donor.

If you have no next of kin or you doubt your family will agree to donate your organs, you can assign durable power of attorney to someone who you know will abide by your wishes. An attorney can help you prepare this document.

(Source: The Mayo Clinic)

Civista Medical Center Encourages You to Be Safe with “Speak Up”

At Civista Medical Center, patient safety is our top priority. To assure we are doing everything we can to protect your safety, our organization is voluntarily, regularly surveyed by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). This rigorous accreditation process shows Civista’s commitment to following the guidelines for safe, quality care.

Recently, JCAHO sponsored a program, “Speak Up” which is designed to give you simple advice on how to use your voice to protect your health and safety in a healthcare setting. We at Civista agree and encourage you to become more informed and involved in your health-care. Patients who take part in the decisions about their health care are more likely to have a better outcome. Along with your physicians, nurses, technicians, healthcare executives, your family members and friends, you are a critical part of your healthcare team. Here are some tips from JCAHO and Civista on how you can make your health care a good experience.



Speak up if you have any questions or concerns.

- Don’t be embarrassed to point out something that seems wrong or you don’t understand
- If you are having surgery, ask the doctor to mark the area that is to be operated on.
- Don’t be afraid to tell the doctor or nurse if you think you are about to get the wrong medicine.
- Don’t be afraid to tell a healthcare professional if you think he or she has you confused with another patient.



Pay attention to the care you get.

- Expect health care workers to introduce themselves and have their identification badges clearly displayed. Every healthcare worker must wear one.
- Know the time of day you normally get medicine. If you don’t get it, tell the nurse or doctor.
- Make sure your nurse or doctor check your identification before he or she gives you medicine or treatment.



Educate yourself about your diagnosis, medical tests and treatment plan.

- Ask your doctor about the special training and experience that qualifies them to be able to treat your illness.
- Look for information on your condition from places like your library, respected websites and support groups.
- Write down important facts your doctor tells you and ask if he or she has any information you can keep.
- Read all medical forms and make sure you understand them before you sign anything.



Ask a trusted family member or friend to be your advocate.

- Your advocate can ask questions that you may not think about when you are stressed and remember answers to questions you have asked.
- Ask this person to stay with you, even overnight, when you are hospitalized. You will be able to rest better and they can make sure you get the right medicines and treatments.
- Make sure this person understands the kind of care you want and how you feel about resuscitation and life support.
- Your advocate should understand the care you need when you go home and who to call if you need help.



Know your medications.

- Know what medications you are on and why you take them.
- Ask for written instructions, all possible side effects and possible drug interactions with other medications you take including over-the-counter drugs, vitamins and herbs.
- If you do not recognize a medication, double check with your caregiver that it is for you.
- Be sure to tell your doctor or nurse about any allergies you have or any negative reactions to other medications.
- Make sure you can read the handwriting on the prescriptions written by your doctor.



Use an accredited hospital or healthcare center.

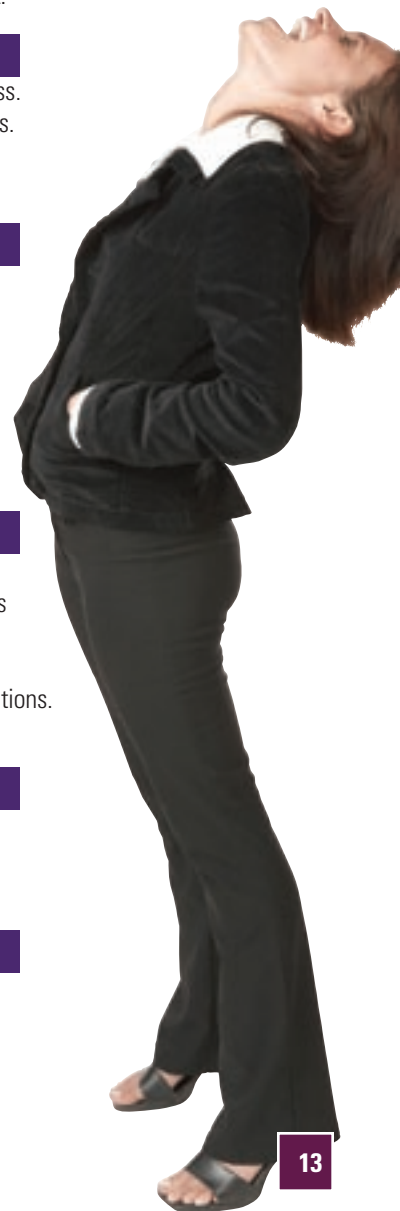
- Use a hospital, clinic, surgery center or health care organization that has a good reputation i.e., Accreditation by the Joint Commission Accreditation of Healthcare Organizations
- Go to Quality Check at www.qualitycheck.org to find out whether your hospital or center is accredited.



