

APRIL–AUGUST 2015

CALVERT MEMORIAL HOSPITAL



www.calverthospital.org

Registration begins
April 6, 2015

KeepWell

Healthy for Life.

**Look What
We've Been
Cooking Up!**

Pg. 2

**Men:
Tune Up
Your Engines**

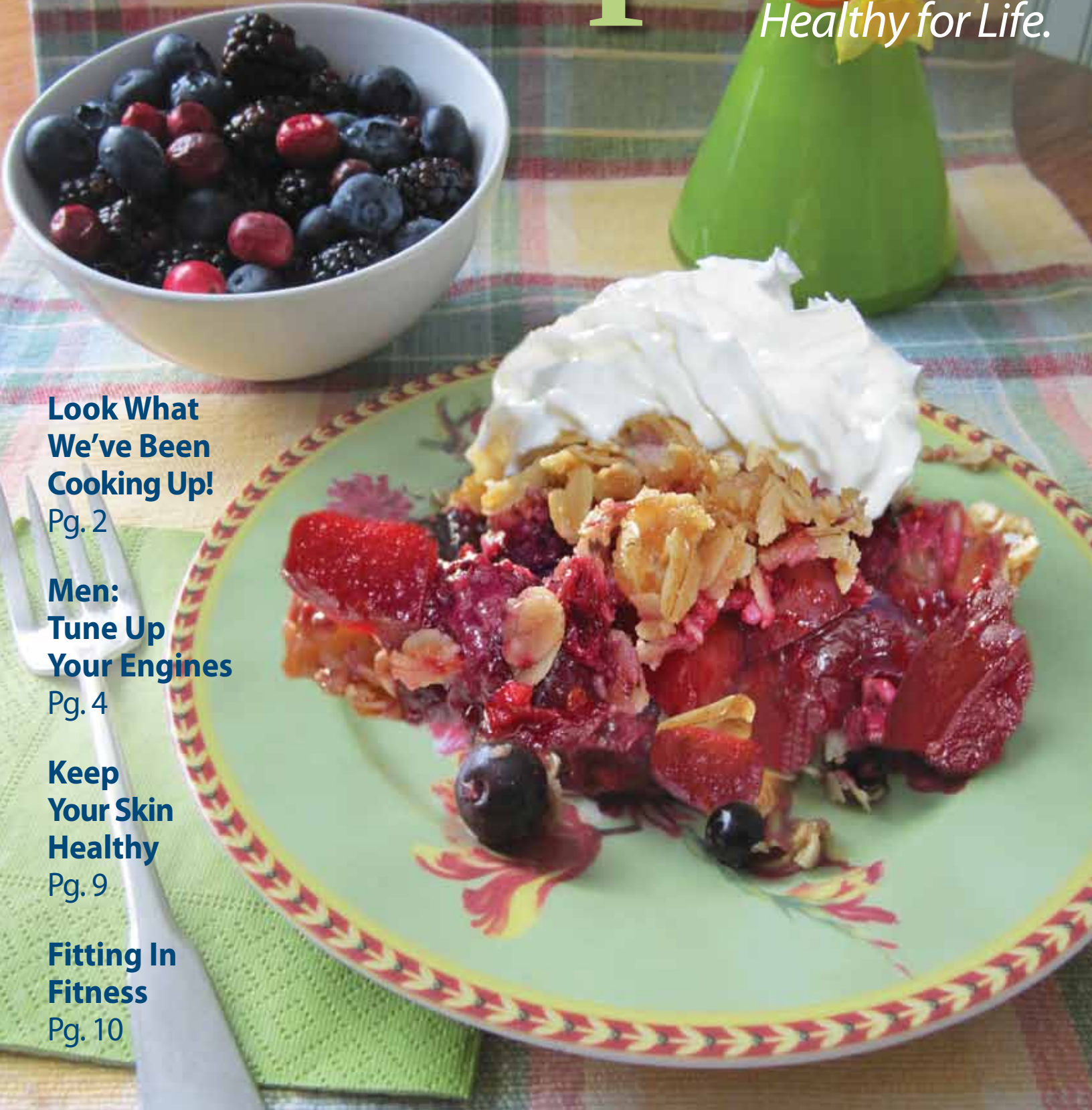
Pg. 4

**Keep
Your Skin
Healthy**

Pg. 9

**Fitting In
Fitness**

Pg. 10



Look What We've Been Cooking Up!

In the KeepWell Center, our dietitians and health educators are always encouraging our staff to try new, healthy recipes. This spring we've made a commitment to trying new meal and snack ideas that incorporate foods known to be high in vitamins, minerals and antioxidants while low in fat, sugar, sodium and calories.

We invite you to join our journey to healthier food choices by sharing your favorite healthy recipe ideas at www.calverthospital.org.

We'll pick our favorites from your submissions, try them out in our test kitchen and feature one in each upcoming issue of the KeepWell newsletter.

Here is a brief list of some of the vitamin and antioxidant rich foods you may want to consider adding to your diet if you have not already. This is by no means a comprehensive list, but it's a good place to start.

