



CalvertHealth

Simply
Summer.

Tips for raising a
happy, healthy eater

See story page 4

A Message from the President



Building on a Century of Care.

On May 26, 1919 the first hospital in Calvert County was dedicated. As I walk the new halls of the medical center, I am overcome with a sense of accomplishment. We have taken the torch from those four physicians who set out to create the best community hospital for the people of Calvert County and brought a new standard of health care to our community. Continuing to bring innovative, high-quality health care to our community is what they envisioned 100 years ago, and we are proud

to bring those aspirations to a reality for our community.

Exceptional design, state-of-the-art equipment, patient safety and support have been at heart of this project. We know patients in private rooms get better sleep, especially when loved ones can be near. Quieter spaces lend themselves to more in-depth discussions regarding sensitive issues about your health and there's extra space for visitors and families, whose involvement in your care results in faster healing. Phase II of the project is already underway and we are in the process of converting and renovating existing double rooms on levels two and three. We anticipate completion in 2020.

A lot has changed at CalvertHealth in our more than 100-year history, but one thing remains the same: our unyielding dedication to you.

The future of CalvertHealth is brighter than ever. So let us move forward with the certainty that everything we do, every decision we make as a health system, helps us further our vision of making a difference in every life we touch.

Dean Teague, FACHE
President and CEO

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ON THE COVER

Kaylee Jones, 3, of Prince Frederick, enjoys a summer day at Jefferson Patterson Park.

This facility is accredited by The Joint Commission on Accreditation of Healthcare Organizations. 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**.

CalvertHealth Medical Center does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, age, gender identification, religion, disability or sexual orientation.

El Centro Médico de CalvertHealth no discrimina con respecto a admisiones de pacientes, asignaciones de habitaciones, servicios al paciente o empleo sobre la base de raza, color, origen nacional, religión, discapacidad, edad, sexo, incapacidad, identificación de género o sexual orientación.

Trung tâm Y tế CalvertHealth không phân biệt đối xử về việc nhập viện của bệnh nhân, phân công tại phòng, dịch vụ bệnh nhân hoặc việc làm dựa trên chủng tộc, màu da, nguồn gốc quốc gia, tôn giáo, khuyết tật, tuổi, giới tính, khuyết tật, nhận dạng giới tính hay khuynh hướng tình dục.

Celebrate our Past. Know Us Now.

Progress is made possible by putting in the hard work. For more than 100 years, we've met those challenges head on. Some we conquer with ease, while others take greatness to conquer. We've come a long way since our humble two-story beginning. And time has only made us stronger.

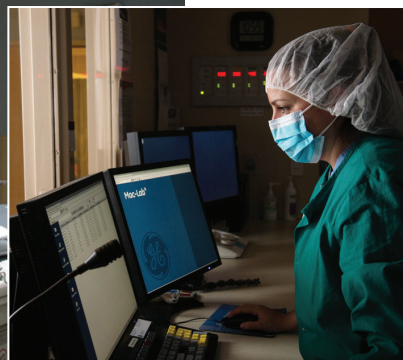
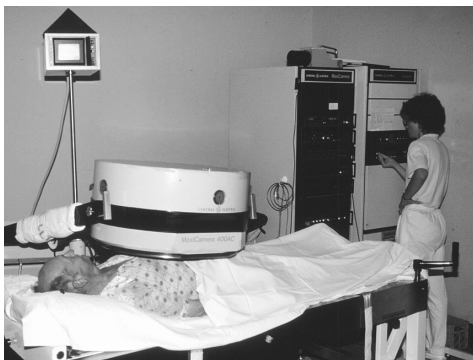
Today's state-of-the-art technology takes diagnostic imaging to new levels of precision, quality and speed. This means the quicker and more accurately physicians can diagnose a problem or condition, the quicker they can create a detailed treatment plan. By investing in the latest technology we are keeping Calvert at the forefront for treating heart disease, neurovascular disorders, cancers and other conditions.

