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HOLY CROSS HEALTH

Overview
Holy Cross Health is a Catholic, not-for-profit health system that serves more than 240,000 patient visits each year with the promise to make health, and the best possible quality of life, more achievable. Holy Cross Health’s high-quality care is accessible to community members in Maryland’s Montgomery and Prince George’s counties through two hospitals, 9 primary and specialized care centers, home care and hospice services, and a wide range of community health programs. Our team of 4,066 colleagues, 1,927 community and hospital-based physicians, and more than 600 volunteers works proactively to meet the needs of every individual we serve.

We are a people-centered health system that aims to improve the health and lives of individuals, populations and communities, through episodic health care management, population health management, and community-health and well-being initiatives. Holy Cross Health delivers services where, when and how people need us most, with a focus on clinical excellence, innovation and positive experiences that advance individual and community health.

The Holy Cross Health system includes:

- **Holy Cross Hospital**, one of the largest hospitals in Maryland and home to the nation’s first and region’s only Seniors Emergency Center.

- **Holy Cross Germantown Hospital**, the first hospital in the nation to be located on a community college campus and enhanced by an educational partnership, offering high-quality medical, surgical, obstetric, emergency and behavioral health services to the fastest-growing region in the county.

- **Holy Cross Health Network**, which operates Holy Cross Health Centers in Aspen Hill, Gaithersburg, Germantown and Silver Spring; provides primary care at Holy Cross Health Partners at Asbury Methodist Village and in Kensington; offers a wide range of innovative health and wellness programs; and leads partner relationships.

- **Holy Cross Health Foundation**, a not-for-profit organization devoted to raising philanthropic funds to support the mission of Holy Cross Health and to improve the health of the community.

Holy Cross Health is a member of the American Hospital Association, the Maryland Hospital Association and the Catholic Health Association.
Trinity Health

Holy Cross Health is a member of Trinity Health of Livonia, Mich., one of the largest multi-institutional Catholic health care delivery systems in the nation, serving diverse communities that include more than 30 million people across 22 states. Trinity Health includes 92 hospitals, as well as 106 continuing care programs that include Program of All Inclusive Care for the Elderly (PACE), senior living facilities, and home care and hospice services.

Committed to those who are poor and underserved in its communities, Trinity Health is known for its focus on the country’s aging population. The organization is the innovator of Senior Emergency Departments; is the largest not-for-profit provider of home health care services — ranked by number of visits — in the nation; and is the nation’s leading provider of PACE, based on the number of available programs.

As a single, unified ministry, Trinity Health helps to create healthier communities and transform how we care for patients, especially those who are poor and vulnerable, through compassionate, people-centered care. Our common purpose calls us to improve the lives of every person, every time, with excellence, dignity and respect.

With annual operating revenues of $19.3 billion and assets of $27 billion, the organization returns about $1.2 billion to its communities annually in the form of charity care and other community benefit programs.

**Holy Cross Home Care and Hospice**, a member of Trinity Health At Home affiliated with Holy Cross Health, provides comprehensive, interdisciplinary care to patients who can be treated at home in lieu of hospitalization, require follow-up after a hospitalization or are facing the terminal stages of an illness.

**Trinity Health’s Military and Veterans Health Program** provides military service members, veterans and their families convenient access to high-quality, people-centered health care services that meet their specific needs. Through the Military and Veterans Health Program, Holy Cross Health provides respectful and culturally competent health care services at Holy Cross Health Partners in Kensington, Holy Cross Hospital and Holy Cross Germantown Hospital.

**Mission, Vision and Core Values**

We, Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Holy Cross Health’s team will achieve this trust through:

- Innovative, high-quality and safe health care services for all in partnership with our physicians and others
- Accessibility of services to our vulnerable and underserved populations
- Outreach that responds to community health need and improves health status
- Ongoing learning and sharing of new knowledge
- Our friendly, caring spirit

Our core values are reverence, commitment to those who are poor, safety, justice, stewardship and integrity.

As a mission-driven innovative health organization, we will become the national leader in improving the health of our communities and each person we serve. We will be the most trusted health partner for life.

**Strategic Plan**

The vision of our People-Centered Strategy for Success, fiscal years 2019-2022, is to be a forward-thinking health system with the knowledge and resources to help people address their needs and goals in order to achieve a better quality of life. To achieve this we are guided by six strategic principles:

**People-Centered Care**: Providing innovative patient care, excellent care delivery and improved clinical outcomes

**Engaged Colleagues**: Attracting, developing and retaining exceptional and committed colleagues

**Operational Excellence**: Ensuring efficient and effective care delivery

**Physician Collaboration**: Engaging physicians for mutual benefit in activities that attract patients and better manage care

**Leadership Nationally & Locally**: Improving the health and well-being of our community through innovation and expanding expertise

**Effective Stewardship**: Stewarding our resources to best manage revenue and expenses
By the Numbers

<table>
<thead>
<tr>
<th>Licensed Hospital Beds and Neonatal Bassinets</th>
<th>501 (Holy Cross Hospital &amp; Holy Cross Germantown Hospital) **</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colleagues</td>
<td>4,066</td>
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<tr>
<td>Physicians</td>
<td>1,927</td>
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<tr>
<td>Volunteers</td>
<td>687</td>
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<tr>
<td>Total Patient Visits</td>
<td>226,903* (excludes healthy newborns)</td>
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<tr>
<td>Inpatient Discharges</td>
<td>35,966* (excludes healthy newborns)</td>
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<tr>
<td>Outpatient Visits</td>
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<td>Emergency Center Visits</td>
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<tr>
<td>Deliveries</td>
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<tr>
<td>Surgeries</td>
<td>12,332*</td>
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<tr>
<td>Health Center and Physician Practice Visits</td>
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<td>Net Community Benefit</td>
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<td>Total Community Benefit Encounters</td>
<td>315,478*</td>
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<tr>
<td>Revenue</td>
<td>$629 million*</td>
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</table>

*Fiscal 2019 statistics

**Fiscal 2020 statistics

Leadership

- **Norvell V. Coots, MD, President and CEO** of Holy Cross Health, and President and CEO of the Maryland Region of Trinity Health
- **Eileen Cahill, Chief Advocacy Officer**, Holy Cross Health
- **Annice Cody, President**, Holy Cross Health Network
- **Louis Damiano, MD, President**, Holy Cross Hospital
- **Kristin Feliciano, Chief Strategy Officer**, Holy Cross Health
- **Steven Fowler, Chief Mission Officer**, Holy Cross Health
- **Wendy Friar, Chief Development Officer**, Holy Cross Health
- **Anne Gillis, Chief Financial Officer**, Holy Cross Health
- **Celia Guarino, RN, Chief Nursing Officer**, Holy Cross Health, and Chief Nursing Officer, Holy Cross Hospital
- **Yancy Phillips, MD, Chief Clinical Officer**, Holy Cross Health
- **Doug Ryder, President**, Holy Cross Germantown Hospital
- **Max Siegel, Integrity and Compliance Officer**, Holy Cross Health
- **Elizabeth Simpson, General Counsel**, Holy Cross Health
- **Matthew Trimmer, Regional Chief Information Officer**, Holy Cross Health, Trinity Health
- **Katherine Wellner, Chief Human Resources Officer**, Holy Cross Health
Awards and Recognition*

Holy Cross Health is a leader in providing innovative and quality health care, upholding its commitment to be the most trusted provider of health care services in the area for the benefit of patients, physicians and colleagues.

Clinical Awards and Recognition

- **2019-2020 U.S. News & World Report** national rankings of “America’s Best Hospitals,” ranks Holy Cross Hospital highest (tied) in Montgomery County, Md.; 10th (tied) in the Washington, D.C., metro area; and 10th (tied) among all the hospitals in the state of Maryland. The hospital also received the highest rating in three adult procedures/conditions: congestive heart failure, colon cancer surgery and chronic obstructive pulmonary disease.

- **2019 America’s 250 Best Hospitals** from Healthgrades for Holy Cross Hospital, placing it in the top five percent of hospitals nationwide for clinical outcomes

- **2019 Get with The Guidelines®-Stroke Gold Plus Achievement Award with Target: Stroke™ Honor Roll Elite** for Holy Cross Hospital and Holy Cross Germantown Hospital from the American Heart Association/American Stroke Association

- **2019 America’s 100 Best Hospitals for Critical Care Award** from Healthgrades for Holy Cross Hospital

- **2018 Distinguished Hospital Award for Excellence** from Healthgrades for Holy Cross Hospital, placing it in the top five percent of hospitals nationwide for clinical excellence

- **2018 International Board Certified Lactation Consultants® Care Award** for Holy Cross Hospital’s excellence in lactation care, one of only three hospitals in Maryland to receive this honor

- **2018 Beacon Award for Excellence**, bronze-level, from the American Association of Critical-Care Nurses (AACN) for Holy Cross Hospital’s Surgical Intensive Care Unit (SICU) / Neuro Critical Care Unit (NCCU)

- **2018 Centers for Disease Control and Prevention** (CDC) Full Recognition for Holy Cross Health’s Diabetes Prevention Program

- **2016 Cardiology Platinum Performance Achievement Award** from the American College of Cardiology’s NCDR ACTION Registry; Holy Cross Hospital is one of only seven hospitals in the state of Maryland and 223 hospitals nationwide to receive this honor

- **2014 Excellence Award for Quality Improvement in Hospitals** from the Delmarva Foundation for Medical Care, which recognizes Holy Cross Hospital’s commitment to quality and ability to achieve and sustain performance improvement on four national inpatient clinical areas – heart attack, heart failure, surgical care and pneumonia; for four years in a row