Fruits: Oranges, blueberries, blackberries, raspberries, bananas, apples, cherries, cantaloupe, pineapple

Vegetables: Broccoli, pumpkin, spinach, tomatoes, cauliflower, arugula, artichokes, carrots, butternut and acorn squash

Whole Grains: Oatmeal, wheat germ, quinoa

Dairy: Soy, egg whites, yogurt

Protein: Beans (all kinds), salmon, turkey, walnuts, cashews

Miscellaneous: Dark chocolate, tea (green or black)

Incorporating a variety of these foods into your diet may help you maintain your weight, fight disease and live longer. So add some to your shopping list this week and try substituting or adding them to your regular meals and snacks for an added boost to your diet.

At a recent staff celebration in our office, **Jen Lundeen**, health educator with the KeepWell Center, "cooked up" a delicious dessert made with berries, apples and oats. It was so good and good for you that we wanted to share. ***Try Jen's Berry Apple Crisp (featured on the cover) and see for yourself!***

Source: NCES Health & Nutrition Education



Nutrition Facts

Serving Size 3/4 cup

Amount Per Serving

Calories	161	from fat	36
		% Daily Value*	
Total Fat	4.0g		6%
Saturated Fat	1.9g		9%
Trans Fat	0 g		
Cholesterol	7mg		2%
Sodium	21mg		1%
Potassium	188 mg		5%
Total Carbohydrates	27.4g		9%
Dietary Fiber	4.2g		17%
Sugars	9.2g		
Protein	2.9g		
Vitamin A	3%		
Calcium	3%		
Vitamin C	19%		
Iron	8%		

Nutrition Grade B+

*based on a 2000 calorie diet



Berry Apple Crisp

- 1 8 oz bag frozen cranberries
- 1 8 oz bag frozen dark sweet cherries
- 1 8 oz bag blackberries
- 3 gala apples, chopped

(One cup of fresh fruit in season would be the equivalent of frozen fruit)
 Cook all fruit over medium heat for 10 minutes or until cranberries pop.
 Pour contents in a strainer to reduce liquid. Pour into a 9x13 pan.
 Melt 1/3 stick of butter in microwave. Add 3/4 cup brown sugar and 3 cups old fashioned oats. Put topping over berry mixture.
 Cook in a 350 degree oven for 25 minutes. 4 servings.



Health Ministry Team Network

Building Trust, Convenience Key to Outreach

"A big part of our Health Ministry program is building trust and convenience," said **Margaret Fowler**, director of Community Wellness at Calvert Memorial Hospital, which partners with 52 local churches to bring health information and important screenings to those in need.

"Many times, the hospital is not able to identify barriers to improving care because people are fearful to tell a healthcare provider," said Fowler, "but by collaborating with churches like Middleham St. Peter's we help overcome these barriers and provide a much-needed support system."

The Middleham St. Peter's (MSP) campus in Lusby is home to a food pantry and thrift shop sponsored by **SMILE**, an outreach ministry that includes several churches from southern Calvert County as well as MSP. Other community resources include an annual health fair in conjunction with CMH, weekly blood pressure screenings and regular talks on health topics. There is also a mobile career center and a garden that provides thousands of pounds of fresh produce in season.

Overcoming Barriers

"By joining with an established program like SMILE that provides food, clothing and energy assistance to the underserved," Fowler said, "it overcomes the barrier to transportation and allows participants to engage when they are ready."

MSP volunteer **Hugh Davies** agrees. "Integration is a fundamental feature of the activities at our center," he said. "On a typical first Wednesday of the month, a SMILE client can come to the Middleham campus and is able to access employment and training opportunities, get their blood pressure checked and get advice on other health issues and resources, receive food at the pantry – often including fresh produce from the MSP Helpful Harvest garden, access thrift shop clothing and receive the other services available at SMILE."

Additionally, Davies said the parish health committee writes a monthly article in the church newsletter on health issues and puts health information in the weekly bulletins.

"The Health Ministry program has raised the general level of awareness of our congregation," said **Father David Showers**, Rector of Middleham St. Peters Parish in Lusby, "and inspired our members in all kinds of ways to become involved."

Parish nurse **Dale Yoe** points to the annual health fair "as one of our best projects." She said it has grown each year to include more participation and will celebrate its sixth year this fall. "Last year alone, we had 71 people take part in the weekly blood pressure screenings."

A Holistic Approach

Fowler said that focusing on "*whole person health*" is another important aspect of the hospital's health ministry. "While health screening and education are important," she said, "if someone is hungry, doesn't have a job or have clothes to keep them warm; they can't begin to take care of their health when their basic needs of food and clothing are not being met."

Fowler said she is excited about the prospect of adding to the health ministry services offered at Middleham St. Peter's. She said the church is willing to create a dedicated space for a wellness clinic in the expansion, which is scheduled to be completed next year.

"Churches were the first hospitals and now with the changing paradigm of health care, the churches are once again a place where people can go to get help with their health," said Fowler.

Wanda Diaz of Lusby and her granddaughter (pictured above) chat with food pantry volunteer Sharleen Wagner.



Is Your Church Part of the Network?



Join us to learn more. **New churches are always welcome. If interested, contact coordinator Alexis Gross at 410-414-4574 for a new member packet.**

HEALTH MINISTRY MEETINGS

CMH, Classroom 1, 5:30-7:30 p.m.
Fourth Thursday of the Month

.....
April 23: Stroke, Skin Cancer and Fitness

May 28: Men's Health

August 27: Cholesterol Education
.....