Get to know CalvertHealth. Our technology and commitment to innovative medicine has come a long way in the last 100 years. **But one thing remains the same: our unyielding dedication to you.**

SPOTLIGHT ON: Radiology

1962

The first X-Ray equipment becomes available at Calvert. - Photo courtesy of Calvert County Historical Society



Present Day

The Cardiovascular Interventional Suite, added during 2015's \$3.1-million renovation to the diagnostic imaging department, houses an Innova 540 General Electric (GE) imaging system and serves as one of GE's showcase hospitals with the latest, technologically advanced equipment available.

Start Healthy Eating Habits Early

Model Good Choices, Get Kids Involved



“What we learn as children affects our choices as adults,” said **Karen Mohn, RD, LDN**, Community Wellness Coordinator/Dietitian at CalvertHealth Medical Center. “Habits learned at a young age are hard to break, so parents should start modeling healthy eating when children are very young.”

In 2011, the food pyramid that had guided a generation on the components of a healthy diet evolved into “ChooseMyPlate,” with half devoted to fruits and vegetables, one quarter each of grains and proteins, with a small side of dairy. The goal of the dietary guidelines is to emphasize that the choices we make every day matter to our health. To get helpful tips and for more resources, go to: www.choosemyplate.gov.

What Makes Up a Healthy Diet

“Young children shouldn’t be ‘dieting,’” said Mohn. They shouldn’t be ‘on’ a diet as if it is a temporary thing, either. Think of a diet as ‘what you eat’ instead of being restrictive. Children should have a healthy diet of fruits, vegetables, whole grains, proteins and dairy products.

Children should not have a diet where the majority of the foods they consume are processed foods, foods with empty calories, foods with added sugar and salt and high-sugar sodas and fruit juices.



“Added salt and sugar, in the extent it’s added to processed foods, is not needed in order to develop, physically or mentally, and it may be detrimental. Having a diet high in salt and sugar at a young age may contribute to obesity and other chronic diseases as adults,” said Mohn.

TIPS FOR SUCCESS

- ✓ **Offer a variety of foods and keep offering them.** Just because a child didn’t like something at one time doesn’t mean they are never going to like it. Or, try offering food in different formats—raw, steamed, roasted, etc.
- ✓ **Your child may not want to try new foods.** When introducing children to new foods let your kids try small portions of new foods you enjoy.

Go Grocery Shopping with Facts

With so much emphasis on ingredients and reading labels, it can be confusing and time-consuming for parents to choose healthy options for their children.

“Fill up your cart with items that have no labeling—fruits, vegetables, lean meats. If it has a nutrition label, you need to read it and understand it,” said Mohn.

If packaging claims the product is “low fat,” that doesn’t mean it isn’t loaded with simple carbohydrates, added sugars and salt. If packaging claims, “no added sugar” it might still be sweetened with high-fructose corn syrup or other sweeteners.

“If food manufacturers take out one thing, they are typically adding more of something else to make their products tasty,” said Mohn.

- ✓ **Let your kids be “produce pickers.”** Let them pick out fruits and veggies at the store.
- ✓ **Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies or help stir.

Parents need to look for foods in their most natural form—meaning, less packaged and less processed.

Plan, Prioritize and Model Mealtime

The biggest stumbling blocks to a nutritious diet are planning, prioritizing and modeling healthy eating. Meal planning or a food-prep day are great ways to make sure your children have access to healthy meals. For on-the-go families, planning ahead can also mean keeping a small cooler ready with snacks to help tide children over until you can get home to prepare a sit-down, nutritious meal for the family. “It doesn’t have to be more expensive to eat healthy if you shop wisely and meal plan,” said Mohn.

- ✓ **Offer choices.** Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- ✓ **Offer the same foods for the whole family.** Serve the same meal to adults and kids. Let them see you enjoy healthy foods. Talk about the colors, shapes and textures on the plate.

Pediatricians, primary care physicians, cardiologists, oncologists, dermatologists and endocrinologists already know nutrition guidelines help prevent or treat most chronic diseases including heart disease and diabetes—if families adopt a healthy diet, they will lessen the risks of ever developing chronic diseases.

Talk to your pediatrician to learn more about how to provide a nutritional diet for your child at every stage of their development. For more information on nutritional guidelines, visit ChooseMyPlate.com. For hands-on help in understanding nutrition and meal planning, check out health and wellness classes and events through the CalvertHealth Community Wellness Department at CalvertHealthMedicine.org/Classes.

