

NRH TODAY

Argentina vs. the United States in the NRH International Polo Classic

**Pictured: Argentinean Ambassador Bordón
chats with Polo Classic honorary chair,
Oscar award-winning actor Robert Duvall**



One of "America's Best"
in Rehabilitation
Page 2



Zain Sadig –
Recovering Health
and Lost Childhood
Page 4



Acupuncture: An Alternative
– And Effective – Answer
to Pain
Page 10

President's Message

Edward A. Eckenhoff
President and CEO

It has been an amazing year of celebration here at National Rehabilitation Hospital – our 20th anniversary – 20 years of Adding life to years®!

Over the course of these 20 years, we have grown from a single hospital to a world renowned entity – the NRH Medical Rehabilitation Network. It has been an impressive transition and one that I am proud to say we have worked hard to achieve in a very simple manner – one patient at a time. Our dedication, expertise and reputation have grown with each and every patient we have served and the numbers are astounding: annually, nearly 350,000 ambulatory visits, through our 40 Regional Rehab sites, and more than 2,200 inpatient admissions. Over 20 years, we have



admitted in excess of 35,000 inpatients and provided over 2 million outpatient visits.

Together we have worked to advance our hospital's mission by devoting time and resources to those key elements that define our purpose: superior patient care, education and training, research, assistive technology and advocacy. We have accomplished many notable things.

This year, in the "Best Hospitals" issue of *U.S. News & World Report*, NRH made a dramatic move from 15th to 10th place on the list of top medical rehabilitation hospitals in the country! It is wonderful to be able to say that NRH, just now in our 20th year of service, is one of the Top Ten. This is the twelfth consecutive year that NRH has been honored by *U.S. News* and we continue to be the youngest hospital named, with 50 being the average age of the other hospitals listed.

We so greatly appreciate the respect of the medical community, but we have also earned the regard of what might be considered a tougher audience – our team members. *The Washington Business Journal* this year recognized NRH, along with MedStar Health, as one of the region's top 50 "Best Places to Work." It has been said, "Do what you love and you'll never have to work a day in your life," and we are pleased that our team members hold NRH, and our service to those with disabilities, in such high esteem.

Yet another cause for celebration, NRH has been designated one of 14 model spinal cord injury centers in the United States by the National Institute for Disability Research and Rehabilitation (NIDRR). This distinction carries with it a grant of \$2.3 million to be dispersed over a five-year period. It goes without saying that this is a major accomplishment as well as a challenge that we accept with great enthusiasm. We will work, as we



always have, to further the state of those with spinal cord injuries and to serve as a model system of the highest caliber.

Closing out our 20th Anniversary Celebration, the 20th Anniversary Gala Victory Awards® took place on Monday, November 6 at the Ronald Reagan Building and International Trade Center. The evening offered entertainment and inspiration as Victory Awards were given to those individuals – actress and comedienne Teri Garr, architect Michael Graves, philanthropist and arts patron Monica Greenberg, comedienne and actress Geri Jewell, and ABC News anchor Bob Woodruff, as well as representatives of our men and women of the Armed Forces – who truly epitomize the Victory of the Human Spirit. The significant proceeds raised from this event will benefit the new Center for Cerebral Palsy & Related Disorders at NRH.

There is no doubt in my mind that we continue to flourish because of the commitment, leadership and support received from so many: the esteemed members of our Board, our colleagues within the medical community, our valued team members and the patients who have looked to us with trust during a most trying time in their lives. We will work diligently to earn daily this honor.

20th Anniversary Gala Victory Awards Celebration – A Magical Night to Remember



Hosted by NRH, the 20th Anniversary Victory Awards® were presented at a black-tie gala celebration on Monday, November 6, 2006, in the grand atrium of the Ronald Reagan Building and International Trade Center, Washington, D.C. For 20 years, the Victory Awards have been a nationally recognized celebration of the victory of the human spirit and honors those individuals who best exemplify exceptional strength and courage in the face of physical adversity. This year was no exception, with honors extended to actress and comedienne Teri Garr, architect Michael Graves, philanthropist Monica Greenberg, comedienne and actress Geri

Jewell and ABC News anchor Bob Woodruff, as well as representatives of our men and women of the Armed Forces.