Blood Pressure Screenings

Knowing your blood pressure numbers are all important to good health. If you need to have your blood pressure taken, the following churches offer regular monthly blood pressure screenings: Our Lady Star of the Sea, Middleham/St. Peter's Church, Huntingtown United Methodist Church and Waters Memorial United Methodist Church. If you would like to start providing screenings at your church, starter blood pressure kits are available. Call **Alexis Gross** at **410-414-4574**.

Calling All Men: You Take Care of Your Car. . .

Have You Tuned Up Your Engine Lately?

The findings of the 2014 Community Health Risk Assessment, conducted by Calvert Memorial Hospital and the Community Health Improvement Roundtable (a collaboration of area organizations, agencies and private businesses) recently identified several health issues in men in Calvert County. We know no one likes going to the doctor, but if you want to be healthier and live longer, listen up!

Blood Pressure

There is a very high prevalence in Calvert County of men with high blood pressure. Why is having your blood pressure checked so important? Because high blood pressure is a leading risk factor for cardiovascular disease, the leading cause of death among men. Ideally, your blood pressure should be under 120/80. The higher your blood pressure, the greater your risk of heart attack, heart failure, stroke and kidney disease. Because there are no symptoms associated with high blood pressure, it is

often called the "silent killer." The only way to tell if you have high blood pressure is to have it checked!

You can have your blood pressure checked the 3rd Tuesday of each month at the KeepWell Center from 11 a.m. to noon. No appointment is needed. Check with your church, too. Blood pressure screenings are held at area churches through our Healthy Ministry program.

Prostate Cancer

According to the statistics gathered in the Community Health Risk Assessment, the rate of prostate cancer is very high. Next to lung cancer, prostate cancer is the deadliest cancer in men. The two greatest risk factors for prostate cancer are age and race – African-American men over the age of 65 are at highest risk. If you are over 50, you should have a prostate screening exam each year. If you have family history, you should start sooner.

A free prostate screening is being held at Dr. Shafquat Meraj's office on Friday, June 12 from 2:30-4 p.m. Call 410-535-8233 to make an appointment.

Lung Cancer

Did you know Calvert County has a 20 percent higher rate of smoking than any other county in Maryland? Tobacco has been part of our culture for a very long time but the staggering death rates as the baby boomers have aged has made us rethink our emotional ties to tobacco. The greatest risk factor for lung cancer is smoking (duration and quantity) but the health benefits begin five minutes after you quit. You can quit (which most smokers want to do) and there are really great local resources available to help you.

The Calvert County Health Department offers a free, eight-week program, April 8 through May 27, on how to stop using tobacco. You will be given education, products to help you stop and support to learn how to quit for good. Individual sessions are also available. Call 410-535-5400, ext. 359. You can also call Maryland's 1-800-QUIT NOW (1-800-784-8669) open from 8 a.m.–midnight, seven days a week.

Colon Cancer

Another significant finding is the high rate of colon cancer in men, especially among African-American men. We know that screening detects polyps and cancers at earlier, more treatable stages. If you are over 50, you should to your doctor about screening colonoscopy. It's the idea of colonoscopy that prevents us from making that phone call; yet, the actual procedure is more than manageable. If you have a first degree family relative (sibling or parent) with colon cancer, screenings should start at age 40. Colon cancer is very preventable so make an appointment today and really be proactive about taking care of yourself!

If you do not have insurance or are underinsured, call the Calvert County Health Department at 410-535-5400, ext. 348 to find out if you qualify for a free colonoscopy.

Source: 2014 Community Health Risk Assessment





People, Programs and Services in Your Community

❖ WEIGHT LOSS

Dinner with the Dietitian: Fall Nutrition Series

Karen Mohn, a registered dietitian, provides easy-to-follow nutrition advice for long-term healthy eating. Come listen to a current nutrition topic and enjoy a cooking demonstration along with a light dinner. The dinners are a fun and social way to learn how to eat healthier!

**Healthy Party Planning:
Graduations, Weddings and More!**
May 21, 6:30 -8:00 p.m.

Fifty Tips for the Over Fifty
June 18, 6:30 -8:00 p.m.

Fresh from Farm to Table Ideas
July 16, 6:30 -8:00 p.m.

**What is the DASH Diet? Should I
Be Following It?**
August 20, 6:30 -8:00 p.m.

PHC, \$10 per session.
Includes light dinner and cooking demonstration.

Weight Loss for Life A six-week program that blends nutritional education with a registered dietitian and group fitness instructor to help you learn how to lose weight and keep it off. \$75, PHC, Wednesdays, 5:30 -7 p.m. April 29 - June 3, and June 24 - July 29.

Weight Loss for Life Plus A six-week program that builds on the skills that you learned in *Weight Loss for Life*. Continue to work with a registered dietitian and group fitness instructor to stay motivated and build on previously learned skills. \$75, PHC, Wednesdays, 5:30 -7 p.m. April 29 - June 3, and June 24 - July 29.

Weigh to Wellness Weekly weigh-in with a half-hour hot topic lecture by a registered dietitian or personal trainer. \$10/session or \$20 for four. Mondays, 5-5:30 p.m. and Wednesdays, 4:30-5:00 p.m. PHC. Ongoing, call to register.