- **2014 Excellence in Care Dementia Program of Distinction** awarded by the Alzheimer’s Foundation of America to the Holy Cross Medical Adult Day Center, the first medical adult day center in Maryland to earn this prestigious distinction

- **2013 Top Performer on Key Quality Measures** recognition for Holy Cross Hospital, one of only 147 U.S. hospitals and the only hospital in Maryland; Washington, D.C.; and Northern Virginia to earn this distinction for four adult measures, four years in a row, from The Joint Commission, the main accreditation organization for U.S. hospitals

Clinical Designations and Accreditations

- **The Joint Commission accreditation** for Holy Cross Hospital and Holy Cross Germantown Hospital from the main accreditation organization for U.S. hospitals

- **Primary Stroke Center designation** for Holy Cross Hospital and Holy Cross Germantown Hospital by the Maryland Institute for Emergency Medical Services Systems (MIEMSS)

- **Advanced Primary Stroke Center designation** for Holy Cross Hospital by The Joint Commission

- **Bariatric Surgery Program accreditation** as a Comprehensive Center at Holy Cross Hospital under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP)

- **Breast Center accreditation** by the American College of Surgeons’ National Accreditation Program for Breast Centers (NAPBC). Holy Cross Hospital was the first hospital in Montgomery and Prince George’s counties to receive this prestigious accreditation

- **Breast Imaging Center of Excellence (BIOCE) designation** for Holy Cross Hospital by the American College of Radiology

- **Blue Distinction® Center certification for bariatric surgery** at Holy Cross Hospital from Blue Cross Blue Shield

- **Cardiac Interventional Center designation** for Holy Cross Hospital by the Maryland Institute for Emergency Medical Services Systems (MIEMSS) to perform emergency angioplasty for acute heart attacks
• Center of Excellence in Minimally Invasive Gynecology (COEMIG) designation for Holy Cross Hospital by the Surgical Review Corporation (SRC)
• Certification from The Joint Commission for Hip Replacement, Knee Replacement and Spine Surgery; Holy Cross Hospital was the first hospital in Montgomery County to receive Spine Surgery Certification from The Joint Commission
• Comprehensive Community Cancer Program accreditation at Holy Cross Hospital by the American College of Surgeons’ Commission on Cancer since 2000
• Laboratory Services accreditation by the College of American Pathologists (CAP) for Holy Cross Hospital and Holy Cross Germantown Hospital
• Level IIIB Perinatal Referral Center designation for Holy Cross Hospital by the Maryland Institute of Emergency Medical Services System (MIEMSS)
• Level 3 Epilepsy Center accreditation for the Epilepsy Monitoring Unit at Holy Cross Hospital by the National Association of Epilepsy Centers (NAEC)
• Perinatal Diagnostic Center accreditation at Holy Cross Hospital by the American Institute of Ultrasound in Medicine
• Radiation Oncology Practice accreditation for the Holy Cross Radiation Treatment Center by the American College of Radiology

Workplace Excellence Awards
• 2019 Workplace Excellence Seal of Approval Award from the Alliance for Workplace Excellence, the only health care provider in Maryland to receive this recognition every year since its inception in 1999 (20th year)
• 2019 Health and Wellness Seal of Approval Award from the Alliance for Workplace Excellence, for the 12th consecutive year
• 2019 EcoLeadership Award from the Alliance for Workplace Excellence, for the 11th consecutive year and every year since its inception in 2009
• 2019 Diversity Champion Award Winner from the Alliance for Workplace Excellence, for the eighth consecutive year
• 2019 Certificate of Recognition: Best Practices Supporting Workers of All Abilities from the Alliance for Workplace Excellence, for the second year since its inception in 2018
• 2019 Certificate of Recognition: Age-Friendly Employer Award from the Alliance for Workplace Excellence, for the second year since its inception in 2018

Leadership Awards
• 2019 Outstanding Physician Leader recognition from Becker’s Hospital Review for Norvell V. Coots, MD, president and CEO of Holy Cross Health
• 2018 Distinguished Healthcare Leader Award from the National Association of Health Services Executives for Norvell V. Coots, MD, president and CEO of Holy Cross Health
• 2018 Montgomery County Community Leader of the Year Award from Catholic Business Network for Sister Kathy Weber of the Holy Cross Caregiver Resource Center
• 2017 Design Excellence Award from the Montgomery County Planning Department, part of the Maryland-National Capital Park and Planning Commission, for the Holy Cross Hospital South Building
• 2016 Outstanding College/Corporate Partnership Award for Holy Cross Health and Montgomery College by the American Association of Community Colleges (AACC)
• 2016 Leadership in Energy and Environmental Design (LEED®) Gold Certified for Holy Cross Hospital’s South Building by U.S. Green Building Council
• 2015 Leadership in Energy and Environmental Design (LEED®) Gold Certified for Holy Cross Germantown Hospital by U.S. Green Building Council
• 2014 Archdiocese of Washington 75th Anniversary Cardinal’s Award awarded to Holy Cross Health
• 2013 Nonprofit Village It Takes a Village Award for dedication to health promotion and disease prevention in the Montgomery County community

*Awards as of November 2019*
A Great Place to Work

Holy Cross Health is the only health care provider in Maryland to receive the Workplace Excellence Seal of Approval Award from the Alliance for Workplace Excellence every year since 1999. This honor recognizes efforts to implement benefits, programs and policies that respond to the needs of colleagues and add to the overall success of the organization.

Colleagues are offered remarkable benefits including a strong learning environment with opportunities to move their careers forward, flexible work schedules to allow greater balance of work and home life, and highly competitive compensation and reward programs including the clinical advancement program. Holy Cross Health offers a wide range of medical benefits including medical, dental and vision to eligible colleagues. For 2019, Holy Cross Health has a gold-tiered health plan paying between 77 and 90 percent (depending on the plan) of the total health care benefit premium costs for full-time colleagues.

Holy Cross Health is recognized for its Workplace Wellness programs. Holy Cross Health offers one-on-one health coaching, annual biometric screening, free fitness classes, a Healthy Living educational series, and many other programs. The Workforce Wellness program is centered around five pillars of wellness – physical, nutrition, financial, spiritual/behavioral and fitness. Colleagues are encouraged to partake in activities throughout the year to improve their fitness. Holy Cross Health offers various nutritional promotions ranging from unique dietary selections in the cafeteria to a 50 percent healthy selection vending program.

Holy Cross Health offers colleagues access to a variety of higher education programs, tuition discounts through partnerships with various universities, generous tuition assistance and a student loan repayment program. The system supports the growth of managers through the Essential Skills for New Leaders curriculum, Building a Fair and Just Culture, mentoring, Certified Crucial Conversation training and a variety of technical skills training.

- Recipient of the Workplace Excellence Seal of Approval Award every year since 1999
- A gold-tiered health plan paying between 77 to 90 percent of premium costs for full-time colleagues
- A robust Workforce Wellness program, centered around physical, nutritional, financial, fitness and spiritual/behavioral wellness
- Professional development opportunities for colleagues at all levels
Community Benefit

As a not-for-profit health care system, Holy Cross Health is committed to meeting the needs of our community and improving the health of all those we serve, with particular emphasis on underserved and vulnerable community members. All services that respond to a community need and improve access to health, advance medical knowledge, or reduce government burden fall under community benefit. All such programs are offered at no or low cost as part of our mission to be the most trusted provider of health care services in the area.

Holy Cross Health has a track record of reinvesting its earnings into innovative and sustainable community benefit programs to ensure access to health care for all, regardless of a patient’s ability to pay. During the last five fiscal years, Holy Cross Health has provided more than $296 million in community benefit, including $174 million in financial assistance.

Holy Cross Health’s community benefit program recorded 315,478 encounters with community members in fiscal 2019. Holy Cross Health’s financial assistance policy is implemented in a systematic and equitable way in order to provide necessary services free of charge or at reduced charges to individuals who meet certain financial criteria and are unable to pay.

Holy Cross Health provides prenatal and obstetric care to women with financial challenges through the Maternity Partnership Program, and has served more than 23,000 women since 1999, helping babies get their best start in life.

In 2019, Holy Cross Health completed its most recent community health needs assessment, fulfilling requirements set forth by the Patient Protection and Affordable Care Act for each hospital. The 2019 assessment identified unmet community health needs in collaboration with Montgomery County’s Healthy Montgomery Community Health Improvement Process. Unmet needs were identified and prioritized based on severity, the feasibility of Holy Cross Health to address it, and the potential for achievable and measurable outcomes within three years. Holy Cross Health used the information available to identify three priority areas: Social/Determinants/Influencers of Health, Vulnerable Populations, and Chronic Diseases. The following prioritized list of the significant unmet needs identified and their subcategories were developed using scores from each of the categories listed above:

1. Social Determinants / Influencers of Health
   a. Access to Care
   b. Food Insecurity
   c. Housing

2. Vulnerable Populations
   a. Senior Population
   b. Maternal / Infant Population

3. Chronic Diseases
   a. Access to Care
   b. Food Insecurity
   c. Cardiovascular Health
   d. Obesity
   e. Behavioral Health

With this information, Holy Cross Health will address the unmet needs within the context of our overall approach, mission commitments, key clinical strengths, and within the overall goals of Healthy Montgomery. We will focus on addressing the identified priorities by optimizing wellness and equity and striving to eliminate disparities in our communities. To accomplish this, Holy Cross Health’s strategy to address unmet community need encompasses the following three key focus areas that concentrate on individual social needs as well as improving community conditions:

Clinical Care: Delivery of efficient and effective people-centered health care services for the uninsured/Medicaid population that is focused on reducing clinical quality outcome disparities and addressing the social needs of patients;

Community Engagement: Connecting efficient and effective wrap-around services, expanding the availability of community-based services, and ensuring that patients, community members, and employees are linked to, and can utilize these services; and

Community Transformation: Policy, system and environmental change strategies focusing on community building to address the physical environment, economic revitalization, housing and other social determinants/influencers of health.
Multicultural and Interpretation Services

All Holy Cross Health clinical service areas provide interpretation in a culturally rich and linguistically diverse environment. To meet the communication needs of our patients and their health care providers through the continuum of care, we offer the following services upon request:

- World language interpretation services in 200 languages and dialects via telephone, video, and face-to-face through professional interpreters and qualified bilingual staff
- Sign language interpretation through direct, face-to-face interpreters and via remote video
- Translated vital patient care documents and patient education covering numerous health topics

Our mission and core values promote care of the underserved, and our strategic principles focus on people-centered care. To achieve the most favorable health outcomes, we strive to communicate with our patients through the variety of modalities described.