All eyes were on Mr. Woodruff as he took the stage in a rare public appearance since he was injured on January 29, 2006 by a roadside bomb in Iraq. In his acceptance speech, he thanked not only his family and friends but the medical staff that contributed to his remarkable recovery. While Woodruff completed his own physical therapy in New York to be closer to his family, he praised NRH and offered encouragement to those for whom medical rehabilitation is their life's calling by saying, "I would not be here without them."



ABC News anchor Bob Woodruff accepts 2006 Victory Award

This year's gala served to not only honor these individuals but to raise funds for the new Center for Cerebral Palsy & Related Disorders at NRH, which will serve those with CP from childhood and throughout their many stages of development as adults.

Honorees Named At Board of Directors Donor Recognition Dinner

The NRH Board of Directors Donor Recognition Dinner was held October 4 at the U.S. Botanical Gardens and Conservancy. Three individuals were honored at the event for their unwavering support of NRH and for their hard work over the years. Chairman of the NRH Board of Directors Webb C. Hayes, IV, received the 2006 Board of Directors Award, while NRH volunteer Pat Skantze and NRH team member Earthaleen Woods each received Board of Directors Community Awards.



Top: Ed Eckenhoff with Webb C. Hayes, IV, Chairman, NRH Board of Directors, and recipient of the 2006 Board of Directors Award

Bottom left and right: NRH Volunteer Pat Skantze and Team Member Earthaleen Woods, shown with Ed Eckenhoff and Webb Hayes, each receive the 2006 Board of Directors Community Award



Zain Sadig – Recovering Health and Lost Childhood

Zain Sadig is loving and affectionate, a happy child given to harmless pranks and fits of giggles. As with any 7-year-old, he can also be shy, his big brown eyes sparkling as he peeks out at a visitor from behind the protective shield of his mother. He sometimes expresses with a hug or a smile that which he cannot yet say in a language that was foreign to him just six months ago. He is a thousand children, yet he is unique in that he is a tenuous link in the alliance that is being forged between the United States and a democracy that struggles to emerge in war-torn Iraq.

Zain's mother, Dr. Eaman Al-Gobory, is the national medical officer for the International

Organization for Migration. For years, she has worked tirelessly to develop a network of treatment options – often through partnerships with physicians in the United States – for children in Iraq who have suffered birth defects or serious traumatic injuries requiring aggressive care not available in their home country. Sadly, in recent years, Dr. Al-Gobory has seen, and sought treatment for, children touched by the effects of war. She never dreamed that her son would be one of them.

Yet, that is what happened when Zain experienced a traumatic brain injury suffered in a car accident in his homeland on July 31, 2006. The taxi in which he was riding with his grandparents was accidentally forced off the road

by an American military vehicle; the car flipped several times, resulting in the death of Zain's grandmother and grievous injuries for Zain and the other occupants.

Zain was taken to four different local hospitals but was turned away each time due to security concerns, as the family did not possess the necessary documentation from the police verifying the accident. Finally, with papers in order, Zain was admitted to a local hospital, but precious hours had passed – hours that are critical in the initial diagnosis and treatment of a brain injury.

Because of the involvement of U.S. and coalition forces in the accident, Zain was given clearance to be transferred and treated at the U.S. Army Combat Support





Left: Zain Sadig prior to the injury that brought him to NRH

Far bottom left: Zain, on his first day, explores the toys in the National Center for Children's Rehabilitation at NRH

Below: Dr. Eaman Al-Gobory comforts her son, Zain

Hospital in Baghdad. There, he was diagnosed with a skull fracture and brainstem contusion. He lay in a coma, the silence broken only by the mechanical, precisely timed breaths of a respirator or the anguished sobs of his father or mother.

Zain made no spontaneous movements; he did not speak nor open his eyes. He experienced seizures and uncontrolled spikes of fever. Thankfully, though, a CT scan revealed no cortical abnormalities and Zain's American doctors hoped for a full recovery. Without question, it would be a recovery contingent upon Zain's own resolve and the quality of his medical care during a long and painful period of rehabilitation – a rehabilitation that would take place at the National Center for Children's Rehabilitation at NRH.

It was the Chief Operating Officer at Project Hope, Lt. Gen. James Peake (U.S. Army Ret.), who recommended NRH to Zain and his family. As the immediate past Surgeon General of the Army, Lt. Gen. Peake knew NRH would

provide the most focused and progressive care for Zain as well as the promise of hope to him and his family.

