



BETHESDA HEALTH NEWS

The best in care from Bethesda Memorial Hospital

winter
2012

think
pink

What you always wanted to
know about breast cancer
but were afraid to ask

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treatment
options for heart
valve disease

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solutions for
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Advancements in screening and treatment options help make breast cancer more manageable



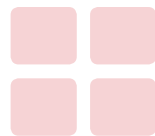
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what's new at Bethesda?

Countdown Begins

The official, one-year countdown to the opening of Bethesda West Hospital is now underway. The new, state-of-the-art, 80-bed hospital will open in January 2013, just one year from now, to serve the healthcare needs of the residents of our western communities.



Located on the northeast corner of Boynton Beach Boulevard and U.S. 441, Bethesda West Hospital will provide comprehensive general, medical and surgical healthcare services, including a 24-hour emergency room. Amenities will include all

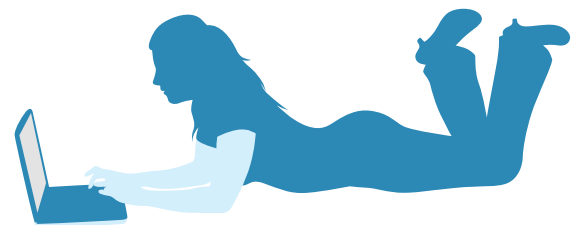
private rooms, room service-style meals, environmentally sound practices, and a medical staff that will serve both Bethesda Memorial Hospital and Bethesda West Hospital.

almost there

Follow the progress of Bethesda West Hospital at www.BethesdaWeb.com.

FOR YOUR CONVENIENCE

Bethesda now offers an easy way for you to pay your hospital bills quickly, securely and conveniently. You can pay your bill online, view account status, manage your billing statements and track your payments. Visit www.BethesdaWeb.com/PayMyBill to get started today!



SUPPORT GROUPS ARE HERE FOR YOU

Bethesda Memorial Hospital offers a variety of support groups open to our community. Groups include breast cancer, prostate cancer, caregivers, macular degeneration, leukemia and lymphoma, stroke and bereavement support. For more information or for a complete listing of support groups, visit www.BethesdaWeb.com or call 561-737-7733, ext. 84405.

Bethesda Health News®

A community magazine of Bethesda Healthcare System

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Call Bethesda's FREE Physician Referral Service at 561-737-7733, ext. 84405.

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Printed on recyclable paper with soybean oil ink



Robert B. Hill
 President and CEO
 Bethesda Healthcare System

a farewell message from the president

It's been 40 years since I first arrived at Bethesda as an administrative resident, fresh out of graduate school and the U.S. Army. On February 17, 2012, I will be retiring after serving as CEO for 24 years. I want to express my sincerest gratitude to the physicians, employees and all of the wonderful people in our community whom I have been fortunate to know during this time.

It is through the tremendous support of the Bethesda Hospital Foundation, Bethesda Auxiliary and volunteers, and the leadership of our Board of Trustees that I have seen Bethesda grow to be the most comprehensive hospital in Palm Beach County. Together, with more than 600 physicians and 2,350 employees, we have overcome numerous challenges and have continued to thrive as one of only three



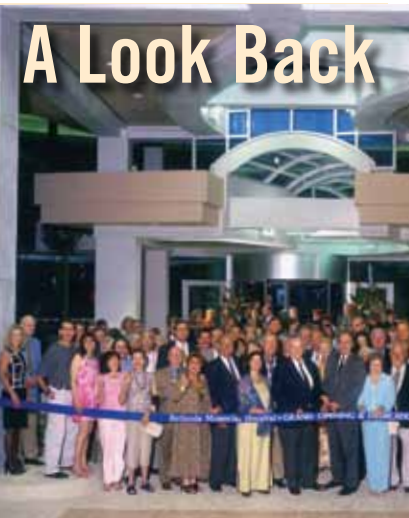
remaining not-for-profit hospitals in Palm Beach County. Your support has helped to ensure that Bethesda has the resources and technology needed to uphold our mission to provide quality health services in a caring manner.