Holy Cross Health Foundation

The Holy Cross Health Foundation is a 501(c)(3) tax-exempt charitable organization (Federal Tax ID no. 20-8428450) devoted to raising philanthropic funds to support the mission of Holy Cross Health.

The Holy Cross Health Foundation cultivates and establishes meaningful relationships to support capital, operational and innovative projects and programs. Contributions to the Foundation are investments in improving the health of our community through advanced technologies, innovations in care, ongoing education, community health and wellness programs, and renovations and new construction. Philanthropic partnerships enable Holy Cross Health to provide high quality accessible and equitable care to our patients and their families, including our most vulnerable patients.

Our fiscal 2019 – 2021 strategic fundraising priorities are:

- **Women’s Health**: As the regional leader in maternal and infant care, Holy Cross Health provides continuous quality care. We are renovating our facilities to provide the best clinical care and a positive patient experience.
- **Cancer**: Investments will support the opening of a new and accessible comprehensive cancer center that is warm and welcoming and has advanced technologies that are co-located to services designed to help navigate a patients’ cancer journey.
- **Neuroscience**: Holy Cross Health has built one of the area’s most distinguished neuroscience programs, and philanthropy continues to support an exceptional level of care in the screening, diagnosis and treatment of complex brain and spine disorders.
- **Population Health and Community Health & Well-being**: Funds raised support Holy Cross Health’s ability to develop community-based programs that provide health education and wellness, health screenings, chronic disease self-management courses and health ministry programs - all offered at convenient community locations.

Over the years, the Holy Cross Health Foundation has empowered hundreds of our dedicated nurses to advance their knowledge and skills, and provided our care management teams with a social worker and community health worker to help meet the non-medical needs that affect our patients’ health.

Every donation matters. When you donate to Holy Cross, you give the gift of health which helps us touch more lives, in more ways, and in more places than ever before. For more information about the Holy Cross Health Foundation, giving opportunities, Colleague Giving or upcoming events, please visit HolyCrossHealth.org/Foundation or contact Eric Miller by phone at 301-754-7130 or by email at Eric.Miller@holycrosshealth.org.
OPERATING DIVISIONS AND MEDICAL STAFF

Holy Cross Hospital

Holy Cross Hospital is one of the largest hospitals in Maryland. Founded in 1963 by the Congregation of the Sisters of the Holy Cross, today Holy Cross Hospital is a 423-bed, teaching hospital caring for more than 35,000 inpatients each year. Holy Cross Hospital is located on the Kevin J. Sexton Campus of Holy Cross Health in Silver Spring, Md., just north of Washington, D.C., and near the Capital Beltway and Metro transportation system.

In 2015, the largest expansion of Holy Cross Hospital in its 55-year history was completed, bringing the latest technology and the privacy, comfort and safety of private rooms to patients throughout the hospital. A new seven-story patient care building, the South Building, added 232,000 square feet to the hospital. Additionally, 42,000 square feet of the existing facility’s critical care and surgery areas were expanded and renovated, and 300 new parking spaces were created. With the addition of 150 private patient rooms in critical care, intermediate care and medical-surgical units, Holy Cross Hospital joined Holy Cross Germantown Hospital as the first two hospitals in the area to offer private rooms to all patients. The “green” design was recognized with Leadership in Energy and Environment Design (LEED) Gold certification.

The hospital offers a full range of inpatient and outpatient services, with specialized expertise in women and infant services, senior services, surgery, neuroscience and cancer. Specialists at the hospital perform more inpatient gynecologic and gynecologic oncology surgeries, deliver more babies and care for more newborns with complex medical issues than any other hospital in Maryland.

The hospital addresses the unique needs of seniors through the nation’s first and region’s only Seniors Emergency Center – which has become a national model – as well as a full range of specialized surgical and inpatient services, healthy-aging programs and support services for caregivers.

A Teaching Hospital

Holy Cross Hospital is a teaching hospital and includes a sophisticated on-site Holy Cross Health Conference Center designed for clinicians and community members to acquire and share knowledge.

The hospital hosts physician residency programs affiliated with George Washington University, Children’s National Health System and the National Capital Consortium, and hosts medical students and physician assistant students from eight additional schools.

Beginning in July 2020, Kaiser Permanente of the Mid-Atlantic States is partnering with Holy Cross Health to launch its first-ever Internal Medicine Residency Program. World-class physicians from the Mid-Atlantic Permanente Medical Group and Holy Cross Health will teach and mentor the residents in outpatient, inpatient, critical care and emergency medicine settings, as well as affiliated clinics for the underserved.

Holy Cross Hospital also partners with approximately a dozen Schools of Nursing to provide clinical experiences for nursing students and trains students in other health care professions. Holy Cross Hospital has a specialized training center for physicians who perform minimally invasive procedures.
Holy Cross Germantown Hospital

As the first new hospital in Montgomery County in 35 years, Holy Cross Germantown Hospital opened in 2014 to serve the most rapidly growing region in Montgomery County, and improve access to high-quality care in an area that previously had, by far, the largest concentration of people without a hospital in the state.

Holy Cross Germantown Hospital provides emergency, medical, surgical, obstetric and behavioral health services. All patient rooms are private to reduce the risk of infection, improve care delivery and facilitate continuity of care – as well as provide privacy and comfort for patients and their families.

A broad range of physician specialists provide around-the-clock coverage, seven days a week, and additional specialists are on-call for urgent response to individuals' specific needs.

The six-story, 237,000-square-foot, 78-bed Holy Cross Germantown Hospital was designed to enhance patient care. The hospital is equipped with the latest technology and was the first community hospital in Montgomery County to obtain the da Vinci® Xi Surgical System and to offer the Linx® Reflux Management System. The facility features sustainable design elements that achieved Leadership in Energy and Environmental Design (LEED) Gold certification, as well as a garden to facilitate quiet, contemplative moments for patients, visitors and clinicians.

Holy Cross Germantown Hospital is the first hospital in the nation located on a community college campus. As the first hospital located on a community college campus, Holy Cross Germantown Hospital is well positioned to advance educational training and development. The anchor tenant of the Pinkney Innovation Complex for Science and Technology at Montgomery College (PIC MC), Holy Cross Germantown Hospital serves as a valuable educational resource for aspiring health care workers. The partnership with Montgomery College will benefit the region for generations to come and serves as a partnership model for other hospitals and community colleges across the nation.

Holy Cross Germantown Hospital is conveniently located right off I-270, near the intersection of Middlebrook Road and Observation Drive. The hospital is accessible by public transportation.

An on-site Medical Office Building opened in July 2015. The four-story, 80,000-square-foot building is designed to create patient-friendly environments focused on efficiency, convenient way-finding, modern amenities and access to leading health care technologies. The facility is directly connected to Holy Cross Germantown Hospital and the parking garage by a climate-controlled connector to provide physicians, patients and colleagues with ease of access.
Holy Cross Health Network

Holy Cross Health Network is an operating division of Holy Cross Health and is focused on improving the health and well-being of the communities Holy Cross Health serves. This scope includes building and managing relationships with physicians, insurers and other health care organizations; operating primary care sites and health centers; offering a wide range of health and wellness programs; and overseeing Holy Cross Health’s community benefit program.

Holy Cross Health Centers provide affordable primary health care services to adults (and children at the Germantown location) who face financial barriers to accessing care, including community members who are uninsured or enrolled in Maryland Medicaid/Maryland Children’s Health Program. Holy Cross Health opened its first health center in Silver Spring in 2004, a second in Gaithersburg in 2009, a third in Aspen Hill in 2012, and a fourth in Germantown in 2015. Since opening in 2004, the health centers have provided more than 250,000 patient visits and today provide nearly 42,000 patient visits each year.

The centers are staffed by highly skilled medical professionals, including physicians, nurse practitioners, registered nurses, and licensed clinical social workers. The staff is bilingual in English and Spanish, and interpretation services are available for other languages.

Holy Cross Health Partners are primary care sites owned and operated by Holy Cross Health at Asbury Methodist Village and in Kensington. These practices specialize in internal medicine for adults and include physicians with geriatric medicine training and expertise.

Holy Cross Medical Adult Day Center provides a safe, supportive environment for adult daily care and is a viable alternative to nursing home residential care. Seniors can maintain their independence of living at home, yet enjoy structured, senior-focused activities that encourage growth and development, while giving caregivers needed respite.

Holy Cross Caregiver Resource Center supports and educates family members, friends and professionals who are involved in the physical, emotional, spiritual and/or social care of someone who is medically challenged or facing lifestyle changes as a result of aging. The center offers a resource library, help line and several support groups where spouses and adult children can share sorrows and problems, joys and successes, resources and solutions.