Upon his arrival, Zain suffered not only from the effects of the original injury but from the passage of time without the necessary rehabilitative care. He experienced weakness on the left side of his body and walked poorly with severely impaired balance. From a habit months in the making, Zain also relied almost entirely on his stronger right hand and arm, hesitating to use the weaker arm to accomplish even minor tasks.

In addition, Zain's medical team was forced to contend with something relatively uncommon here in the States, but seen regularly in soldiers returning from Iraq or in those, like Zain, who are civilians caught in the crossfire: symptoms of post-traumatic stress. For example, Zain's physician, Dr. Sally Evans, noted that Zain responded with fear when asked if he'd like to go "outside," as outside, in his mind, was unsafe. Instead, the doctors, nurses and

therapists practiced using phrases like, "Would you like to visit the garden?" or "Would you like to go see the fountain?" and Zain would respond with an excited, "Yes!"

Once Zain felt safe in his surroundings and it was established those things that best motivated him, his recovery moved at an aggressive pace. He quickly progressed to walking with a more strong and steady gait. In addition, Zain's more functional hand was placed in a cast to encourage him to use the weaker hand. Then his therapists played every game imaginable that would prompt the use of this hand: basketball, hand cycling, building blocks, Legos, and making art projects. Right before their eyes, Zain flourished. He is once again the child that six months ago could only be imagined.

From intensive therapy several times a week, Zain's visits to NRH now occur infrequently. More often than not, Zain visits simply to touch base with the NRH team members who have become his family in this, his home away from



home. And while the staff miss his beautiful smile, they can't help but be joyful at the progress of a little boy who arrived at NRH a broken child and left with the promise of a healthy and happy future.

Game of Kings Meets Field Of Dreams

When polo players take the field, it is a given that their equestrian skills will be challenged and their horses tested to the limit. Both rider and steed will risk injury and, barring any obvious harm, will awaken the next morning with aching muscles, intense fatigue and an unquenchable desire to do it all over again.

A verse inscribed on an ancient stone tablet attests to the fierce devotion of the polo elite: “Let other people play other things – the King of Game is still the Game of Kings.”

On Saturday, June 10, at Chetwood Park, the private estate of Dr. and Mrs. Stephen Seager, in The Plains, Virginia, this game of kings was contested on a field of dreams. Playing in support of those individuals for whom this level of athletic activity is out of reach, all-star players from Argentina and the United States battled in the

International Polo Classic with all proceeds from the event benefiting the new Center for Cerebral Palsy & Related Disorders at NRH.

Sydney McNiff Ferguson and Carole Margaret Randolph co-chaired the event with 26 foreign ambassadors and 25 members of congress sitting on honorary committees and Oscar award-winning actor Robert Duvall (*Tender Mercies*, *The Godfather*, *Apocalypse Now*) serving as the honorary chair.

The event, dubbed “A Day in the Country,” proceeded under the gracious patronage of His Excellency, the Ambassador of Argentina and Mrs. Bordón and included live and silent auctions, equestrian demonstrations, a Tango exhibition, the parade of ponies, and, of course, the much anticipated featured match.

Over 700 spectators were in attendance, with guests in a VIP tent enjoying authentic



Bulgarian Ambassador Elena Poptodorova visits with the stars of the Horse and Hound demonstration

Argentinean food and wine at field-side tables while tailgaters picnicked on the immaculate grounds. From the bowl in to the closing minutes of the final chukker, the action was fast, furious and relished by all.



Above: Adair Seager, son of the day's hosts Dr. and Mrs. Stephen Seager, leads the action on the polo field

Right: Argentinean Ambassador Bordón with Chuck Blessed, Regional Manager for Land Rover





Top left: Ambassador and Mrs. Bordón offer encouragement to young Argentine salsa dancers

Middle left: Andy Palmisano of Land Rover with MedStar CEO John McDaniel

Bottom right: Dr. Seager, Sydney McNiff Ferguson, NRH V.P. of Communications, Development, International and Volunteer Services Rob Hartmann, and Carole Randolph

Bottom left: Board member Candy Somerville with her husband, Jack

20th Anniversary Sponsors

Beveridge Seay, Inc.
 Dion Johnson Foundation
 Ease Technologies
 GEICO
 KPMG
 MedStar Health
 Ruesch Family Foundation