I leave knowing that Bethesda's future is bright. Many new milestones lie ahead, including the opening of Bethesda West Hospital in January 2013 to serve our western communities. It is with fondness and pride that I express my deepest gratitude to the people of this community for making Bethesda one of the finest hospitals you'll find anywhere in the country.

community for making Bethesda one of the finest hospitals you'll find anywhere in the country.

Robert B. Hill

A Look Back



Bethesda President and CEO Robert B. Hill will retire on February 17, 2012. He served as CEO for 24 of his 40 years at Bethesda, working closely with physicians, hospital staff, the Board of Trustees, the Bethesda Auxiliary, Bethesda Hospital Foundation and our community to provide quality health services in a caring manner.



TAKING THE HELM: ROGER L. KIRK


Bethesda is proud to announce that **Roger L. Kirk** will be the new President and Chief Executive Officer of Bethesda Memorial Hospital and Bethesda Healthcare System, Inc., effective February 18, 2012. Roger has served as Bethesda's Executive Vice President and Chief Operating Officer for the past 24 years. Together with Mr. Hill, they have taken

Bethesda from a small community hospital to a regional comprehensive medical center with renowned centers of medical excellence in cancer, heart care, orthopaedics, rehabilitation, and women and children's services. Roger looks forward to continuing Bethesda's tradition of patient-centered care to best serve the needs of our community.



heart / to heart

Heart valve disease is curable when diagnosed and treated early



As circulatory system gatekeepers, heart valves control the flow of blood through the heart and ultimately through the rest of the body. When one or more of these valves malfunction, either by not opening fully (stenosis) or by leaking blood in the wrong direction (regurgitation), heart valve disease occurs. Common signs of heart valve disease include a heart murmur, fatigue, shortness of breath, chest pain and irregular heartbeats. Treatments for valve disease range from lifestyle changes and medications to surgery, such as valve repair and valve replacement.

Bethesda Heart Hospital's Samantha Kwon, M.D., Board Certified cardiovascular surgeon, explains, "When severe valve disease is diagnosed and treated early, it can be cured completely with very low risk. Unfortunately, we often see patients with end-stage valve disease and significant heart failure, which is much more challenging because of their compromised health."

PERSONALIZED CARE

Surgical treatment of valve disease includes the repair or replacement of the valve.

"We evaluate each patient, the extent and location of the disease, and other medical conditions. We consider the benefits and risks of all surgical options and use less invasive procedures when it's appropriate," said Dr. Kwon.

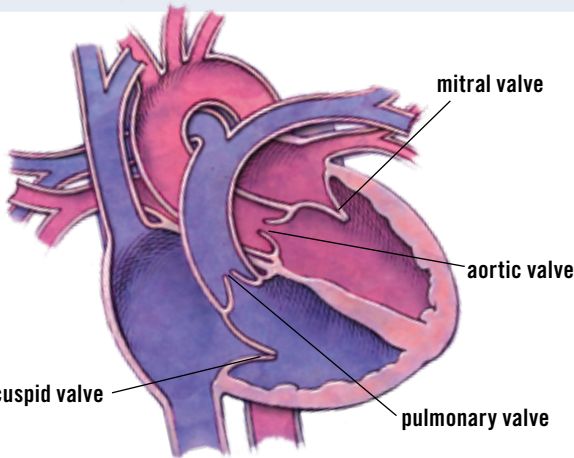
Bethesda is committed to offering all treatment options with the most advanced technology to best meet the needs of each patient. The team of healthcare professionals at Bethesda Heart Hospital, including physicians, nurses, respiratory therapists and

BETHESDA HEART HOSPITAL:

WHERE GREAT OUTCOMES HAPPEN

Bethesda Heart Hospital is among the top hospitals nationwide for quality outcomes. According to the most recent data published by the Society of Thoracic Surgeons, Bethesda has shown superior standards ensuring patients spend less time in the operating room and less time on a ventilator, resulting in shorter hospital stays. For example, the national average is 304 minutes spent in the operating room; Bethesda's patients averaged just 220 minutes in the operating room.