Rainbow Fruit Skewers with Vanilla-Honey Yogurt Dip

INGREDIENTS:

- 10 long wooden skewers, cut in half
- Assorted fruit (Use whatever you like!)
- 2 cups plain or vanilla yogurt (if using plain, add 1 tsp. vanilla)
- 1/4 cup honey
- 1/2 teaspoon ground cinnamon

DIRECTIONS:

In a medium bowl, stir together yogurt, honey and cinnamon. Thread fruit onto skewers and serve with yogurt dip. Enjoy!

YIELD: Makes 20 skewers





FOCUS ON FLEXIBILITY

Who should be stretching, when, how often and why?

If there's one thing we could all do to be more fit it would be stretching. It's quick, it's easy and it doesn't take a lot of time – but it produces wide-ranging physical benefits and can have a positive effect on your overall well-being.

“Every individual no matter their age should be stretching,” said **Kathy Moore**, director of rehabilitative services at CalvertHealth Medical Center, “but it's really important as you get older. If you're not maintaining your flexibility, it affects your balance and eventually your ability to do the bending, reaching or stooping needed for daily tasks like putting on your shoes or picking up something off the floor.”

Benefits of STRETCHING

Regular stretching can have many benefits:

- ✓ Fewer injuries
- ✓ Less pain
- ✓ Improved posture
- ✓ Better balance
- ✓ Greater strength
- ✓ Positive outlook

Christine Constantino, DPT
Dunkirk CalvertHealth
Outpatient Rehabilitation

**Voted #1 Physical
Therapist in Calvert
for 2018**

*The Calvert Recorder
Reader Survey*



Maintaining Your Flexibility

Moore recommends at least 10-20 minutes of stretching four times a week. Focus on the major muscle groups: upper body (arms, shoulders and neck), back and lower body (thighs, calves and ankles). Then, depending on how you spend your day, give extra attention to problem-prone areas – like your lower back and shoulders if you work at a desk or hamstrings and arms if you do a lot of lifting.

But she stresses the importance of warming up first. “Take 5-10 minutes to ride a stationary bike or walk – this gets the blood and oxygen flowing to your muscles – and then stretch.”

Why Flexibility is So Important

“If you don’t stay flexible and work on your stretching,” said Moore, “then the connective tissue adaptively shortens. Stretching prevents stiffness and discomfort in the joints and helps you stay agile throughout life.”

She went on to add, “It also helps decrease your chance of pulling a muscle as stretching warms and increases the elasticity of the muscle.” So, how flexible do you need to be? Moore advises: “You need to be flexible enough to decrease the chance of injuring yourself and to be able to maintain your daily routine.”

The Impact on Your Body

“The value of flexibility cannot be emphasized enough,” said Moore. “It promotes circulation. It reduces soreness, improves your energy and state of mind and it leads to greater range of motion. Those are just some of the positive effects.”

Moore said flexibility plays an important role in preventing injuries, too. “During physical activity, muscles are constantly contracting and are prone to develop excessive tightness,” she explained. “So, stretching helps to decrease tightness in the key muscles like your low back, your hip flexors and

Kyle Smootz, Rehab Aide (shown top), shows how to do a hip flexor and trunk stretch, which is helpful for people who sit a lot for work or school. It targets the muscles that make up our core.

Sharon Cutler, DPT (shown below), demonstrates the corner stretch, which is beneficial if you work at a computer or have a long commute. It counteracts a forward head and rounded back.

your calves. Those are the muscles that allow you to reach the floor and put your shoes on.”

Additionally, it helps improve posture and balance. “Stretching can help with fine muscle coordination, which helps with balance,” she said. “Those fine muscles have to help coordinate with each other. And tight muscles like your low back and neck can cause spasms, which affects your posture.”

According to Moore, flexibility puts your body in the right position to strength train. “For example, tight hamstrings and lower back muscles prevent you from doing a squat properly, which in turn prevents you from getting stronger in your legs.”

Stretching is also a good way to unwind, said Moore. “It lowers your blood pressure. It helps your blood circulation after exercising, relieves tight muscles and it promotes deep breathing, which is relaxing for your body.”