Team Sponsor

Land Rover

Luncheon Sponsor

Guapos

Gold Table Sponsors

Her Excellency Jennifer Douglas Abubakar
 Bessemer Trust
 William A. Haseltine, Ph.D.
 August McCarthy and Amanda Von Argyriadis
 Angela McGlowan
 George and Thene Mernick
 Jay and Robin Weiss
 William Wolf

Silver Table Sponsors

Jack and Wendy Andrews
 Sam and Amanda Bergman
 John R. Clark, III
 Doug and Carolyn Middleton
 Eric and Pascaline Steiner

Beverage Sponsors

Billington Imports
 Premium Distributors

Live Auction Sponsor

Continental Airlines

Gift Bag Sponsor

smashbox cosmetics

Additional Auction Sponsors

Delta Airlines
 Hermés of Paris
 Poliform



Susan A. Carter Lecture Returns to NRH

The Susan A. Carter Annual Lectureship in Rehabilitation Medicine returned to NRH on October 20 when Mary Ann E. Keenan, M.D. presented on the topic of “Orthopedic Management of Post-Polio Syndrome.”

Each year, the lecture is well received and offers tremendous insight into topics affecting those living with post-polio syndrome. The lecture’s namesake, Susan Carter, herself was a former NRH patient, receiving counseling and assistance in managing polio related

health problems. Though Carter was tragically struck and killed by an automobile in 1993, her indomitable spirit lives on. Says Carter’s longtime friend, J.C. Williams, “Our aim with this lecture series is to keep rehabilitation alive so that others can receive the same benefits Susan did.”



Far left: Mary Ann E. Keenan, M.D., addresses the crowd at the Susan A. Carter Lecture at NRH

Right: Keenan stands next to the poster announcing her presentation of the Susan A. Carter Annual Lecture at NRH

State of the Science Conference Focuses on Spinal Cord Injury

NRH’s Rehabilitation Research & Training Center (RRTC) on Spinal Cord Injury held a State of the Science Conference at the Bethesda Hyatt on November 2-3. Invited speakers from the field participated in panel discussions on the state of current SCI research relevant to the prevention of secondary conditions in people with SCI through exercise and physical activity. On Wednesday, November 1, NRH held a reception and tour of the hospital for conference participants.

Right: State of the Science Conference presenter Ann Spungen, Ph.D., and NRH’s own Dr. Suzanne Groah, Director of SCI Research & Consultation Liaison Service



Welcoming the Newest Members of the Board of Directors



Dr. Abdul Q. Ahad, M.D., F.A.C.S., a native of Kabul, Afghanistan, has joined NRH as President of the Medical Staff. Dr. Ahad earned his B.S. as well as his M.D. from the

American University of Beirut, Beirut, Lebanon. He completed residencies at the Milton S. Hershey Medical Center in Hershey, PA and Washington Hospital Center in Washington, D.C., serving an internship, also at the Hershey Medical Center. Dr. Ahad holds many certifications and has served at the helm of a thriving private practice since 1981.



Jeremy FitzGerald, community activist and civic leader, has served with distinction on the boards of the Cancer Research and Prevention Foundation and

the Life with Cancer organization of Fairfax Hospital. In addition, she has devoted countless hours and a great deal of energy and guidance, in varied roles, to the National Cathedral School, the Girl Scouts of the Nation's Capital, the Junior League of Washington, and Children's Hospital. She is also the recipient of numerous awards and honors, among them the Distinguished Alumni Service Award from Hollins University.



Jimmy Reyes, in addition to serving as the director of Reyes Holdings, L.L.C., has worked in a volunteer capacity for a number of foundations aiding those in need as well as organizations aimed

at strengthening the resources of D.C.'s business community. He has served on the board of 1st Tee of Washington, an organization devoted to helping inner city children. In addition, he has held leadership positions within the Young Presidents Organization, the Federal City Council and the National Beer Wholesale Association Trade Group.