Free W.O.W. Walking Club Get healthy and fit by walking off weight. Weekly walking club led by a wellness coach. Exercise and learn as you go. Registration required. PHC, Wednesdays, 3:30-4:30 p.m. You may join at any time.

Spring Into a Healthy Weight Co-sponsored by World Gym

Calvert's Spring Challenge is a 12-week program where participants receive weekly weigh-ins, weight loss tips and goals, and access to an optional participant support group. The winner will be determined by the greatest percentage weight loss, body fat loss and participation in weekly weigh-ins. A **Total Wellness Package** (free one-year World Gym membership, four consultations with a registered dietitian, and four personal trainer sessions) will be awarded to the winner. Each participant will receive an initial and final body composition measurement, a free copy of *The Culprit and The Cure* and three months' access to *Vitabot* online meal planning and nutritional analysis.

All participants must complete an initial weigh-in and body composition analysis during the first week (April 27-May 1).

Dates: May 4 - July 25

Owings and Prince Frederick locations. Dates and times will vary based on program participation.

- \$80 (includes a three-month Matinee (11 a.m.-3 p.m.) membership for non-World Gym members)
- \$60 (includes only Challenge, no membership)
- \$45 World Gym member price

Support Group Days and Times

PHC: **Wednesdays: 11:30 a.m. -12:15 p.m.**

PHC: **Mondays: 4 - 4:45 p.m.**

Call 410-535-8233 for program details.

Eat to Win/Nutrition for the Athlete

Gain the competitive edge with the help of good nutrition. Get the most current nutritional information for young athletes. Great for teams. Call to set up a presentation at the location of your choice. \$5/person, minimum of 10 participants. Ages 10 and up.

❖ HEALTHY EATING



Eat Right! Move More!

Nutritional Counseling

Take a healthy approach to weight loss, heart health and overall nutrition. Meet one-on-one with a registered dietitian. \$40/hr or \$130/4 sessions. PHC. Call for appointment times.

Meal Planning

Personalized meal plan for two weeks, includes grocery list and shopping plan. \$30

Three-Day Food Diary Analysis

Report includes percentage breakdown of your nutrient intake, percentage of daily requirements and personalized recommendations. \$25

Virtual Nutritionist Online nutritional analysis and diet assessment with a personalized plan for improving your nutrition habits. \$25

Weight-Loss Coaching Weekly e-mail and 15-minute phone consult. \$15/week, \$50/month.

Free Ask-the-Wellness Coach

Stop by and meet our wellness coach for a quick question-and-answer opportunity. PHC, first and third Mondays every month, 4-5:30 p.m.

Free Vitabot Personalized On-line Nutrition Plan Provides 14-day access allowing users to analyze eating patterns, food content and nutritional values including vitamins and mineral requirements as well as a personalized shopping list. Call 410-535-8233 to activate.



Classes without specific dates are ongoing. Just call 410-535-8233 to register and get started.

MAY

Lyme Disease Awareness Month

Southern Maryland is a high risk area for Lyme Disease.

Consider these tips to protect your family:

- ✓ Use insect repellent containing 20–30 percent DEET.
- ✓ Wear long pants and long sleeves to keep ticks off of skin.
- ✓ Talk to your veterinarian about tick control for your pets.
- ✓ When outdoors, avoid wooded or brushy areas with tall grass and walk in the center of trails.
- ✓ Check yourself, your kids and your pets daily for ticks.
- ✓ Bathe or shower as soon as possible after coming indoors in order to wash off ticks.

To remove ticks:

- ✓ Use fine-tipped tweezers and protect bare hands with a tissue or gloves.
- ✓ Grab the tick close to the skin; do not twist or jerk the tick.
- ✓ Gently pull straight up until all parts of the tick are removed.
- ✓ Wash your hands with soap and water or an alcohol-based rub.
- ✓ Clean the site of the tick bite with soap and water or an antiseptic.

Join the Lyme Support Group of Calvert County, the Calvert County Health Department, and the Calvert County Public Libraries for a Lyme Disease Awareness program.

Date: Friday, May 12, 2015
Location: Prince Frederick Library
Time: 6:30 - 8 p.m.

Call 410-535-8233 for more information and to register.

WELLNESS PROGRAMS

Freedom From Smoking Get the tools you need to quit during a **free** eight-week program offered in collaboration with Calvert Health Department. You will be provided the support, education and cessation products to help you quit for good. Individual sessions available. **Call 410-535-5400 x359 for more information. Wednesdays, April 8 through May 27, noon – 2 p.m. and 6 – 8 p.m., Holiday Inn Express, Prince Frederick, MD.**



Maryland's 1-800-QUIT NOW Marylanders have a new way to live smoke-free. When you are ready to quit, call: 1-800-784-8669 (This is a free service provided by the Maryland Department of Health and Mental Hygiene). **Quit Line Hours 8 a.m. - midnight, 7 days a week.**

Tobacco Road Show Keep your kids tobacco-free! Let them see the sludge, smell the stench, gasp for air and hear the chilling effects of tobacco use in this 50-minute interactive demonstration. Available upon request for groups of children ages 6 to 16. **Free. Call 410-414-4572.**

Diabetic Self-Management Program Certified American Diabetes Association course about nutrition, medications and monitoring. Also offers practical tips for setting goals and avoiding complications. Taught by a certified diabetic educator. **Call 410-414-4809. Physician referral required. Covered by most insurances.**