Holy Cross Health’s Community Health division offers many different types of health and wellness classes, as well as special events throughout the year. From health screenings to exercise programs, lectures and chronic disease prevention and management, many programs are free and are offered in multiple convenient community locations throughout Montgomery and Prince George’s counties. They include:

- **Faith Community Nurse Program** partners with dozens of area religious communities in the Washington, D.C., metropolitan area to equip them to respond to the holistic health and wellness needs of their congregations as well as the broader community.
- **Community Health Program** offers more than 70 exercise, health education, screening and self-management classes per week at multiple convenient locations throughout Montgomery and Prince George’s counties.
- **Senior Fit** is a free strengthening, flexibility and endurance exercise program for adults age 55 and older offered at 24 facilities in partnership with Kaiser Permanente of the Mid-Atlantic States, Montgomery County Department of Recreation, Maryland National Capital Park and Planning Commission, Asbury Methodist Village and local churches. Operating since 1995, Senior Fit has received numerous awards for program excellence including a 2003 award from the National Council on Aging as one of the 10 best practice physical activity programs tailored for older adults.
- **Maternal, Infant & Child Education Program** offers classes and programs in English and Spanish to help parents, siblings and grandparents prepare for pregnancy, labor and delivery, and the care of a newborn. Programs include childbirth preparation, baby care, breastfeeding education, infant CPR, yoga/fitness, and a car seat loaner program.
- **Chronic Disease Prevention and Management:**
  - **Chronic Disease Self-Management Program (Living Well)** is an evidence-based prevention and health promotion program taught by trained peer leaders that address common issues faced by people living with chronic illnesses.
  - **Diabetes Prevention Program** is a 22-session, group-based, comprehensive lifestyle behavior modification program for individuals who are at risk for developing Type 2 Diabetes.
  - **Diabetes Self-Management Education** is a nurse-led program for individuals with either Type 1 or Type 2 diabetes who need a refresher or want to learn additional self-management skills.
  - **Diabetes Self-Management Program** is a peer-led, evidence-based prevention and health promotion program that addresses common issues faced by people with diabetes.
  - **Falls Prevention Program** is available for seniors to learn more about falls and how to prevent them, to assess their personal risk of falling, and to take courses for strengthening their physical and mental resilience.
  - **Pulmonary Maintenance** is a supervised physical activity program for people who have chronic obstructive pulmonary disease or other chronic lung conditions.
Medical Staff

With 1,927 physicians across more than 60 specialties affiliated with Holy Cross Health, our community will receive the highest-quality medical care at our hospitals. Many physicians are among the most well-known and respected specialists in the area. Holy Cross Health also employs specialty trained physician's assistants and nurse practitioners in many clinical areas. The medical staff includes leading specialists in each of the following specialties:

- Allergy & Immunology
- Anesthesia
- Cardiology
- Clinical Cardiac Electrophysiology
- Colon Rectal Surgery
- Critical Care Medicine
- Dermatology
- Emergency Medicine
- Endocrinology
- Family Practice
- Female Pelvic Medicine & Reconstructive Surgery
- Gastroenterology
- General Surgery
- Genetics
- Geriatrics
- Gynecologic Oncology
- Gynecology
- Hematology
- Infectious Disease
- Internal Medicine
- Interventional Cardiology
- Maternal Fetal Medicine
- Medical Oncology
- Midwifery
- Neonatology
- Nephrology
- Neurology
- Neurophysiology
- Neuroradiology
- Oncology
- Ophthalmology
- Oral Surgery
- Orthopedic
- Otolaryngology
- Pain Medicine
- Palliative Medicine
- Pathology
- Pediatric Neurology
- Pediatric Cardiac Surgery
- Pediatric Cardiology
- Pediatric Dentistry
- Pediatric Emergency Medicine
- Pediatric Hematology Oncology
- Pediatric Pulmonary
- Pediatric Surgery
- Pediatrics
- Physical Medical/Rehabilitation
- Plastic Surgery
- Podiatry
- Psychiatry
- Pulmonary
- Radiation Oncology
- Radiology
- Rheumatology
- Thoracic and Vascular
- Thoracic Surgery
- Urogynecology
- Urology
- Vascular Surgery

Holy Cross Health values our physician partners and their deep ties to the communities we serve together. The diversity of our medical staff mirrors that of our patients, and collectively our physicians and clinicians speak more than 50 languages in addition to English.

Our strategic people-centered approach to healthcare means active collaboration with our physician partners for mutual benefit in activities that attract patients and better manage care. Working together, we strengthen ties to the community in order to improve the health of the population.

Holy Cross Hospital and Holy Cross Germantown Hospital have dedicated teams of hospital-based physicians on staff to provide the care patients require and to help them and their families understand the various phases of their care. Hospitalists take care of medical and surgical patients in the acute environment, and are available 24 hours a day, seven days a week. To ensure continuity of care for severely ill patients, critical care medicine physicians, also known as intensivists, provide around-the-clock care at both hospitals in the intensive care units. Hospitalists and intensivists are supported by nurses who have specialized training to deliver an excellent standard of evidence-based care.
SPECIALTY SERVICES

Women and Infants Services

Last year, more than 10,200 babies were born at Holy Cross Health’s two hospitals, Holy Cross Hospital and Holy Cross Germantown Hospital — more in Maryland than any other health system. Holy Cross Hospital delivers more babies and cares for more newborns with complex medical issues than any other hospital in Maryland or the District of Columbia, and is one of the largest single-site hospital providers of obstetric services in the Mid-Atlantic region. That same quality of maternity services is available at Holy Cross Germantown Hospital, expanding access to the outstanding maternal and neonatal commitment, skill and expertise for which Holy Cross Health is known.

The Maternity Center at Holy Cross Hospital features 24 state-of-the-art private labor and delivery rooms and 68 private postpartum Maternity Suites, more than any other area hospital. Holy Cross Germantown Hospital features five private labor and delivery rooms, 12 private postpartum maternity suites, four antepartum beds and three bed triage area. All physicians and nurses are certified in electronic fetal monitoring by the National Certification Corporation.

Expectant and new mothers and their families benefit from Holy Cross Health’s long-standing childbirth and parenting education classes, perinatal community outreach, car seat loaner program, support groups, gestational diabetes education program, breastfeeding support, and maternal and newborn home health services.

Newborn care at Holy Cross Health is designed to facilitate “rooming in” of each baby with the mother, to support family-centered care. If more intensive care and support are needed, Holy Cross Health offers the following services:

- Holy Cross Hospital’s Neonatal Intensive Care Unit (NICU) is a 46-bed Level III unit—the largest Level III unit in Maryland – and offers a very high degree of complex, quality care and access to a wide range of pediatric specialists for critically ill newborns. The NICU features state-of-the-art technology to treat babies who are born early or have medical complications that require constant observation or specialized care.

- Holy Cross Germantown Hospital's eight-bassinet, Level II Neonatal Unit cares for babies who are born up to two months early without complex medical problems, but who need extra care to get stronger. Newborns requiring more intensive care after the first 24 hours following birth can be transferred to Holy Cross Hospital’s NICU in Silver Spring or another facility. Like all patient rooms at Holy Cross Germantown Hospital, the Neonatal Unit features private rooms for babies and their visiting family.

The Holy Cross Hospital High-Risk Perinatal Diagnostic Center and Holy Cross Germantown Hospital's Antepartum Unit provide 24-hour-a-day expert care for pregnant women who require hospitalization—and need to be carefully monitored for complications to protect their health and the health of their babies. The neonatal and perinatal services at Holy Cross Hospital are designated as a Level III Perinatal Referral Center by the Maryland Institute of Emergency Medical Services Systems (MIEMSS), which means that it is recognized for an advanced level of specialty care for high-risk pregnancies and neonates.

Holy Cross Hospital and Holy Cross Germantown Hospital provide diagnostic testing and ongoing care for women who are experiencing high-risk pregnancies. In recognition of excellence in the area of obstetric sonography, the Perinatal Diagnostic Center at Holy Cross Hospital is accredited by the American Institute of Ultrasound in Medicine.

Holy Cross Health is Montgomery County's leading provider of prenatal, obstetric and gynecologic services for uninsured women through the Maternity Partnership Program with the Montgomery County Department of Health and Human Services. Holy Cross Hospital's OB/GYN Clinic and Holy Cross Germantown Hospital's OB Clinic are dedicated to supporting women from the beginning of their pregnancy to the birth of a healthy baby. The clinics provide prenatal care and follow-up care to women with no health insurance and limited financial resources. The clinics serve as the referral center for the Montgomery County Maternity Partnership Program and the Catholic Charities Sanctuaries for Life Program. Since 1999, Holy Cross Health has provided care to more than 23,000 women in the Maternity Partnership Program, with a significantly lower incidence of low birth weight newborns.
The Never Alone program at Holy Cross Hospital supports parents and families who choose to carry a pregnancy to delivery after receiving a diagnosis that will result in a serious or life-threatening medical issue for their baby. The Never Alone program is designed to provide compassionate and supportive care to mothers and families during this difficult time.

**Pediatric Services**

Holy Cross Health cares for more than 24,000 children each year. Holy Cross Hospital’s acute care pediatric unit cares for inpatients, ambulatory surgery patients and short-stay patients with a wide range of medical conditions. The pediatric unit is specially designed for the care and comfort of children, from newborns through adolescents. Holy Cross Hospital’s long-standing partnership with Children’s National Health System offers patients full-time, board-certified pediatric attending physicians (also known as hospitalists); outpatient pediatric cardiology services; and telemedicine consultation services.