The result is less complications, less infections and faster recoveries overall. These excellent outcomes have been achieved while the cardiovascular surgeons at Bethesda Heart Hospital have cared for the most complex heart conditions, in patients who have a more advanced stage of illness than the national average.



Heart valve problems are more common in the mitral and aortic valves, which are on the left side of the heart. There are several different kinds of valve disease, each having a specific age group or gender most likely to be at risk.

educators, work closely together to provide each patient with optimal, personalized care.

According to the American Heart Association, about 5 million Americans are diagnosed with heart valve disease. If you are experiencing any heart problems, such as shortness of breath or heart palpitations, call your doctor or call the Bethesda Heart Hospital physician referral line at **561-737-7733, ext. 85149**. Early diagnosis and treatment are key to keeping your heart health on the right course. ■

healing
hearts

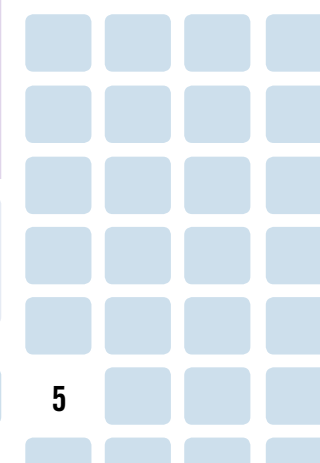


Left to Right: Ricardo L. Ayala, M.D., Samantha E. Kwon, M.D., Daniel B. Sullivan, D.O., Michael J. Carmichael, M.D. and Geoffrey M. Lynn, M.D.

A TOTAL TEAM APPROACH

The Bethesda Heart Hospital has a team of nationally acclaimed, Board Certified cardiothoracic surgeons who lead Bethesda's cardiovascular program. Together, these highly experienced surgeons have more than 50 years of experience, treating the most difficult cases, regardless of their severity. Adding to that experience are Bethesda's dedicated, in-house cardiovascular anesthesiologists, whose sole focus is the care of Bethesda's heart patients, from the operating room through recovery in the cardiovascular intensive care unit.

To learn more about the full spectrum of heart care services available at Bethesda Heart Hospital, call **561-737-7733, ext. 83600**, or visit www.BethesdaHeart.org.



serving up solutions

Rotator cuff surgery
enables physician to
get back in the game



Augusto Lopez-Torres, M.D., of the Borland-Groover Clinic, is an avid tennis player who was experiencing chronic shoulder pain. But after a rotator cuff repair, he's back on the tennis court.

Augusto Lopez-Torres, M.D., F.A.C.P., was an avid tennis player for 20 years when, in 2006, he began experiencing shoulder pain caused by a rotator cuff injury.

"I tried conservative, non-surgical therapies, but I wasn't satisfied with the results," he recalls. As a Board Certified gastroenterologist, it was affecting his work as well as his tennis game.

He decided to see fellow Bethesda physician, Board Certified orthopaedic surgeon Eric T. Shapiro, M.D., F.A.C.S. As a shoulder specialist, Dr. Shapiro recommends conservative treatments for partial tears and aggressive treatment for more serious injuries.

"There is a zero percent chance that a full or complete tear will heal on its own," explains Dr. Shapiro. "The detached muscle will eventually retract, becoming impossible to repair."

TEAR REPAIR

Rotator cuff tears occur when the tendons in the shoulder tear away from the bone. It is seen most often in people over age 40 and is usually caused by a degenerative condition that occurs slowly over time. It is commonly seen in those who play sports or have a job with a lot of overhead lifting or reaching. Acute trauma can also cause a rotator cuff tear such as a fall or car accident.

Symptoms of a rotator cuff tear include pain that doesn't go away, especially at night, or pain that is combined with weakness and loss of arm motion.