"TLC" Exercise Program Designed to meet the needs of individuals with heart disease, arthritis, diabetes, obesity, high cholesterol or high blood pressure. After you obtain physician's consent, our certified trainer measures your fitness level* and develops an exercise program for you. Supervised exercise is available Wednesdays and Fridays from 9 a.m. to noon. Work out at your own pace for a duration right for you. **\$25/month. Call 410-535-8233 to register.**
**Fitness assessment required prior to beginning program. Additional \$25 fee.*

Cardiac/Pulmonary Rehab Program Individualized, tailored exercise programs for cardiac and pulmonary rehab patients with supervised medical monitoring to increase endurance, stamina and improve quality of life. **Physician referral required. Insurance benefits welcome; staff will verify coverage. Call 410-414-4527.**

Heart Failure Self-Management Class Our goal is to educate and provide answers to questions patients and their families have about congestive heart failure (CHF). We will review easy ways to take control of your care and prevent the need for a hospital admission or readmission. It is often overwhelming and difficult to retain information during a hospitalization. This is an opportunity to learn in a comfortable stress-free environment. **Free. Meets 2nd Friday of every month from noon – 2:30 p.m. Call 410-535-8233 to register.**

Physical Therapy Metabolics A licensed physical therapist, personal trainer and registered dietitian team up with your doctor to help you shed pounds and reduce the pain caused by excess weight. Held at the Prince Frederick World Gym. **Call 410-474-8564 to schedule an appointment today. Physician referral may be required.**



Classes without specific dates are ongoing. Just call 410-535-8233 to register and get started.

❖ SCREENINGS

Call 410-535-8233 for information or to register.

Blood Pressure Screening

No appointment needed. *Free.* CMH KeepWell Center, 3rd Tuesday of each month, 11 a.m. – noon.

Lung Function Testing

Free. CMH Cardiac Rehab, 1st Thursday of each month, 11:30 a.m. – 12:15 p.m.

Vascular Screening

Monday-Friday, 8:30 a.m.
Free. CMH Vascular Lab. Please call 410-414-4539 to schedule appointment.

Cholesterol Test Plus Screening and HbA1c

By appointment only. *Minimum age 18.* CMH, Saturday, April 11, and Solomons, May 9, 7-9 a.m.

✓ **Cholesterol:** 10-hour fasting required prior to blood draw. *\$25*

✓ **HbA1c:** (For diagnosed diabetics) fasting NOT required prior to blood draw. *\$15*

Prostate Health Screening

Free. Friday June 12, 2:30 - 4:00 with Dr. Shafquat Meraj, Urologist, at his office: 1015 Prince Frederick Blvd., Prince Frederick. *By appointment only/limited to 20 people*

Ask the Nurse is a free, on-site service provided by CMH at Calvert County Senior Centers. Registered nurses provide confidential answers to your health-related questions. Contact your local senior center at the numbers below for more information.

Tuesdays: 10 a.m. - noon. Southern Pines Senior Center, Lusby, 410-586-2748

Fridays: 9:30-11:30 a.m. Calvert Pines Senior Center, Prince Frederick, 410-535-4606

Tuesdays: 10 a.m.- noon. North Beach Senior Center, North Beach, 410-257-2549

Ask the Nurse

❖ Complementary HEALTH CLASSES

Scan here with your smart phone to view ongoing Complementary Health Class schedules > or go online to www.calverthospital.org



American Heart Association Classes

Register at 410-535-8233 or 301-855-1012 x 8233 (no walk-ins, please)

CPR Basic Life Support Course

Learn emergency response CPR with and without a barrier device and relief of foreign-body airway obstruction for adult, infant and child victims. Receive a CPR card valid for two years upon completion of class and written test. *\$45. Saturdays, 9 a.m.–3 p.m., CMAC. June 6 and August 8.*

CPR Basic Life Support Healthcare Provider Course

Learn emergency response and CPR for adults, infants and children, two-rescuer CPR, use of barrier devices and AED (automated external defibrillator). Meets requirements for healthcare providers. Receive a CPR card valid for two years upon completion of class and written test. *\$55. Saturdays, 9 a.m.–3 p.m., CMAC. April 18, May 2, June 13, June 27, July 11, August 1 and August 22.*

CPR, AED and First Aid Learn general first aid techniques and CPR for adults, infants and children. Receive a CPR card valid for two years upon completion of class and written test. Designed to meet the new standards for day care providers. *\$70. Saturdays, 9 a.m.–5 p.m., CMAC. April 25, May 16, June 20, July 25 and August 29.*

❖ SUPPORT GROUPS

Whatever your experience, you don't have to go it alone. Join a group where people help each other by sharing. *Free.*

Breast Cancer Support CMAC, Suite 201, Center for Breast Care, 1st & 3rd Monday of each month, 6:30 – 8 p.m. *Call Joyce Gradle, LCSW, 410-474-4569.*

Breast Cancer Support for Newly Diagnosed CMAC, Center for Breast Care, 1st Wednesday of every month, 6–7:30 p.m. *Call Mary Lingeback, RN, at 410-414-4700.*

Breastfeeding Support

CMH Family Birth Center, Wednesdays, 1:30–3:30 p.m.