Holy Cross Hospital’s certified child life specialist is trained to care for the developmental, emotional and social needs of children and to help facilitate trust between pediatric patients and the health care team. A child life specialist provides a variety of activities to help prepare children for their medical experience, such as medical play, coping strategies for difficult times, and therapeutic and recreational activities. The child life specialist uses toys, games, art supplies, video games and computers from the unit’s playroom to engage children in therapeutic and recreational activities.

The dedicated Pediatric Emergency Center at Holy Cross Hospital is staffed around the clock by board-certified pediatric emergency medicine physicians as well as pediatric nurse practitioners to provide pediatric emergency care. Holy Cross Germantown Hospital provides pediatric emergency care in the general emergency department.
Neurosciences

The Neuroscience Program at Holy Cross Health brings to the community expertise in the screening, diagnosis and treatment of complex brain and spine disorders. Patients have around-the-clock access to a variety of specialists in neurology, neurosurgery, neuroradiology, interventional neuroradiology and psychiatry. The program offers interdisciplinary care to patients needing advanced expertise for neurologic diseases such as Parkinson’s disease, essential tremor and dystonia; epilepsy and other seizure disorders; aneurysm and arteriovenous malformation repair; benign and malignant tumors of the spine and brain; vascular brain disorders, brain injury and structural brain conditions; diseases, fractures and conditions of the spine; stroke and other neurological emergencies; and infections of the brain and spine.

Surgical treatments include general neurosurgery, epilepsy surgery and minimally invasive treatments, including specialized procedures such as Brain Path for tumor removal; Visualase™, a thermal laser ablative surgery for epilepsy and tumor removal; and Deep Brain Stimulation (DBS). The Neuro Critical Care Unit (NCCU) at Holy Cross Hospital provides clinical expertise, emerging therapeutics and advanced neuro-monitoring to patients who have undergone neurosurgery or who have life-threatening neurological conditions. In 2018, Holy Cross Hospital was awarded the bronze-level Beacon Award for Excellence by the American Association of Critical Care Nurses (AACN).

Holy Cross Hospital is well known for its Joint Commission-designated Advanced Primary Stroke Center, and Holy Cross Hospital and Holy Cross Germantown Hospital are both designated as Primary Stroke Centers by the Maryland Institute for Emergency Medical Services Systems (MIEMSS). A specially trained Stroke Response Team is available for stroke evaluation and treatment at each hospital 24 hours a day, seven days a week.

Both hospitals earned the American Heart Association/American Stroke Association 2019 Get with the Guidelines®-Stroke Gold Plus Achievement Award with Target: Stroke™ Honor Roll Elite. This national and state recognition affirms these hospitals’ commitment to providing consistent, high-quality care that saves lives and improves outcomes for stroke patients.

Holy Cross Hospital’s Epilepsy Monitoring Unit is accredited as a Level 3 Epilepsy Center by the National Association of Epilepsy Centers. This unit features brain-monitoring technologies to provide comprehensive and expert evaluation for seizure disorders in adults, and provides epilepsy surgical treatment through an interdisciplinary team approach. A comprehensive approach to epilepsy treatments includes a team of neurologists, neurosurgeons and neuroradiologists. Experienced physicians are trained to recognize, diagnose and treat epilepsy with the latest advances in the field and with alternatives to traditional epilepsy surgery such as Visualase, a laser ablation therapy. This minimally invasive surgical approach provides a treatment option that may not otherwise be considered by patients.

Holy Cross Health has been at the forefront of minimally invasive spine surgery for more than a decade, with both Holy Cross Hospital and Holy Cross Germantown Hospital providing expert minimally invasive spine surgery. Holy Cross Hospital is known as an international leader in minimally invasive surgical training. The Spine Center at Holy Cross Hospital was the first in Montgomery County to receive Spine Surgery Certification from The Joint Commission.

Patients of Holy Cross Health’s Neuroscience program are also provided additional support through support groups and other health and wellness programs.

- Holy Cross Health offers one of the region’s most distinguished and comprehensive neuroscience programs
- U.S. News and World Report recognized Holy Cross Hospital’s high performance in neurology and neurosurgery in 2015
- First in the Washington region to perform deep-brain stimulation (DBS), a minimally invasive brain surgery
- First in the Washington, D.C., Metro Area to offer new laser treatment for adult epilepsy
- The Spine Center at Holy Cross Hospital was the first in Montgomery County to receive Spine Surgery Certification from The Joint Commission
- Holy Cross Germantown Hospital and Holy Cross Hospital are both recognized as Primary Stroke Centers by the Maryland Institute for Emergency Medical Services Systems (MIEMSS)
- Level 3 Epilepsy Center is available at Holy Cross Hospital
Senior Services

Holy Cross Health is a national leader in providing innovative care that meets the specific needs of patients 65 and older, their families and caregivers. Holy Cross Hospital cares for more than 17,000 adults age 65 and older each year.

In 2008, Holy Cross Hospital created the nation’s first Seniors Emergency Center, which has since become a national model. Here, specially trained clinicians address the complex, often uncertain and immediate needs of seniors, while assessing other risk factors and recommending appropriate interventions or follow-up. This senior-friendly environment is specially designed to reduce anxiety, confusion and risk for falls. Discharge instructions are explained clearly, and follow-up calls are made to patients to answer questions and address concerns.

The Palliative Care program, available at Holy Cross Hospital and Holy Cross Germantown Hospital, provides care for people with advanced medical illnesses, especially those with chronic and progressive life-limiting conditions.

Older adults in the community have access to a wide range of healthy aging programs that can help them maintain their independence and knowledge about their health status. Holy Cross Health offers the following services to support older adults and their families:

- **Senior Fit** is an award-winning strengthening, flexibility and endurance exercise program for adults age 55 and older. It is offered at 24 locations in partnership with Kaiser Permanente of the Mid-Atlantic States, Montgomery County Department of Recreation, Maryland National Capital Park and Planning Commission, Asbury Methodist Village and local churches. Operating since 1995, Senior Fit has received numerous awards for program excellence including a 2003 award from National Council on Aging as one of the 10 best practice physical activity programs tailored for older adults.
- **Better Bones** is an exercise class designed to be safe and effective for people at risk for osteoporosis. The class focuses on weight-bearing and resistance exercises and includes strength training and work on balance.
- **Senior Health and Wellness Programs**, activities held throughout Montgomery and Prince George’s Counties offering residents 55 and over physical activity, screening programs, chronic disease prevention and management programs, and wellness education. (Senior Health and Wellness Center in Silver Spring coming in 2022)
- **The Caregiver Resource Center** offers support groups, telephone help and a resource library for family members, friends and professionals who are involved in the physical, emotional, spiritual and/or social care of seniors who are medically challenged or facing lifestyle changes as a result of aging or illness. There are six weekly support groups in Silver Spring, one weekly telephone group and two support groups a month in Gaithersburg.
- **The Medical Adult Day Center** provides social, recreational and rehabilitative services for medically disabled or older adults, who are socially isolated, need supervision or want to participate in group activities. The center provides a safe, supportive environment and is a viable alternative to nursing home residential care. Seniors can maintain their independence of living at home, yet enjoy structured, senior-focused activity that encourages growth and development, while giving caregivers needed respite.
- **Holy Cross Private Home Services, Inc.**, a licensed residential services agency, provides certified nursing assistants, supervised by a registered nurse, to patients who need assistance with activities of daily living such as bathing, dressing, meal preparation, light housekeeping and medication reminders.
- **Holy Cross Home Care and Hospice**, a member of Trinity Health At Home affiliated with Holy Cross Health, provides comprehensive, interdisciplinary care to patients who can be treated at home in lieu of hospitalization, require follow-up after a hospitalization or are facing the terminal stages of an illness.
- **Faith Community Nurse Program** partners with dozens of area religious communities in the Washington, D.C., metropolitan area to equip them to respond to the holistic health and wellness needs of their congregations as well as the broader community.
Surgical Services

Holy Cross Health is at the forefront of advanced surgical services, with leadership in the areas of neurosurgery, women’s, joint, spine, general, thoracic and colorectal surgery. From offering sophisticated minimally invasive techniques to pioneering robotic surgical procedures, our team of experienced surgeons and surgical staff provides patients with a personalized experience and optimal outcomes. Through innovation in technology and techniques and a commitment to a multidisciplinary and patient-focused approach to care, our patients benefit from the highest level of surgical expertise that focuses on the physical as well as the emotional well-being of each individual.

Expert surgical care is available at Holy Cross Hospital and Holy Cross Germantown Hospital, featuring state-of-the-art operative suites, spacious pre-operative areas for patients and families, and Post-Anesthesia Care Units staffed with critical care nurses. Holy Cross Hospital offers one of the few dedicated surgical intensive care units in the area.

Robotic Surgery

Holy Cross Health is one of the region’s leaders in robotic surgery and an early adopter. This pioneering surgical technology for the performance of minimally invasive procedures is an important treatment option that results in smaller incisions, faster recovery times, less risk and fewer complications.

In 2008, Holy Cross Hospital became the first in Montgomery County to offer robotic surgery using the da Vincî Surgical System. In 2017, Holy Cross Germantown Hospital was the first community hospital in Montgomery County to acquire the da Vinci Xi Surgical System – the latest in robotic surgery technology—advancing the commitment to minimally invasive surgical approaches. In 2020, Holy Cross Hospital also acquired a da Vinci Xi.

The robotics program at Holy Cross Health has more than 30 robotics-trained surgeons and is continuing to expand the number of trained surgeons and the range of specialties supported by robotic surgery.