Dr. Shapiro has done more than 2,300 shoulder surgeries and uses the Mini-Open Repair method. Beginning with a minimally invasive arthroscopy procedure, he uses a small camera and instruments to fully examine the joint. He also makes small repairs and

rotator cuff tear



Tendons and muscles that connect the upper arm to the shoulder form the rotator cuff. An injury can tear a weakened tendon.

removes damaged tissue. Then he completes the surgery by directly viewing the rotator cuff tear through a small incision and reattaching the rotator cuff tendons with sutures to the bone.

As recommended by Dr. Shapiro, Dr. Lopez-Torres spent one night at the hospital following his surgery.

“The anesthesiologist can numb the arm with an interscalene, or nerve block, to help control the pain,” explains Dr. Shapiro. “I also prescribe a pain pump and then evaluate the patient the next morning for discharge to home.”

Rotator cuff surgery and recovery is a process. For the first six weeks, the arm is stabilized with a sling and a pillow at all times because the muscle contraction caused by raising the arm could cause the tendon to re-tear. To keep the arm from getting stiff, a therapist and family members carefully assist the patient with “passive” motion.

In the seventh week, the patient can begin picking up his or her own arm, but they aren’t allowed to lift anything heavier than a fork. In the weeks following, they work closely with a therapist to increase range of motion.

“The key is to give the repair time to heal,” adds Dr. Shapiro. Patients can return to driving and activities of daily living six weeks after their surgery. “I tell them they can return to golf in four and half months, while tennis and overhead swimming take six months.”

“On the first day I was cleared, I was back on the tennis court,” says Dr. Lopez-Torres. “When I won the doubles tournament at my club, I sent a picture of my trophy to Dr. Shapiro.”

TWO OF A KIND

Eighteen months later, Dr. Lopez-Torres went through the whole experience again with his other shoulder. After another six-month recovery, he is still playing tennis four times a week and regularly competes in tournaments.

“For me, it was a 100 percent success—I have no more shoulder pain,” adds Dr. Lopez-Torres.

Dr. Shapiro advises anyone who has pain for more than a week to see a doctor. “A shoulder specialist can determine



Eric T. Shapiro, M.D., is a Board Certified orthopaedic surgeon with Orthopaedic Surgery Associates, Inc., on the BMH Medical Staff since 1994.

Bethesda Memorial Hospital Orthopaedic Institute

Bethesda Orthopaedic Institute is a complete musculoskeletal care facility with specialty-trained nursing and therapy staff and a team of highly qualified physicians—all dedicated to helping patients regain their quality of life. This coordinated team works together at each stage of care to create an individualized treatment plan for each patient.

Amenities of the Orthopaedic Institute include all private rooms, a rehabilitation gym and patient dining room.

Orthopaedic procedures include:

- Foot/ankle
- Fractures and rehabilitation
- Hands/upper extremity
- Joint replacements (hip, knee, shoulder, small joints)
- Spine surgery
- Sports medicine

For more information, visit www.BethesdaOrthopaedics.org or call 561-737-7733, ext. 84405.

the cause of the pain. It’s better to discover that it’s nothing to worry about than to wait too long and have an untreatable condition.” ■

cuff notes

Join us for “Shoulder Injuries and Their Treatments” with Eric T. Shapiro, M.D., on Wednesday, January 25, at 4:30 p.m. in the Clayton Conference Center at Bethesda Memorial Hospital. Call 561-731-CARE (2273) to register, or visit www.BethesdaOrthopaedics.org.

think *bunk*

Continual advancements
in screening and treatment
options help make breast
cancer more manageable

A woman's chance of surviving, and thriving, after a diagnosis of breast cancer has risen significantly in the past 20 years due to advancements in early detection and improved treatments. Here to share the latest important information about breast cancer is Sonali Pandya, M.D., a breast surgeon on the Medical Staff at Bethesda Memorial Hospital who works closely with the Bethesda Comprehensive Cancer Center and Bethesda Women's Health Center.

WHAT ARE THE MOST RECENT BREAST CANCER STATISTICS?