Diabetes Support CMH, Classroom 2, 3rd Thursday in April and May, 7–9 p.m. *Call 410-414-4783 for topics and speakers.*

Lyme Support CMH, Classroom 1, 1st Monday of each month, 6–7 p.m. except July. *Call 410-535-8233.*

NAMI (National Alliance on Mental Illness) Connection Recovery Support

CMH, 1st & 3rd Wednesday of each month, 6–7:30 p.m. For people 18 and older. *Call 301-737-1988 for more information.*

Ostomy Support Chesapeake Potomac Home Health Agency, 1st Sunday of every other month, 2–4 p.m. *Call Amber Fowler at 800-656-4343 x227.*

Stroke Support CMH, Classroom 1, 1st Wednesday of each month, 5:30–7 p.m. For caregivers and stroke survivors. *Call 410-414-4800 for more information.*

Women's Health

Classes to help you prepare for baby

Call 410-535-8233 or 301-855-1012 x8233 for information or registration.

ABCs of Breastfeeding

Learn helpful techniques with positioning, latching on and how to establish and maintain your milk supply. *\$40/couple, CMH Classroom 1, Tuesdays, 6–8 p.m. April 7, May 5, June 2, July 7 and August 4.*

Breastfeeding Support Group

Nurturing Necessities at CMH Family Birth Center. *Free. Every Wednesday, 1:30–3:30 p.m.*

Birth Center Tours

Expectant parents tour the Family Birth Center in preparation for their baby's arrival. Meet in the Emergency Department registration area. *Free. CMH, 3rd Sunday of every month, 2 p.m.*

Baby Care Basics I & II

For new and expectant parents (grandparents are invited, too), this class offers a comprehensive overview of baby care basics. The first hour will be led by a registered obstetrical nurse covering basic newborn care (0–2 months). The second hour will be taught by a pediatrician who will discuss feedings, immunizations and treating minor illness (2 months–1 year). Recommended during the first seven months of pregnancy. No CPR training in this class. *\$40/couple. CMH Classroom 1, Wednesdays, 6:30–8:30 p.m. April 8, May 13, June 10, July 8 and August 12.*

Big Kids and Babies

Designed to prepare children ages 3–5 for the arrival of a new sibling. Includes a video presentation and a birth center tour. Class recommended within the first

seven months of pregnancy. *\$12/child or free for families delivering at CMH. CMH Classroom 2, Tuesdays, 6–7:15 p.m. April 14, June 9, and August 11.*

Infant CPR A great follow-up to Baby Care Basics! New and expectant parents, grandparents and babysitters learn infant CPR (birth–12 months). Led by certified American Heart Association instructor Ellen Davis. *\$24/person. CMAC, Mondays, 6–8 p.m. April 13, May 11, June 8, July 13 and August 10.*

Outpatient Lactation Services

For breastfeeding moms who may need assistance with latching techniques, milk supply concerns or slow weight gaining problems. *Fee. CMH, call 410-414-5414 for appointment.*

Safe Sitter® is a medically accurate hands-on program that teaches boys and girls ages 11 to 14 how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. *\$45. CMH, Classroom 1. Saturdays, 9 a.m.–3 p.m. April 25 and May 30.*

Safe Sitter® Camp Partnering with CSM Kids College

Great Summer Camp Opportunity!

This expanded version of *Safe Sitter®* includes more hands-on learning, games, snack preparation and additional practice to provide a Monday through Friday option in a camp setting. *Please register through College of Southern Maryland at 301-934-7634 or kidscollege@csmd.edu. \$90.*

❖ JUST for MOM

Call 410-535-8233 or 301-855-1012 x8233 for information or registration.

Pregnancy Massage Pregnancy massage reduces pain, tension and swelling, improves circulation and increases relaxation. 50 minutes. *CMH, \$65. Please call for appointment.*

Childbirth Education

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breast-feeding education and more. *CMH, \$100/couple. Register by the 20th week of pregnancy. Call for information.*

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Join our online communities.



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Looking Your Best At Every Age:

Practical Advice To Keep Your Skin Healthy

By Faris Hawit, MD, FAAD, Dermatologist

While much has been written lately about the unique management of skin during each decade of life, the majority of these articles serve as a platform to promote specific products. In reality, the majority of advice to optimize the appearance of your skin through every age and stage of your life doesn't change very much and is not an expensive endeavor. The following suggestions may help you develop a plan to protect your skin and care for it, while developing lifelong healthy habits:

Eat healthy food. The foundation of your skin's health really begins from the inside out. Choose to eat a diet that is low in sugar, rich in omega fatty acids (such as avocados, olive oil, nuts, or flax seeds), and rich in fruits and vegetables. The antioxidants in fruits help to neutralize the damage your skin endures on a daily basis and eating healthy helps your skin recover more quickly and age more slowly. Interestingly, we have also known for some time that processed foods which are high in sugar (for example sodas and candy bars) cause people who are prone to acne or rosacea to develop flares.

Protect your skin from the sun. It has been proven beyond a shadow of doubt that the sun's rays make your skin age prematurely. Wear a sun block daily on your face to protect your skin from these harmful effects and add a hat with a wide brim when you go outdoors. Not only will this habit help you look younger when you are older, you will reduce the likelihood of developing a skin cancer. Furthermore, you can both prevent the development of "sun spots" on your face and prevent the sun spots you may already have from getting darker.