Surgical Specialty Programs

From routine procedures to the most complex, minimally invasive and robotic-assisted surgeries, our experienced surgical teams at Holy Cross Hospital and Holy Cross Germantown Hospital provide patients with evidence-based approaches and personalized care for the best possible outcomes and a quicker return to a higher quality of living. Surgical expertise at Holy Cross Health includes:

- **Neurosurgery**
  The neurosurgery program at Holy Cross Health offers exceptional interdisciplinary care and advanced treatment to patients who require general neurosurgery; neuro-oncology care; and minimally invasive treatments, including specialized procedures such as Deep Brain Stimulation (DBS) and Visualase.

- **Women's Surgery**
  - **Gynecologic Surgery** – Holy Cross Health is a regional leader in the treatment of medical problems requiring gynecologic surgery and an innovator in minimally invasive gynecology. Holy Cross Health specialists at Holy Cross Hospital and Holy Cross Germantown Hospital perform more gynecologic and gynecologic oncology inpatient surgeries in Maryland than any other hospital or health system. Equipped with state-of-the-art technologies, specialized gynecologists, gynecologic oncologists and urogynecologists perform the most advanced minimally invasive gynecology procedures. The program at Holy Cross Hospital is designated a Center of Excellence in Minimally Invasive Gynecology (COEMIG) by the Surgical Review Corporation (SRC).
• **Pelvic Floor Surgery**—Holy Cross Health’s pelvic floor experts offer individualized treatment options for conditions affecting the bladder, bowel and uterus such as prolapse and incontinence, using evidence-based, personalized care plans to restore function and quality of life for patients. A multidisciplinary team of pelvic floor experts includes specialty trained urogynecologists, urologists and colorectal surgeons, as well as physical therapists and other professionals who deliver personalized care and use minimally invasive surgical approaches.

• **Breast Surgery**—The Breast Center at Holy Cross Hospital was the first breast center in Montgomery County to be certified by the National Accreditation Program for Breast Centers (NAPBC) and the American College of Surgeons. It also has been designated a Breast Imaging Center of Excellence by the American College of Radiology.

**Joint Repair and Replacement Surgery**
Each year, Holy Cross Health’s orthopedic specialists perform more than a thousand procedures including joint repair and joint replacement surgeries at Holy Cross Hospital and Holy Cross Germantown Hospital. The joint care program at Holy Cross Health offers patients an individualized approach, with the goal to improve function, alleviate pain and restore mobility by providing a full continuum of pain management, rehabilitative support, surgical expertise, and health and wellness programs that promote joint health. Holy Cross Hospital is certified by the Joint Commission for hip and knee replacement surgery.

**Spine Surgery**
Holy Cross Hospital and Holy Cross Germantown Hospital physicians perform hundreds of spine-related orthopedic and neurosurgical procedures each year, offering patients an integrated approach to care for back and neck conditions. Expertise in minimally invasive surgery, combined with a full spectrum of continuing care services, non-surgical treatment options and rehabilitation services, is tailored to each individual, helping patients return to their normal activities as quickly as possible. Holy Cross Health neuro and orthopedic surgeons have remained at the forefront of progress in spine treatments. These surgeons participate in research to advance treatments for patients. In fact, our spine surgeons train other surgeons in minimally invasive techniques that result in smaller incisions, less pain and shorter recoveries. Holy Cross Hospital is certified by The Joint Commission for spine surgery (the first in Montgomery County).

**General Surgery**
• **Weight-Loss Surgery**—Holy Cross Hospital’s Bariatric Surgery Program is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program as a Comprehensive Center, and is recognized as a Blue Distinction® Center by Blue Cross Blue Shield for its specialty care in this area. Bariatric surgery at Holy Cross Germantown Hospital and Holy Cross Hospital provides support and education before, during and after surgery, including support groups and exercise programs.

• **Hernia**—Holy Cross Germantown Hospital’s hernia program is able to treat patients with hernias ranging from the simple to the very complex—even after prior surgeries have failed. This includes advanced diagnosis and treatment of all kinds of hernias; high-quality, patient-centered care using evidence-based practices and the latest technology to ensure safety and the best possible outcomes for patients; and multidisciplinary experts working in a team environment to serve each patient’s unique needs with an individualized care plan. The same surgical expertise is available at Holy Cross Hospital.

**Thoracic Surgery**
Holy Cross Health offers one of the most comprehensive lung cancer programs in the region, providing patients with a multidisciplinary, patient-centered approach to the diagnosis and treatment of lung cancer. Surgeons at both Holy Cross Hospital and Holy Cross Germantown Hospital specialize in minimally invasive surgical management of lung cancer utilizing video-assisted thoracic surgery (VATS) as well as robotic surgery using the da Vinci® Surgical System. Holy Cross Hospital and Holy Cross Germantown Hospital are the first hospitals in Montgomery County to offer Electromagnetic Navigation Bronchoscopy (ENB); ENB is an advanced, minimally invasive procedure that allows physicians to locate hard-to-reach small lung lesions for biopsy and treatment if needed. Another groundbreaking diagnostic procedure that Holy Cross Health offers patients is Endobronchial Ultrasound-Guided Transbronchial Needle Aspiration (EBUS), a minimally invasive procedure that allows physicians to obtain tissue samples of lung masses and lymph nodes using ultrasound guidance during transbronchial needle aspiration (TBNA).

**Colorectal Surgery**
Holy Cross Health specialists provide the latest treatments for digestive and colorectal conditions and cancers, including minimally invasive robotic surgery that allows for the removal of tumors while preserving normal bowel function. In its 2019-2020 national rankings of “America’s Best Hospitals,” U.S. News and World Report gave Holy Cross Hospital the highest rating possible in colon cancer surgery. Surgical procedures offered at Holy Cross Health to treat colorectal cancers include colectomy, low anterior resection, proctectomy and other minimally invasive and robotic procedures.
Pain Management Center

At Holy Cross Health, we recognize that pain management is one of the key indicators for successful care management. Our pain management experts support the needs of inpatients suffering with pain.

The Holy Cross Hospital outpatient Pain Management Center’s board-certified pain management specialists provide individualized evaluation, education and treatment to patients who suffer from all types of acute and chronic pain. Using the latest pain management technology, the center strives to effectively manage pain and increase patients’ abilities to return to normal daily functions. When options for a cure are not available, the role of the pain management physician is to reduce the devastating impact chronic pain has on daily life.
Cancer Services

Holy Cross Health cares for more cancer inpatients annually in Montgomery and Prince George’s counties than any other hospital or health system. Last year, Holy Cross Health treated 56 types of cancer in 18 categories. Holy Cross Health’s inpatient and outpatient diagnostic and treatment services include advanced medical imaging, chemotherapy, surgical intervention and clinical research. Radiation oncology services are available at the Holy Cross Radiation Treatment Center.

Holy Cross Hospital is accredited by the American College of Surgeons’ Commission on Cancer as a Comprehensive Community Cancer Program. The Oncology Unit has a supportive team of nurse navigators, social workers, palliative and pastoral care providers, cancer registrars and others to promote healing and enhance comfort for patients and families.

Patients at Holy Cross Hospital and Holy Cross Germantown Hospital also have access to a variety of education and support services, as well as home care and hospice services provided by Holy Cross Home Care and Hospice, a member of Trinity Health At Home affiliated with Holy Cross Health.

Holy Cross Health offers specialized expertise in the following types of cancers:

**Breast Cancer** – Holy Cross Health is a leading provider of comprehensive breast care in Montgomery and Prince George’s counties, offering women a full range of advanced breast care through highly trained specialists and state-of-the-art technology. Holy Cross Hospital’s Breast Center is accredited by the American College of Surgeons’ National Accreditation Program for Breast Centers (NAPBC), and was the first hospital in Montgomery and Prince George’s counties to receive this recognition. Holy Cross Hospital also is a Breast Imaging Center of Excellence (BIOCE), designated by the American College of Radiology. These honors assure the highest quality of care, with select breast cancer services now also available at Holy Cross Germantown Hospital. Holy Cross Health’s multidisciplinary team of cancer care specialists work together to create an individual care plan for each patient. The cancer care team may feature a variety of clinical and other specialists – including nurse navigators, oncology social workers, lymphedema specialists and more – who promote the best outcomes by coordinating care. Because Holy Cross Health is dedicated to treating the whole person, support groups and other resources are available to patients and their families. And true to its faith-based mission, the health system’s community outreach helps women who face financial barriers receive the high-quality breast cancer care they need.

**Gynecologic Cancer** – Holy Cross Health specialists perform more gynecologic and gynecologic oncology inpatient surgeries in Maryland than any other hospital or health system. Holy Cross Health surgeons specialize in advanced minimally invasive surgery and were the first in Montgomery County to use robotic surgery. Holy Cross Hospital is a Center of Excellence in Minimally Invasive Gynecology (COEMIG), designated by the Surgical Review Corporation (SRC). Holy Cross Health provides access to clinical trials through an active research program focused on gynecologic cancers, and offers patient and family support through cancer support groups.

**Lung Cancer** – Holy Cross Hospital and Holy Cross Germantown Hospital combine leading physician expertise with advanced technology to offer the best care to people at-risk of developing lung cancer or who have been diagnosed with cancers of the respiratory system. A multidisciplinary team provides a comprehensive approach that addresses prevention, screening, diagnosis, treatment and survivorship of thoracic tumors.

**Prostate Cancer** – Holy Cross Hospital’s long-established prostate cancer program has treated thousands of men with prostate cancer. The Holy Cross Health Cancer Institute is at the forefront of emerging treatment technologies for prostate cancer. Among the first to use radioactive seed implantation in the region, Holy Cross Health specialists have performed more than 2,200 to date.