Approximately 1 in 8 women will be affected with breast cancer during their lifetime. It is the most common cancer among women in the United States and also one of the leading causes of cancer deaths among women. Fortunately, improvements in screening and surveillance, as well as advancements in treatment over the years, have put breast cancer-related mortality on the decline since 1983.

WHAT SHOULD WOMEN KNOW ABOUT EARLY DETECTION OF BREAST CANCER?

Breast screenings should be individualized to each woman's personal risk factors. A woman who does not meet any of the factors that would qualify her as high risk is



Bethesda Memorial Hospital is proud to be the Host Hospital for the 2012 Komen South Florida Race for the Cure®.



deemed to be at average risk, and she should start having annual mammograms and an annual clinical breast examination by a healthcare professional at age 40. Women with a high risk of developing breast cancer have one or more of the following risk factors:

- A personal history of breast cancer
- A family history of breast cancer in a first-degree relative (sister, mother, daughter) or a second-degree relative (aunt, grandmother, cousin)
- Never having had children
- Early menarche or late menopause

Other factors that increase breast cancer risks are previous radiation treatments of the chest wall (such as the type that treats lymphoma), obesity, increased alcohol intake and hormone replacement therapy, particularly combined estrogen and progesterone therapy after menopause. Women with dense breasts also have a slightly increased risk.

WHAT CAN BE DONE TO REDUCE RISK FACTORS FOR BREAST CANCER?

Although women can't change their gender or age, they can reduce alcohol intake, lose weight if they are obese and engage in regular exercise. These measures are particularly important for breast cancer survivors in reducing their risk of recurrence.

In high-risk women who have not had cancer, a breast MRI may be necessary for breast screening, in addition to an annual mammogram. Women at high risk also have the option to take medications such as tamoxifen or raloxifene that can

A CLOSER LOOK

Join Dr. Pandya for her Breast Health Lecture Series:

I FOUND A BREAST LUMP, WHAT DO I DO?

Tuesday, January 17, 4:30 p.m.

YOUR BIOPSY SHOWS BREAST CANCER: LEARN ABOUT YOUR TREATMENT OPTIONS

Tuesday, February 7, 4:30 p.m.

LUMPECTOMY VS. MASTECTOMY: WHICH IS RIGHT FOR ME?

Tuesday, March 13, 4:30 p.m.

All lectures are held in the Clayton Conference Center at Bethesda Memorial Hospital, 2815 S. Seacrest Blvd., Boynton Beach. To register, please call **561-731-CARE (2273)** or register online at www.BethesdaWeb.com.



Sonali V. Pandya, M.D.
Board Certified general surgeon, Fellowship-trained breast surgery specialist on the BMH Medical Staff since 2010.

significantly reduce their risk of developing breast cancer.

WHEN DO YOU RECOMMEND STARTING MAMMOGRAMS?

I recommend that women at average risk start annual mammograms at age 40, and these are the same recommendations made by the National Cancer Institute and the American Cancer Society. In the group of women between the ages of 40–49, there has been a 15 percent reduction in the breast cancer-related mortality as a result of early detection with the use of mammography. A yearly clinical breast examination by a healthcare provider is also necessary starting at age 40.

cancer answers

For more information on services available at Bethesda Women's Health Center or Bethesda Comprehensive Cancer Center, or to learn more about Bethesda's team of distinguished physicians, visit www.BethesdaCancerCenter.org or call **561-737-7733, ext. 84405**.

It is crucial for a woman to disclose her family and personal history to her physician. Especially important for high-risk women, this enables the doctor to recommend an appropriate, individualized screening plan. Every woman should talk to her doctor about her risk factors and how she can prevent breast cancer, or find it in its earliest and most curable stages. Lastly, self-breast awareness is important. Women should know what their breasts feel like so they can notice any changes between screenings and report them to their physician. ■

CANCER? ANSWERS.