Many of the skin cancers and pre-cancers we see are located on the face, ears, scalp, and neck...and many of these could have been prevented through better sun protection. **Please remember to take a minute once a month to look at all the**



skin on your body for any "ugly duckling moles", "dark patches", or "growths" which look different from the rest of your skin. Be aware that in general, skin cancers also slowly change in size, shape, or color. If you see something which looks suspicious, make an appointment with your primary care doctor or a dermatologist. The earlier you detect a skin cancer, the more likely it can be cured.

Get enough sleep. Good sleep is essential to your skin's health. Recent studies have shown that chronic poor sleep quality is associated with increased signs of "intrinsic aging," a diminished skin barrier function and a lower satisfaction with appearance.

Don't smoke. Smoking can cause wrinkles around the mouth and eyes. Studies have been done in identical twins

which show that the sibling who smokes ages prematurely around the middle and lower third of their face and has a duller complexion relative to their twin sibling who didn't smoke.

Wash your face gently- don't scrub.

Try not to "scrub" your skin clean with a wash cloth and don't use any fancy devices to clean your face. Your skin will naturally exfoliate itself and scrubbing is only going to damage the superficial skin barrier and allow bacteria or dirt to get in. Don't waste your money on anything fancy- just use your hands and a gentle skin cleanser to wash your face twice a day.

Moisturize. Use a moisturizer with a broad spectrum SPF of at least 30 on your face every morning. There is no one product for everyone- choose a moisturizer which is right for your skin. For example, if you have sensitive skin, choose one that says it is good for sensitive skin. At nighttime, it can help to use a moisturizer to hydrate your skin. Starting as early as your mid-thirties (if you are not pregnant), you can consider using a night cream which contains "Retinol" in it to help plump the collagen around your eyes. Find a brand you like, which fits your budget and doesn't have a lot of extra perfumes in it. Effective anti-aging products come in all price ranges.

Be patient. Learn to be patient and take the time to be mindful. Many studies suggest that people who meditate actually reduce markers of inflammation and the cellular damage from free radicals that hurt all the organs in your body- from your brain to your skin. They also suggest you could even delay some of your wrinkles. Be patient, follow these tips, and you will be on the road to healthy skin!

Fitting in Fitness!



It can be tough to figure out how to fit fitness into your busy life, but studies show that even small amounts of moderate exercise throughout the day can have a big overall impact. According to the American Cancer Society, regular physical activity can lower your lifetime risk for cancer, heart disease and diabetes. *And it may be easier to fit in than you realize.*

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at anytime. *And it's free!* As part of Calvert Memorial Hospital's "Calvert Can Eat Right, Move More, Breathe Free" initiative, our health educators are working with our community partners to encourage local residents to "Walk Your Way to Wellness."

There are lots of ways to get involved. As warm weather approaches, you can go to our website www.calverthospital.org and download a free walking guide to scenic locations in Calvert County along with directions to the four high schools that have tracks. In July, a 12-week "Couch to 5K" challenge will kick off in preparation for the hospital's annual 5K in October (see details below). Students can ask their school about starting a walking club or participating in the *Presidential Active Lifestyle Award* program (PALA). At work, you can find a buddy and map out a lunchtime walking route – indoors or outdoors! (At Calvert Memorial Hospital, 10 laps around the first floor concourse is a mile.) In late spring, watch for newly marked outdoor walking routes in the Dunkirk and Prince Frederick Town Centers.

No matter what kind of activity you choose, the important thing is to get moving. Look for opportunities to be active throughout your day. Simple steps add up! For instance:

- ✓ Use stairs rather than an elevator
- ✓ Walk or bike to your destination
- ✓ Exercise at lunch with your workmates, family or friends
- ✓ Take a 20-minute exercise break at work to stretch or take a quick walk
- ✓ Walk to visit co-workers instead of sending an email
- ✓ Go dancing with your spouse or friends
- ✓ Plan active vacations, rather than driving trips
- ✓ Wear a pedometer every day to increase your daily number of steps
- ✓ Join a sports or recreation team
- ✓ Use a stationary bicycle or treadmill while watching TV

Remember, all physical activity adds up to a healthier you!



In the spirit of "Fitting in Fitness," mark your calendar now for Calvert Memorial's annual 5K Walk/Run and join us in Solomons on Saturday, October 3, 2015. If you would like to increase your fitness level now for the 5K, you can go to our website, www.calverthospital.org, and download a 12-week program, which will give you a step-by-step training guide to get ready to run or walk. Join the fun, raise money for a great cause and improve your health at the same time!

Local Walking Guide Parks

Dunkirk District Park
Kings Landing Park
Hallowing Point Park
Battle Creek Cypress Swamp
American Chestnut Land Trust
Jefferson Patterson Park
Flag Ponds Park
Calvert Cliffs State Park
Cove Point Park
Annmarie Garden
Prince Frederick Town Center

Boardwalks

Chesapeake Beach Boardwalk
North Beach Boardwalk

Local High School Tracks

Northern High School
Huntingtown High School
Calvert High School
Patuxent High School

Scan here with your smart phone to download the walking guide or go online to www.calverthospital.org



The American Cancer Society's physical activity guidelines for cancer prevention are as follows:

Every week, adults should get at least 150 minutes of moderate intensity activity (slightly increasing your heart rate and breathing but you may not break a sweat) or 75 minutes of vigorous intensity activity (noticeable increase in heart rate, faster breathing and sweating,) or a combination of these, preferably spread throughout the week. Children and teens should get at least 60 minutes of moderate or vigorous intensity activity each day, with vigorous activity on at least three days each week.