Taking Preventive Action

For those with balance issues, taking steps to prevent falls is a major concern. Moore suggests talking to your primary care provider to determine if a balance assessment is needed. She said this is offered through **CalvertHealth Outpatient Rehabilitation, (CHOR)** which has locations in Dunkirk, Prince Frederick and Solomons.

“First of all, you have to figure out the reason for the balance issue,” she said. “Is it tightness or is it certain muscle groups that need to be worked on? Then, we gradually start to increase the challenge so the person is doing more.” The goal is to improve overall safety during daily activities and prevent future falls.

She added, “We can also help people who have experienced a decline in their daily activities. That’s a huge specialty of our occupational therapists. They look at what is getting in the way of your full mobility, and if need be, teach modifications for anybody with a chronic condition like arthritis or Parkinson’s.”

MEN: Are You Paying Attention to Your Health?

“Men’s health starts with boys’ health,” said **J. Christopher Costabile, PA-C** with CalvertHealth Primary Care. “The sooner you start, the better. And remember, what you don’t do matters just as much as what you do.”



A century ago, the leading causes of death among men were communicable diseases like pneumonia and tuberculosis, and complications from eating or drinking contaminated food or water. Today, is a vastly different story with heart disease, cancer, chronic lower respiratory diseases, stroke and diabetes rounding out the top six, according to the Centers for Disease Control and Prevention (CDC).

Recently, we sat down with Costabile to discuss how men can reduce their risk factors, at any age, and live healthier lives.

Q *What are chronic diseases?*

Chronic diseases are basically conditions that last a year or more and require regular, ongoing medical attention, or conditions that limit activities such as work or daily living—or both. Heart disease, cancer and diabetes are the leading chronic diseases causing death in the U.S.

Q *How can men prevent getting chronic diseases?*

Many chronic diseases are caused by a short list of risk behaviors: tobacco use as well as exposure to secondhand smoke, poor nutrition, lack of physical activity and alcohol abuse. About half of American adults—more than 117 million individuals, have one or more preventable chronic diseases, many of which are related to poor quality eating patterns and physical inactivity. I feel the core of one’s health rests firmly on four pillars: what you put into your mouth, what you put into your lungs, what you put into your mind and toxic environmental exposures.

Q *At what age should men start getting serious about their health?*

Men’s health starts with boys’ health. This notion that children can eat as much junk food, sodas, chips and candy

as they want because they should enjoy themselves while they are young, is backward thinking. If moms and dads instill the idea of health and healthy habits when their children are young, there's a good chance they will carry those healthy habits into their adult lives and avoid obesity, diabetes, heart disease and other chronic conditions that are linked to poor diet and sedentary lifestyle.

Q *Why is it important for men in their 20s and 30s to have regular check-ups?*

If young men get tested for indicators of heart disease and some cancers early, they will have time to make adjustments to their diet and exercise routines, as well as get the latest information on prevention. The Affordable Care Act requires that all insurance plans must cover preventive health services, including an annual physical, so building a relationship with a primary care physician should be on every young man's list. Things can sneak up on men that can have devastating consequences down the road. I cannot stress strongly enough how important it is to have a regular physical exam.

Q *What advice would you offer to a man who has been neglecting his health for years (or decades) and is avoiding going to the doctor? What's the first step?*

Please make an appointment with your primary care provider as soon as possible to get a checkup. If you don't have a primary care provider, find one that you feel you can relate to. We are here to help you achieve optimal health so you can live your best life - free of guilt or judgment.

Q *If someone doesn't smoke or drink alcohol, shouldn't they be able to eat whatever foods they enjoy and still be healthy?*

Health is not a zero-sum game. Not smoking nor using alcohol is great, but abstaining from those things won't protect your arteries from a buildup of plaque if you are eating the wrong foods. The same is true for people who have an excellent BMI (Body Mass Index), but smoke two packs of cigarettes a day.

Q *Is it normal for men to feel overwhelmed, down or unhappy?*

Everyone, in every age group, feels down from time to time and it is a normal part of life. Major life changes such as the breakup of a relationship or loss of a job, a failure or

an unfavorable health diagnosis, will undoubtedly bring on emotional pain. But, when feelings of hopelessness and despair won't go away, or if you find it hard to function and enjoy life, something more serious could be causing these emotions. The most common symptoms of depression are: the feeling that nothing will ever get better and you won't be able to improve your situation; loss of interest in hobbies and social activities you used to enjoy; a significant weight gain or weight loss; sleeplessness; and/or, trying to escape emotional pain by using alcohol or drugs.