800-456-7121
Dedicated to finding a cure for cancer

 **Bethesda Memorial Hospital**
Comprehensive Cancer Center



still

growing

Bethesda Center for Women & Children continues to grow

Bethesda Memorial Hospital has been helping families in our community welcome new babies since it opened its doors in 1959. Today, more than 2,800 babies are born each year at the Bethesda Center for Women & Children.

Now, in addition to the highly caring, experienced team of health-care professionals and cutting-edge equipment, Bethesda is working to provide patients with a modern and luxurious facility through a five-year renovation and expansion plan.

Great strides have already been made with the creation of a new 10-bed Obstetrical Triage Unit. Equipped with a state-of-the-art monitoring system, Bethesda's experienced team of obstetricians, maternal-fetal medicine physicians and nurses have a dedicated unit to provide specialized monitoring and care for mothers and babies prior to delivery.

Additionally, all 37 patient rooms in the Mother-Baby Unit were completely remodeled, offering families a sophisticated and comfortable, spa-like environment. Another great accomplishment was the completion of the Parent Education Resource

Center.
Conveniently

located in the
Mother-Baby Unit,

this beautifully appointed room gives new moms and dads a home-like environment for prenatal and postnatal classes that cover topics from breastfeeding to infant CPR.

Bethesda's newest phase of the remodel is the Labor and Delivery

All 37 patient rooms in the Mother-Baby Unit have been completely remodeled, offering families a sophisticated and comfortable, spa-like environment.

Unit, including the Labor, Delivery and Recovery Suites. When complete, each of the 13 suites will provide a calm, peaceful and welcoming atmosphere for parents to greet their newest family members for the first time. New amenities include flat-screen televisions, spa-like restrooms and wireless Internet access to help patients keep in touch with family and friends.

Over the next two years, expansion and renovation plans include Bethesda's Level III Neonatal Intensive Care Unit (NICU) where specially trained doctors and nurses care for the most critically ill babies. ■

BE PREPARED FOR THE BIG DAY

Bethesda wants to help you prepare for your special delivery! Our prenatal classes and tours can answer your questions about staying healthy during pregnancy, breastfeeding, infant safety and more!

Tours are FREE, call TODAY! Pre-registration is required. Call the Bethesda Baby Line at **561-369-BABY (2229)**; from Boca Raton, call **561-278-BABY (2229)**; or visit www.BethesdaWeb.com and select "Women and Children."

Classes include:

- Baby Care
- Child Safety
- Infant Massage
- Prenatal Exercise
- Breastfeeding
- Childbirth Education
- Informational Tours
- Postnatal Exercise



The Bethesda Center for Women & Children is the 2011 winner of the Kids Crown Award for the Best Maternity Hospital in Palm Beach County by the readers of *South Florida Parenting*.



investing in care

Bethesda Memorial Hospital is the most comprehensive hospital in Palm Beach County and a regional Center of Excellence recognized in *U.S. News & World Report's* "America's Best Hospitals," a significant honor afforded to only 569 out of a total of 6,000 hospitals across America.

There is nothing more important in life than good health and we want you to know that world-class healthcare is here at Bethesda when you need it. Bethesda Heart Hospital is nationally ranked for its high-quality outcomes by the Society of Thoracic Surgeons, the world's foremost authority on measuring quality heart outcomes. The Comprehensive Cancer Center offers the most advanced treatment available, access to the national clinical research trials and a multidisciplinary approach to treatment. Bethesda is committed to being the best.

Please help us continue to be the best as we develop and maintain award-winning Centers of Excellence. Through your support, we can make technology advancements to

our already state-of-the-art facilities, allowing our excellent medical team to continue to provide exemplary care and innovative treatment to everyone in our regional community.

As we continue to "Care for Our Community," we continue to support the creation of Palm Beach County's newest hospital, Bethesda West, opening in west Boynton Beach in early 2013.