**Brain Cancer** – Holy Cross Health’s multidisciplinary cancer team of specialists—including neurologists, neurosurgeons and neuroradiologists—use state-of-the-art treatment options and techniques to achieve the best outcomes for brain cancer patients. The Neuro Critical Care Unit at Holy Cross Hospital offers cutting-edge care with around-the-clock patient assessment and

- Holy Cross Health cares for more cancer inpatients annually than any other hospital or health system in Montgomery and Prince George’s counties
- Holy Cross Hospital is accredited by the American College of Surgeons’ Commission on Cancer as a Comprehensive Community Cancer Program
- U.S. News and World Report ranked Holy Cross Hospital as high performing in colon cancer surgery for 2019-2020
- The Breast Center at Holy Cross Hospital was the first breast center in Montgomery County to be certified by the National Accreditation Program for Breast Centers (NAPBC) and the American College of Surgeons
- Holy Cross Health provides access to 25 active clinical trials
monitoring. Our neuroradiology capabilities provide the most advanced imaging technology for cancer diagnosis and treatment. Specialists in pain management and rehabilitation help improve our patients’ quality of life through pain reduction. Neurosurgeons work closely with medical and radiation oncologists to treat patients with malignant conditions including gliomas, meningiomas, pituitary tumors, and metastatic tumors of the brain or spine.

**Colorectal Cancer** – Holy Cross Health’s colorectal cancer team uses advanced, minimally invasive surgical techniques, including robotic-assisted surgery, to remove tumors while preserving bowel function and patients’ quality of life. U.S. News and World Report’s 2019-20 ‘America’s Best Hospitals’ list featured the Holy Cross Hospital as high-performing – the highest rating possible – in colon cancer surgery. Patients also have access to diagnostic technologies that allow Holy Cross Health physicians to effectively diagnose, stage and plan treatment for a variety of digestive and colorectal health concerns.

**Blood and Bone Marrow-Related Cancers** – Our hematologists and oncologists are well equipped to manage a wide range of blood-related cancers such as leukemias, lymphomas and myelomas. Treating these complex disorders may include radiation therapy, stem cell transplant and medication therapy.

**Holy Cross Radiation Therapy Center**

The Holy Cross Radiation Therapy Center is committed to providing the most advanced radiation oncology care with experienced clinicians – including board-certified radiation oncologists, nurses, physicists, dosimetrist and therapists – who work closely with the medical and surgical oncologists in Holy Cross Health’s cancer care program. The Holy Cross Radiation Therapy Center provides advanced radiation oncology therapies that include HDR (high dose rate) therapy; IMRT (intensity-modulated radiation therapy); partial breast radiation; prostate seed implantation; stereotactic radiosurgery; stereotactic body radiosurgery; advanced CT simulation and use of advanced targeting devices. The Holy Cross Radiation Therapy Center is accredited by the American College of Radiology (ACR).

**Clinical Trials**

Holy Cross Health participates in prevention, early detection and treatment clinical trials sponsored by various government agencies, universities, foundations and pharmaceutical companies. Holy Cross Hospital is the only hospital in the Washington, D.C., metropolitan area to contribute to the landmark International Early Lung Cancer Action Program (IELCAP), a research study focused on detecting lung cancer at its earliest stages.

**Supportive Services and Programs**

Holy Cross Health supports patients and their families through the cancer journey with a wide range of support services and programs designed to promote physical, emotional, spiritual and social health. Our support programs include pain management, physical therapy and rehabilitation, lymphedema therapy, nurse navigation, nutrition services, a variety of support groups, counseling and spiritual care, palliative care, and home care and hospice options.
Emergency Services

Holy Cross Health’s board-certified emergency physicians and highly skilled emergency nurses and technicians use a well-organized system of triage to quickly assess patients and initiate care. A team of emergency medical center experts works around the clock collaboratively to identify and treat everything from complex life-threatening conditions, to less serious illnesses and injuries.

The **Emergency Center at Holy Cross Hospital** handles more than 76,000 patient visits each year - more than any other hospital in Montgomery and Prince George’s counties and the sixth-largest emergency care provider in Maryland. To facilitate rapid diagnosis, a laboratory, CT scanner and X-ray room are located in the Emergency Center. The center has four specialized emergency areas to enhance patient privacy and to focus care on each patient’s specific medical needs including:

- **Acute Care** to treat patients who have serious, complicated or life-threatening conditions.
- **Express Care** to assist patients with less serious injuries and illnesses.
- **The Seniors Emergency Center**, the first of its kind in the nation and the only one in the region, to provide specialized and compassionate emergency care to people age 65 and older in a comforting environment.
- **The Pediatric Emergency Center**, staffed by board-certified pediatric emergency medicine experts.

The Emergency Center at Holy Cross Hospital is designated an Advanced Primary Stroke Center by The Joint Commission, the national credentialing organization for hospitals, and Primary Stroke Center by the Maryland Institute for Emergency Medical Services Systems (MIEMSS). The Emergency Center at Holy Cross Hospital also has earned Cardiac Interventional Center designation by MIEMSS, which means the hospital provides high-quality treatment of the most severe type of heart attack, called a STEMI.

Located adjacent to the Emergency Center, the Holy Cross Hospital Observation Unit cares for adult patients who require extended monitoring, but do not need to be admitted to an inpatient unit. Telemetry cardiac and pulse oximetry monitoring are available.

The **Holy Cross Germantown Hospital Emergency Department** is the only full-service emergency room in Germantown, Md. The department cares for all age groups and special populations who present with emergent or urgent care needs. Holy Cross Germantown Hospital’s Emergency Department provides access to 14 emergency beds including two specialized rooms for behavioral health needs, state-of-the-art technology, and a staff of highly-skilled emergency medicine experts. The hospital is designated a Primary Stroke Center by the Maryland Institute for Emergency Medical Services Systems (MIEMSS).

Holy Cross Germantown Hospital’s emergency services include acute care for patients with critical injuries or emergency medical conditions. Our emergency psychiatric care provides crisis intervention and care planning, which may include admission to the voluntary Behavioral Health Unit.

Behavioral Health Services

Holy Cross Health’s team of health care providers is dedicated to providing emergency psycho-social assessments for all ages at both hospitals and voluntary admission inpatient care for the adult population at Holy Cross Germantown Hospital. Our highly trained behavioral health care providers serve around the clock to evaluate patients who are experiencing a mental health crisis, for both physical and mental health problems.

The six-bed voluntary Behavioral Health Unit at Holy Cross Germantown Hospital provides a special recreation/dining room, group therapy room and an enclosed private courtyard. Specially trained psychiatrists, psychiatric nurses and social workers offer all types of therapy including group therapy. Patients receive medication therapy, social services and an individualized treatment plan.
ACUTE MEDICAL SERVICES

Holy Cross Health is trusted to provide a wide range of general medical care, including the areas of cardiology, pulmonology, oncology, hematology and nephrology. Medical care is provided in inpatient hospital settings, outpatient settings and in coordination with procedural areas such as catheterization labs and dialysis services.

Cardiac Services

Holy Cross Health offers an extensive range of cardiac care services designed to diagnose and treat patients with cardiac disease, including noninvasive diagnostic testing; inpatient care and monitoring; cardiac rhythm management; emergency angioplasty for heart attack; cardiac catheterization; interventional procedures; and heart failure management and education. Holy Cross Hospital also offers radial access to patients who recently underwent an angiography or Percutaneous Coronary Intervention (PCI) procedure to reduce bleeding and risks of infection.

Holy Cross Hospital has long been a leader in cardiac rhythm management with several “firsts” for new advances in implants. In 2016, Holy Cross Hospital was the first hospital in Maryland to offer the world’s smallest pacemaker for patients with bradycardia. Previously, Holy Cross Hospital was the first community hospital in Maryland to treat a patient with an implantable cardioverter defibrillator (ICD), the first hospital in the Washington, D.C., metropolitan area to implant the world’s thinnest bipolar pacing lead, and the first hospital in the state to implant a biventricular pacemaker outside a research setting.

Critical Care

To ensure continuity of care for critical care patients, critical care medicine physicians, also known as intensivists, provide around-the-clock, in-house critical care coverage, supported by nurses who have the specialized experience to deliver an excellent standard of evidence-based critical care.

Holy Cross Hospital offers one of the few combined 16-bed Surgical Intensive Care Unit (SICU) / Neurological Critical Care Unit (NCCU) in the area, as well as a 30-bed Intermediate Care Unit (IMC), and a 30-bed Intensive Care Unit (ICU). The 15-bed ICU/IMC at Holy Cross Germantown Hospital is adjacent to the Pre/Post-Surgical area and the Post Anesthesia Care Unit (PACU), with critical care physician coverage 24-hours a day.

Sleep Center

The Sleep Center at Holy Cross Hospital specializes in the diagnosis and treatment of a variety of sleep disorders including sleep apnea, narcolepsy, parasomnias, and periodic limb movement disorder for both adults and children. The center features patient rooms that are designed to simulate a home environment as well as state-the-art remote monitoring capabilities that allow for real-time review of patients’ abnormal nocturnal events.

Dialysis Services

Holy Cross Health offers dialytic therapy to patients with acute renal failure or end-stage renal disease (ESRD). A multidisciplinary team offers inpatient acute hemodialysis, outpatient chronic hemodialysis and outpatient peritoneal dialysis. Inpatient dialysis is available at Holy Cross Hospital and Holy Cross Germantown Hospital. Holy Cross Hospital is one of only a few hospitals in the area to offer outpatient dialysis services within a hospital setting. Both the Holy Cross Hospital Dialysis Unit and the Holy Cross Dialysis Center at Woodmore in Mitchellville, Md. are open 6 days a week for hemodialysis outpatient treatments. The Acute Hemodialysis Unit provides coverage for patients 24 hours, seven days a week.
ANCILLARY SERVICES

Medical Imaging Services
Holy Cross Health has all of the diagnostic imaging services needed to care for our patients on both hospital campuses. The Medical Imaging departments at Holy Cross Hospital and Holy Cross Germantown Hospital offer Magnetic Resonance Imaging (MRI), nuclear medicine, diagnostic radiology, angiography, ultrasonography and CT. Holy Cross Hospital's Imaging Department also offers mammography and breast biopsy services.