Source: The American Cancer Society

Calvert Physical Therapy in the Community

ACL Injury Prevention and Performance Enhancement Program

Research has found that female athletes are six times more likely to sustain an ACL injury (knee injury to the ligament that connects the femur to the tibia), compared to their male counterparts. The greatest risk occurs in females, ages 14-18 years of age.

A multitude of factors contribute to the potential for an ACL injury. These risk factors can be divided into environmental, anatomical, hormonal, neuromuscular and biomechanical categories.

Many of these risk factors can be modified, controlled or diminished through awareness and proper training interventions with an emphasis on correct body alignment. Studies have shown that ACL prevention programs that incorporate core stability, neuromuscular control, balance, dynamic stability and agility can reduce the risk of injury by up to 50 percent.

Several ACL programs have been heavily researched and then implemented over the years. The FIFA 11+ program is the most recent program implemented at both the amateur and professional levels.

The FIFA 11+ program, while designed to prevent ACL injuries, is a comprehensive warm-up routine incorporating flexibility, strength and agility exercises that can benefit all athletes, not only those who are deemed high-risk athletes. This warm-up routine takes about 20 minutes to complete and is performed three times per week for the duration of the pre-season and replaces the standard warm-up during in-season play. Compliance is the key to success.

At the beginning of the program, athletes complete a Pre-Season Injury Risk Questionnaire and undergo a Pre-Season Injury Risk Screening consisting of five tests. The five screening tests will be re-administered at the conclusion of the season. As previously mentioned, the FIFA 11+ warm-up routine will be performed in place of the standard warm-up three days a week. The coach is to document on an attendance sheet when the athlete completes a warm-up session. If an injury does occur, the coach is required to complete an Athlete Injury Assessment Form.

Two years ago, **Mike Kuegler, PT**, director of Calvert Physical Therapy and Sport Fitness Center, held a free clinic for all of the female coaches at local high schools and presented the FIFA 11+ program in an effort to reduce ACL injuries. The results have been impressive. After implementation of the FIFA 11+ in pre-season and replacing the warm-up in season, no ACL injuries occurred the first year. *Please remember that this is not guaranteed, and many athletes play for more than one team that may not be implementing this program.*

If your team would like more information about the program, call Calvert Physical Therapy and Sports Fitness Centers at 410-535-8180.

Studies have shown that ACL prevention programs that incorporate core stability, neuromuscular control, balance, dynamic stability and agility can reduce the risk of injury by up to 50 percent.





Calvert Health System
Calvert Memorial Hospital
Tradition. Quality. Progress.

100 Hospital Road, Prince Frederick, MD 20678
www.calverthospital.org

For questions about physician referral,
 class registration or support groups, call

Calvert Health Line:
888-906-8773

Maryland Relay Service:
800-735-2258

This facility is accredited by The Joint Commission. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at 1-800-994-6610.

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KEEPWELL REGISTRATION

Early registration is encouraged. Advance registration with payment is required for all classes. Refunds given only with seven days notice. With advance notice, reasonable accommodations can be made for those with special needs. CMH reserves the right to cancel classes when enrollment minimums are not met. Cancellations: Call 410-535-8233 for a recorded message on the status of class cancellations during inclement weather. Payment: Visa, MC, AMX, Discover or check payable to CMH.

KEY TO CLASS LOCATIONS

(unless otherwise noted):

CMH: CMH KeepWell Center,
 Prince Frederick

CMAC: Calvert Medical Arts Center,
 CMH Campus, Prince Frederick

PHC: Patuxent Health Center, Prince
 Frederick *(next to World Gym)*

Solomons: Solomons KeepWell Center

TBCHC: Twin Beaches Community Health
 Center, North Beach

WW: Woman's Wellness,
 Calvert Medical Arts Center, Suite 201

Calvert Memorial Hospital does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, gender, religion, disability or age.

KeepWell

KeepWell is a tri-annual publication of the Community Wellness Department in collaboration with the CMH Corporate Communication office.

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 Director, Community Wellness

Gail D. Harkins
 Editor

Mark Your Calendars!

**2nd Annual Women's
 Health EXPO**



Join us for fun, prizes, health education and screenings!

Sponsored by the Calvert County Commission for Women in collaboration with Calvert Memorial Hospital and the Calvert County Health Department.

When: Saturday, April 25, 2015, 9 a.m. to 1 p.m.

Where: College of Southern Maryland, Building B

115 J.W. Williams Road, Prince Frederick, MD 20678

This FREE event will cater to all women of Calvert County with:

- ✓ Education displays
- ✓ Healthy eating demonstrations
- ✓ Exercise demonstrations
- ✓ Free screenings
- ✓ Skin exams
- ✓ Vision
- ✓ Hearing
- ✓ Cholesterol
- ✓ HIV Testing
- ✓ Body fat

Presentation: Janet McDonald,
Registered Dietitian

Time: 9:30 -10:30 a.m.

Topic: "How Food Can Change Your Life"

Watch for More Details!