Bethesda Hospital Foundation hosts events throughout the year to benefit Bethesda Memorial Hospital. They are a great way to get involved and help support the community hospital. The Foundation's Magnolia Society, in coordination with the Women of Grace luncheon, has supported the Center for Women & Children by funding the purchase of a transport incubator as well as multiple "Giraffe" incubators that are critical pieces of equipment for a premature infant's first days of life. The group most recently funded the renovation of the hospital's maternity department, including patient

rooms and the creation of an Obstetrical Triage Unit for the treatment of women with high-risk pregnancies.

Upcoming events include:

THE PRO-AM GOLF TOURNAMENT

January 16, 2012, hosted by LPGA greats Beth Daniel and Meg Mallon at Pine Tree Golf Club

QUAIL RIDGE DAY OF GOLF

February 9, 2012, hosted by Kathy and Warren Vodak at Quail Ridge Country Club

57TH ANNUAL BETHESDA BALL

March 3, 2012, with Chairmen Mr. & Mrs. Harry Sargeant III, at The Breakers

HUNTERS RUN DAY OF GOLF

March 12, 2012, chaired by Bruce Lynn, Sandy Mendelsohn and Margery Roberts



give to care

Donations from community supporters stay at Bethesda and all of us benefit from the return on our investment. Visit our website to learn more about our events and how you can be a part of our campaign at www.BethesdaHospitalFoundation.org.

BTH-026



upcoming community lectures

Be social! Follow us on Twitter and Facebook!



JANUARY



HEART SYMPOSIUM: CARDIAC INVOLVEMENT IN RHEUMATIC DISEASE

Andres F. Ruiz, M.D.
Wednesday, January 11, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

REVEALING THE MYSTERIES BEHIND HEREDITARY CANCER

Frank D. Cirisano, M.D.
Wednesday, January 18, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

I FOUND A BREAST LUMP: WHAT DO I DO?

Sonali V. Pandya, M.D.
Tuesday, January 17, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

SHOULDER INJURIES AND THEIR TREATMENTS

Eric T. Shapiro, M.D.
Wednesday, January 25, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

ARE YOU IN PRIMETIME?

More than 16,000 active adults in our community are taking advantage of this FREE program designed for those 50 and over. Call for your application today: **561-737-7733, ext. 84195**. Or visit our website at www.BethesdaWeb.com for more information about the benefits of Bethesda's PrimeTime Club.



FEBRUARY



HEART SYMPOSIUM: WHAT TO DO WITH MY "FLOPPING" HEART?

Daniel S. Goldman, M.D.
Wednesday, February 1, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

STATE OF THE ART 21ST CENTURY PROCEDURES: TOTAL HIP AND KNEE ARTHROPLASTY

Robert B. Zann, M.D.
Wednesday, February 8, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

SURGICAL WEIGHT REDUCTION SYMPOSIUM

Miguel A. Lopez-Viego, M.D.
Thursday, February 2, 6:30 p.m.
RSVP: **561-737-7733, ext. 84688**

LOW BACK PAIN AND TREATMENT OPTIONS

William S. Berman, M.D.
Wednesday, February 15, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

YOUR BIOPSY SHOWS BREAST CANCER: LEARN ABOUT TREATMENT OPTIONS

Sonali V. Pandya, M.D.
Tuesday, February 7, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

MARCH



SURGICAL WEIGHT REDUCTION SYMPOSIUM

Miguel A. Lopez-Viego, M.D.
Thursday, March 1, 6:30 p.m.
RSVP: **561-737-7733, ext. 84688**

HEART SYMPOSIUM: LASERS AND STEM CELLS: THE FUTURE IS NOW

Lawrence M. Weinstein, M.D.
Wednesday, March 7, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

LUMPECTOMY VS. MASTECTOMY: WHICH IS RIGHT FOR ME?

Sonali V. Pandya, M.D.
Tuesday, March 13, 4:30 p.m.
RSVP: **561-731-CARE (2273)**

find out
more

All lectures take place in the Clayton Conference Center at Bethesda Memorial Hospital, 2815 S. Seacrest Blvd. Call **561-737-7733, ext. 84405**, for more information. To register online or learn more about our community events, visit our website at www.BethesdaWeb.com.