Participate in all decisions about your treatment. You are the center of your healthcare team.

- Agree with your doctor on exactly what will be done during each step of your care.
- Don’t be afraid to ask for a second opinion.

More information about the “Speak Up” Program can be found on www.civista.org or on www.jointcommission.org/GeneralPublic/Speak+Up/



Foundation Focus

301.609.4132 • www.civista.org • foundation@civista.org



During the Foundation's Annual Tree of Life reception, Executive Director Susan Vogel (pictured left) enjoys the chance to honor donors at the \$1,000 level and above, including physician James Harring, MD (pictured right). Donors at this level receive a leaf on the tree in recognition of their generosity.



2007 Wine Tasting

The Foundation's Annual Autumn Wine Tasting has grown in popularity over the years, attracting hundreds of local and out-of-town tasters for this special event that features dozens of wines, a silent auction, culinary pairings and more. Tickets are \$50 per person and are still available for the September 22 fundraiser at the Port Tobacco Courthouse. For information, visit www.civista.org.

▶ ANNUAL CAMPAIGN HONOR ROLL OF DONORS:

Special events, memorial gifts, annual gifts. Each gift matters. "Annual campaign gifts, as well as memorial contributions and support toward our special events remain extremely important for Civista," said Sherrie Sanders, the Foundation's Board Chairman, "because the community can invest directly into healthcare and provide important medical services and equipment".

In addition to our events and outright contributions, Sanders also wants the community to know that the Foundation's year-round vehicle donation program is a source of funds for the Annual Campaign. Call 301-609-4132 for details on how you can donate your boat or vehicle to the Foundation and receive a charitable deduction for your contribution.

The Foundation is grateful to all donors for their gifts to the Annual Campaign this year and is pleased to acknowledge the following donors whose gifts to the campaign were received between July 1, 2006 and June 30, 2007. We apologize for any errors or omissions in this listing:

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SAVE THE DATES:

ANNUAL CRAB FEAST
THURSDAY, OCTOBER 25, 2007
CAPTAIN BILLY'S RESTAURANT
2:00 - 9:00 PM

CHRISTMAS TREE OF
LIFE CEREMONY
WEDNESDAY,
DECEMBER 5, 2007
CIVISTA MEDICAL CENTER
5:30 PM

17th ANNUAL MARDI GRAS BALL
SATURDAY, FEBRUARY 16, 2008
GREATER WALDORF
JAYCEES CENTER
8:30 PM

For up to the minute details on
our capital campaign progress,
including a current list of donors
and naming opportunities, visit
www.civista.org

WHEN THE HAMMER FALLS: GRAB A SEAT AND GET PICKIN'!

It's not too late to get your tickets for "When the Hammer Falls" Annual Crab Feast on Thursday, October 25 at Captain Billy's Restaurant on "Pope's Creek" in Newburg. Join us any time from 2:00 - 9:00 pm, and crack some fresh hot steamed crabs -- or choose from a choice of platter options. Bring your family and friends or turn it into an after-hours event with co-workers. Enjoy door prizes, our cake wheel, 50-50 raffle and more. Carry out is available on platters. To reserve tickets or for more details, visit our website www.civista.org or call 301-609-4132 for details. Tickets are available at the door, but will not be offered at the pre-event pricing.



Auxiliary In Action



THE CIVISTA HEALTH AUXILIARY

completed the election and installation of their new officers for the 2007-2008 year (pictured are seated l to r): Carol Eppley, Secretary; Ann Roberts, Vice President; (standing l to r): Marilyn Gilroy, Member at Large; Kaye Webb, Treasurer; Al Salmi, President; and Joyce Simpson, Foundation Representative.

Congratulations to Gloria C. Robertson, this year's Volunteer of The Year. Gloria was selected for her dedication and many volunteer hours of service to Civista.

We would also like to recognize Ann Roberts for her dedication and service over the last 18 years while serving as the Auxiliary President. She helped to make the Auxiliary what is today and we are truly thankful for all of her hard work.

The Auxiliary continues to support the medical center through monetary donations, Wilhelmina Drury employee scholarships (three at \$300 each), and four \$1,000 scholarships for local students entering the medical field. Our all-volunteer team contributed over 18,000 hours in service to Civista this past year.

With the closing of our Snack Bar due to hospital renovations, the equipment was donated to the cafeteria along with our famous tuna fish sandwich filling recipe. We would like to thank the staff and the community for their continued support.