Welcoming New Physicians



Howard A. Gilmer, D.O., recently joined NRH as the Medical Director and Assistant Chief of the Department of Physical Medicine and Rehabilitation at Union Memorial

in Baltimore, MD. Dr. Gilmer earned an undergraduate degree in biology from Eastern Nazarene College in Quincy, MA, attended medical school and earned a D.O. from the New York College of Osteopathic Medicine in Old Westbury, NY, completed an internship at Long Beach Medical Center in Long Beach, NY, and his residency in physical medicine and rehabilitation (PM&R) at NRH in 2001. Dr. Gilmer holds several professional affiliations, has conducted research with transference value to his position here at NRH and is a knowledgeable speaker on topics ranging from arthritis to orthotics and prosthetics.



Dallas A. Lea, II, M.D., joins NRH as the Physical Medicine & Rehabilitation (PM&R) Attending Physician in the Spinal Cord Injury Program, bringing with him years

of experience in the field of PM&R, specializing in spinal cord injury. Dr. Lea earned his B.S. from Howard University in Washington, D.C. and his M.D. from Medical College of Ohio, Toledo, OH. An internship at the University of Texas Medical School at Houston followed and Dr. Lea completed a PM&R residency through the Baylor College of Medicine Affiliated Hospitals Residency Program in Houston, then serving in a spinal cord injury fellowship through the Institute for Rehabilitation and Research, also in Houston. Dr. Lea is board certified in PM&R with a subspecialty in SCI medicine, is a member of several professional organizations, has over six years of experience in renowned PM&R facilities and is a noted researcher, speaker and author within the PM&R community.



Michael R. Yochelson, M.D., joins NRH as the Director of Brain Injury Programs. He obtained his B.S. from Duke University and his M.D. from George Washington University School

of Medicine. He completed an internal medicine internship, neurology residency and PM&R residency in the National Capital Consortium (National Naval Medical Center/Walter Reed Army Medical Center), where he was the only military physician dual board certified in neurology and psychiatry. Following an assignment to the U.S. Naval Hospital Yokosuka in Japan, he returned stateside and has served for the past two years as the associate program director for the neurology residency, director of the EMG laboratory and chairman of the pain committee at the National Naval Medical Center where he established and directed the TBI multi-disciplinary team to evaluate and follow the many brain injured marines and sailors returning from Iraq and Afghanistan.

Acupuncture: An Alternative – And Effective – Answer to Pain

When Barbara Clark suffered an injury to her hip in a fall at work in 1991 and the development of arthritis shortly thereafter, she described the pain as “unbearable.” She goes on to say that there were days when she could barely walk and she was filled with fear that her condition might never improve. Finding lasting relief for her pain and joint stiffness became a continual quest.

Like many with a debilitating and chronic condition, she often missed out on activities and events and found that depression hovered ever near – perhaps the most devastating symptom of combating an illness for which medical science does not yet hold a cure. She tried traditional treatments – pain medication and the use of traction – and while she gained some relief, Barbara felt driven to pursue a more holistic approach to healing

and one that would perhaps stave off, for as long as possible, the inevitable surgery to replace the joint in her hip that had begun to deteriorate.

For Barbara, this meant exploring the world of acupuncture. Acupuncture, originating in China more than 2,000 years ago, is one of the oldest, most commonly used medical procedures in the world. However, it was not until 1971, when *New York Times* reporter James Reston wrote about how doctors in China used needles to ease his pain after surgery, that acupuncture found recognition and acceptance in the United States.

The term acupuncture describes a family of procedures involving stimulation of anatomical points on the body by a variety of techniques. American practices of acupuncture incorporate medical traditions from China, Japan, Korea, and other countries. The

acupuncture technique that has been most studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.

Barbara, facing a life-long fear of needles surpassed only by her unspeakable pain, in 1994 scheduled her first visit for acupuncture at NRH Regional Rehab at Bethesda. She states, “I was deathly afraid of those needles, but Dr. Wang was so skilled that I didn’t even feel them go in. I only felt what I can describe as a mild electrical current that Dr. Wang could ‘turn up or down’ depending on my level of comfort.”

And then something truly miraculous happened, according to Barbara. “Because of the pain, I hadn’t slept in six months, but I slept like a baby the night of that first treatment,” she says. And the





effect was lasting. Over the course of twelve years, Barbara has returned to NRH Regional Rehab at Bethesda, and Dr. Wang, for regular acupuncture treatments every three or four weeks. But it's more than that, says Barbara.

"Dr. Wang treated me with acupuncture, but she also taught me the importance of a balanced

approach to wellness. She discussed with me breathing techniques, meditation and a good program of general exercise. She treated all of me."