Holy Cross Health physicians have easy access to images through utilization of a Picture Archival and Communication System (PACS), as well as through the electronic medical records system. These systems allow physicians to securely view images throughout the hospital and in their offices or homes.

Holy Cross Health uses advanced, low-dose imaging technology for the safest care. The services range from routine diagnostics, to therapeutic to invasive/intra-operative and non-invasive techniques and also include ionizing and nonionizing radiation, with and without the use of contrast medias.

Interventional Procedures
Holy Cross Hospital and Holy Cross Germantown Hospital offer a wide array of interventional procedure services for patients who have conditions that are treatable with these minimally invasive, image-guided techniques.

Our board-certified interventional radiologists, vascular surgeons, cardiologists and interventional neuroradiologists use the latest equipment and technology in dedicated interventional procedure rooms. They identify the least invasive treatments available and use X-rays, MRI and other imaging techniques to perform a variety of procedures reaching the source of the disease within the body.

Physical Medicine and Rehabilitation
The Physical Medicine and Rehabilitation Program at Holy Cross Hospital and Holy Cross Germantown Hospital is a collaborative effort among the specialized disciplines of physical therapy, occupational therapy and speech-language pathology. These state-licensed professionals are dedicated to helping patients of all ages impacted by medical conditions or injury achieve their highest possible level of independence and quality of life.

Speech-Language Pathology provides evaluation, education and therapy services for persons with communication, cognitive, speech, voice and swallowing difficulties.

Occupational Therapy assists patients with resumption of daily activities in the community, home or work with a focus on education, motor skills, development or cognitive function.

Physical Therapy specializes in the restoring, preserving or the improvement of physical function of those impaired by illness, injury, pain, disease, surgery and environmental factors.

Laboratory Services
The medical laboratories at Holy Cross Hospital and Holy Cross Germantown Hospital offer a full range of testing services needed to support our primary hospital-based programs. Holy Cross Health laboratories also provides high-quality and patient-focused testing for outpatients and community health programs. Holy Cross Health's laboratories are equipped with state-of-the-art instrumentation and staffed by a team of professionals who strive to exceed physician and patient expectations.

Nutrition Services
The Holy Cross Outpatient Nutrition Counseling Center is available in Silver Spring and Germantown and helps participants make healthy choices for disease management and an improved lifestyle. Our registered and licensed dietitians, accredited by the Academy of Nutrition and Dietetics, work with an individual's personal goals as they relate to various medical conditions. The center specializes in weight management, bariatrics, adolescent health, diabetes, heart disease and cancer nutrition.
Palliative Care

Palliative care is an approach that aims to meet the medical, emotional, spiritual and social needs of the patient and family to provide comfort, dignity and the best possible quality of life. It is provided to patients and families facing challenges and decisions associated with life-limiting illnesses such as cancer, congestive heart failure, chronic lung disease, end-stage kidney disease and dementia. The multidisciplinary palliative care team works closely with the attending physician and nursing staff at Holy Cross Hospital and Holy Cross Germantown Hospital to provide expert pain and symptom control, education, counseling, advocacy and coordination of services. The multidisciplinary team consists of physicians, nurse practitioners, social workers and spiritual care providers, and collaborates with other providers.
HOME-BASED SERVICES

Holy Cross Home Care and Hospice

Holy Cross Home Care and Hospice, a member of Trinity Health At Home affiliated with Holy Cross Health, has provided comprehensive, community-based home health services since 1967. The agency emphasizes the importance of patients and families remaining in their homes during illness and recovery to maintain independence, dignity and function. Home care is available to patients who need follow up after a hospitalization or for patients who can be treated at home in lieu of hospitalization. Hospice care provides support to patients and families during the terminal stages of illness. Board-certified palliative care physicians and nurse practitioners provide palliative care consultations to help manage symptoms and coordinate care for patients with serious illnesses.

The agency’s interdisciplinary team of skilled professionals includes registered nurses, home health aides, social workers, physical therapists, occupational therapists and speech therapists. Some of the many illnesses and conditions cared for at home include heart disease, respiratory illnesses, cancer, orthopedic injuries and surgeries, wound care, IV therapy and symptom management. Home Care services are also available for families of infants who are going home from Holy Cross Hospital’s Neonatal Intensive Care Unit (NICU).

In 2015, two new programs were added to create a continuum of care for patients: Palliative Care was embedded into the Home Care Program and Transitional Care was created for those patients who are at a high risk for readmission to the hospital but do not qualify for existing home care services. In 2016, a home pharmacy program was added to the services available for patients with complex medication management needs, improving quality of care to avoid potentially preventable readmissions. Services include in-home medication reconciliation, coordination with prescribing physicians, ongoing home delivery of prepackaged medications and ongoing patient follow-up. In 2018, Trinity Health At Home launched the Home Care Connect™ virtual care program in Maryland blending in-home, one-to-one care provided by visiting nurses and therapists, with easy-to-use remote monitoring technology and a virtual care center with specially trained nurses who provide around-the-clock support. Home Care Connect™ continues a legacy of innovation with an “in-the-moment intervention” care model using integrated remote monitoring technology and empowers individuals to achieve their health goals and stay where they are most comfortable—at home.

Holy Cross Home Care and Hospice is state-licensed, Medicare-certified and Community Health Accreditation Partner (CHAP) accredited, providing around-the-clock symptom management and end-of-life care for patients with terminal or life-limiting illness. The agency’s hospice care treats the whole person, encompassing physical, psychological, social and spiritual needs of patients and their families. Holy Cross Home Care and Hospice exceeds national hospice care quality benchmarks in every category. The agency also provides professionally led bereavement programs for grieving community members and patients’ loved ones.

Holy Cross Private Home Services, Inc.

Holy Cross Private Home Services is a residential services agency licensed through the Maryland Department of Health Office of Health Care and Quality. Holy Cross Private Home Services (PHS) provides certified nursing assistants (CNA), supervised by a registered nurse, to patients who need assistance with activities of daily living such as bathing, dressing, meal preparation, light housekeeping and medication reminders. The nursing assistants are certified through the Maryland Board of Nursing.

Holy Cross Private Home Services offers caregivers, who specialize in providing general support to mothers and babies during the immediate postpartum period, including mother-baby certified nursing assistants, offer a wide range of assistance to families who need extra support and care after the birth of their child.

Holy Cross Private Home Services clients are provided with around-the-clock personal care in the comfort of their homes. People who remain in the home achieve a greater sense of independence and security while improving the quality of their lives. Additional services provided are routine home visits by an RN every four to six weeks, services of an RN supervisor for consultation regarding current care needs or the management of long-term care needs. We offer services of a billing specialist who can assist with insurance claims.

Holy Cross Private Home Services provides care in other settings including hospitals, assisted living communities, retirement communities, and at local skilled facilities. We serve clients that reside in Montgomery and Prince George’s Counties.
LOCATIONS

1 Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000

Holy Cross Health
Executive Offices
1500 Forest Glen Road
4th Floor
Silver Spring, MD 20910
301-754-7000

Holy Cross Health
Network
1500 Forest Glen Road
2nd Floor
Silver Spring, MD 20910
301-754-7000

Holy Cross Health
Administrative Offices
10720 Columbia Pike
Silver Spring, MD 20901
301-754-7000

Holy Cross Health
Foundation
10720 Columbia Pike
Silver Spring, MD 20901
301-557-GIVE (4483)

2 Holy Cross Germantown
Hospital
19801 Observation Drive
Germantown, MD 20876
301-557-6000

3 Holy Cross Health
Center in Aspen Hill
13975 Connecticut Avenue
Suite 250
Aspen Hill, MD 20906
301-557-1950
Appts: 301-557-1940

4 Holy Cross Health
Center in Gaithersburg
220 Perry Parkway
Unit: 5
Gaithersburg, MD 20877
301-557-1800
Appts: 301-557-1940

5 Holy Cross Health
Center in Germantown
12800 Middlebrook Road
Suite 206
Germantown, MD 20874
301-557-2140
Appts: 301-557-2140

6 Holy Cross Health
Center in Silver Spring
7987 Georgia Avenue
Silver Spring, MD 20910
301-557-1870
Appts: 301-557-1940

7 Holy Cross Health
Partners at Asbury
Methodist Village
Administration Building
201 Russell Avenue
Gaithersburg, MD 20877
301-557-2110

8 Holy Cross Health
Partners in Kensington
3720 Farragut Avenue
2nd Floor
Kensington, MD 20895
301-949-4242

9 Holy Cross Resource
Center
9805 Dameron Drive
Silver Spring, MD 20902
301-754-7000

10 Holy Cross Senior
Wellness Center,
Silver Spring
Coming in 2022

11 Holy Cross Woodmore
Dialysis Center
11721 Woodmore Road
Suite 190
Mitchellville, MD 20721
301-890-7270

12 Holy Cross Home Care
and Hospice
A Member of Trinity
Health At Home
(Affiliated with Holy
Cross Health)
10720 Columbia Pike
Silver Spring, MD 20901
301-557-HOME (4663)

13 Holy Cross Radiation
Therapy Center
2121 Medical Park Drive
Suite 4
Silver Spring, MD 20902
301-681-4422

More than 70 low-cost or free exercise, health education, screening, self-management and health ministry programs are offered each week at convenient community locations.

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