The Auxiliary has many new and challenging volunteer opportunities at the medical center and other Civista facilities. If you are interested in becoming a part of the Civista Health Auxiliary team, please call 301.609.4129.

Health & Wellness Class Registration

Community Education • P.O. Box 1070 • La Plata, MD 20646 • Fax 301.609.4470



Mail-In • Fax-In Form

Class descriptions are located on pages 8 and 9.

Class / Date / Registration Fee / Child's Name and Birth Date for Sibling Classes / Estimated Due Date and Partner or Support Person's Name for Childbirth Class Registrations

Pre-registration and prepayment (if applicable) are required at least three business days in advance for all programs. Make checks payable to Civista Health.

Name My check or money order is enclosed.

Address.....\$

City/State/Zip..... Work Phone #

I would like to charge this to my card. Visa MasterCard Discover..... Home Phone #

EXP

Signature



The more you know, the better you'll feel.

CIVISTA MEDICAL CENTER

CIVISTA OB/GYN ASSOCIATES

CIVISTA WOMEN'S HEALTH CENTER

CIVISTA SURGERY CENTER

Civista Health provides excellent care to each patient in a safe, caring and family-centered environment. Civista fosters a healthier community by providing service, education and access to care in concert with other community organizations.

Editorial Board

Darlene Fairfax, Senior Editor

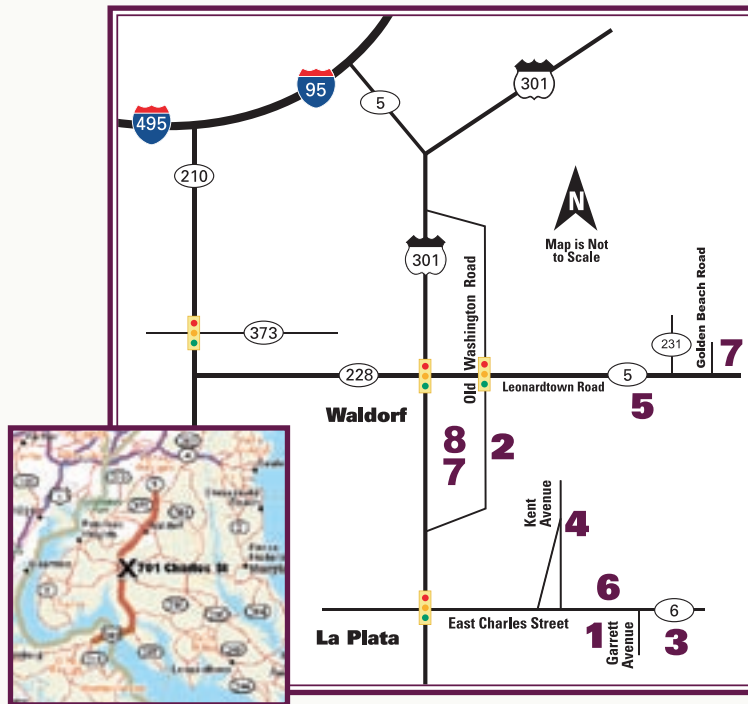
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Greg Cusick, Graphic Designer

www.civista.org

e-mail: civistatoday@civista.org

Civista Today is published by Civista Health, Inc. It is intended to inform the community about our organization and provide education on current health topics. Information comes from a wide variety of health resources. This newsletter is not intended to provide medical advice on individual health matters. Any such advice should be obtained personally from a physician.



1 Civista Medical Center
701 East Charles Street
P. O. Box 1070
La Plata, Maryland 20646
301.609.4000

2 Civista Ambulatory Care Pavilion
3510 Old Washington Road
Waldorf, Maryland 20602

Civista Women's Health Center
301.609.5200

Civista Surgery Center
240.427.1800

3 Administrative Annex Human Resources
6 Garrett Avenue
La Plata, Maryland 20646
301.609.4444

4 Patient Billing Office
8 Kent Avenue
La Plata, Maryland 20646
301.609.4400

5 Chesapeake-Potomac Home Health Agency
7627 Leonardtown Road
Hughesville, Maryland 20637
301.274.9000

6 Civista Health Foundation
616 East Charles Street, Suite 102
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La Plata, Maryland 20646
301.609.4132

Civista Marketing & Community Relations
616 East Charles Street, Suite 202
La Plata, Maryland 20646
301.609.4396

7 Chesapeake Potomac Regional Cancer Center
30077 Business Center Drive
Charlotte Hall, MD 20622
301.884.2508

11340 Pembroke Square, Suite 201
Waldorf, MD 20603
301.705.5802

8 Civista OB/GYN Associates
11315 Pembroke Square, Suite 111
Waldorf, MD 20603
301.843.3150 or 301.645.4093

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