For Barbara, a retired 27-year veteran of the General Services Administration, the effects of her acupuncture treatment were so profound that she found herself in a new role: advocating for reimbursement of the service under the insurance policy for retired federal employees. She says, "Originally, the service wasn't covered under my insurance, but it worked so well for me, the cost was worth it! Then, over the course of time, they started to cover it, but cut the number of visits a person can have each year. I wrote letters to Congress and even visited the Hill, explaining to them that, at one time, I couldn't have walked up the steps to meet with them but that, thanks to

acupuncture, my health and mobility were restored. There were many of us who advocated in this manner, and our insurance benefits for acupuncture were increased."

Barbara recently underwent the hip replacement surgery that was first recommended to her over ten years ago. Not surprisingly, she credits acupuncture even with helping her move through the post-surgery pain. She says, "This treatment was a Godsend for me; I just can't say enough. I don't know what I would have done without it. I'm not knocking traditional medicine; it certainly has its place. But alternative medicine has its place too. It's a combination of things they did for me at NRH that made the difference. I just truly believe that God gave us everything we need [to be healthy]; we just have to learn how to use it."

Acupuncture is offered by Drs. Fink and Wang through NRH Regional Rehab in Bethesda. To learn more about acupuncture or to make an appointment, please contact: NRH Regional Rehab at Bethesda 6410 Rockledge Drive, Suite 600 Bethesda, MD 20817.1844 301.581.8030

Kathleen Fink, M.D., is board certified in physical medicine & rehabilitation and pain management. Dr. Fink completed her postgraduate training and fellowship at the Rehabilitation Institute of Chicago and her acupuncture training through the UCLA Medical Center.

Chin-Hua Wang, with over thirty years of medical experience in acupuncture, stood at the helm of a thriving practice in China before joining NRH Regional Rehab at Bethesda over twelve years ago.

NRH Regional Rehab

NRH Regional Rehab is the largest and fastest growing network of outpatient physical therapy centers in the mid-Atlantic region. As part of the National Rehabilitation Hospital, Regional Rehab's clients benefit from the expertise of what *U.S. News & World Report* ranks as one of "America's Best" rehabilitation hospitals. Yet, these services are offered in locations strategically chosen to dramatically cut the travel time and distance for patients.

One location, NRH Regional Rehab at Friendship Heights, delivers a range of expanded treatment options, including massage, personal training services, and a focus on the latest techniques in sports medicine. Extended hours – to 7:00 pm most evenings – are offered to accommodate clients' busy schedules.

For more information or to schedule an appointment, contact NRH Regional Rehab at Friendship Heights at 301.986.4745.



Ruth S. Willoughby Playground Opens

The new Ruth S. Willoughby Playground, built to support the services provided in NRH's National Center for Children's Rehabilitation, was officially opened on Tuesday, October 17. Funded by the Ruth S. Willoughby Foundation and by other donors, this wonderful playground, located by the basketball court, has been thoughtfully designed to be fully accessible to

children of all abilities. Our youngest patients and their families can now be treated to an inspiring, colorful and inviting outdoor play area created to enhance their physical, mental, social and emotional well-being. Our therapists are now incorporating the playground into rehabilitation sessions for our young patients in ways that make the hard work of therapy more fun, interesting and exciting.



Top right: This sign invites guests to the new Ruth S. Willoughby playground at NRH

Above: Therapeutic Recreation Therapist Becky Lehman plays tetherball with NRH patient Abu Kaba



Right: This fully accessible playground welcomes all children to NRH

**Please Remember
NRH in Your Will.**

**National
Rehabilitation
Hospital**

NRH
Adding Life to Years®
MedStar Health

National Rehabilitation Hospital
102 Irving Street, NW
Washington, DC 20010.2949
202.877.4NRH
www.nrhrefab.org

Webb C. Hayes, IV, Chairman, NRH Board of Directors
Edward A. Eckenhoff, President and CEO, NRH
John P. McDaniel, CEO, MedStar Health

NRH Today is produced by the Office of Communications, Development, International & Volunteer Services.

Robert S. Hartmann, Vice President
Terri Rozaieski, Editor

If you no longer wish to receive information from NRH, please contact us in writing at the above address.

Non-Profit Org.
U.S. Postage
PAID
Baltimore, MD
Permit No. 2973