According to statistics gathered through the National Institutes of Health, men between the ages of 18 and 44 are less likely to see a specialist for emotional health than women, and when they do agree to see a professional it is at the point of crisis. You wouldn't hesitate to see a health practitioner if you wrenched your back and were in pain every day—you should think about emotional or mental health the same way.

Q *"I feel stressed all the time, I can't seem to relax. I'm irritable and generally unhappy. Is this normal for a man in his 50s?"*

Before I can answer that, I have to ask if there have been any major changes in your life. Stress and depression are issues that most men don't want to admit they have. Everyone can feel overwhelmed at times, but if that carries on and if loved ones are suggesting that you talk to your primary care provider, then that might be a sign that you should make an appointment.

In addition to eating right, exercising, limiting alcohol and quitting smoking, men should have regular physicals with lab work to test for cholesterol, blood sugar, triglycerides, and begin screening for colon cancer, skin cancer and other conditions as recommended by their primary care provider.

MEET THE PROVIDER

J. Chris Costabile, PA-C is board-certified in family medicine with CalvertHealth Primary Care in Solomons. Chris chose family medicine so he could establish long-term relationships with his patients and enjoys being able to work with different generations of one family.



To learn more about Chris Costabile, visit: CalvertHealthMedicine.org.

CalvertHealth is proud to join with our community partners to bring you classes, wellness programs, health screenings and events to help you live a healthier life. For more information about the listings provided here, please call the numbers listed or contact the CalvertHealth Community Wellness Office at 410.535.8233. For a complete listing of classes and events, please visit our website at CalvertHealthMedicine.org/Classes.

DIABETES EDUCATION

Diabetes Self-Management Class

Wednesdays 9 a.m.-4 p.m.

Classroom 2 (basement level)

Taught by certified diabetic educators, this comprehensive one-day class includes individual meal planning, meter training, health assessment, goal setting and follow up by a registered nurse and certified diabetic educator. Physician referral required, covered by most insurance. To register, call 410.414.4809.

Calvert County Health Department: Prevent T2 Diabetes

This year-long lifestyle change program is divided into 16 weekly sessions followed by monthly sessions. Classes form regularly, call 410.535.5400 x357 for more information.

Calvert County Health Department: Living Well with Diabetes

A no cost, six-week self-management class for those with Type 2 or prediabetes. New classes begin in August. Call 410.535.5400 x459 for more information.

HEALTH & WELLNESS

Dinner with the Dietician: Nutrition Fads & Trends

August 8 6:30-7:30 p.m.
Patuxent Health Center

Back by popular demand, this class offers nutrition advice for long-term healthy eating. \$10 per person, includes dinner.

Meal Planning Workshop: A Beginners Guide to Meal Planning

September 19 6:30-8 p.m.

Patuxent Health Center

This hands-on workshop will teach you everything you need to know to be successful with meal planning. Each participant will leave with a personalized meal plan. \$10 per person.

Weight Loss for Life

Wednesdays 5:30-7:15 p.m.
July 31 – September 18

Thursdays 8:30-10 a.m.
September 5 – October 24

Patuxent Health Center

This eight-week session blends nutritional education with a registered dietician and group fitness instruction to help you learn how to lose weight and keep it off. \$90 per person.

Healthy4Life and Healthy4Life Camp

Tuesdays 6:30-8:30 p.m.

July 30 – September 17

Patuxent Health Center

Monday-Friday 8-10 a.m.
July 15-19

Healthy4Life is a weight management program for boys and girls ages 10-14 years-old. Course topics include learning healthy eating, portion sizes and label reading as well as exercising in a group setting with a health coach (at Results Health & Fitness Club in Prince Frederick). \$90 per person for camp or regular class session.

Weigh to Wellness

Tuesdays 5:30-6:15 p.m.

Patuxent Health Center

Now on Tuesdays! Join us for weekly weigh-ins and a half-hour weekly discussion to keep you accountable and motivated! \$10 per class or \$30 per month. Advance registration required.

HEALTHWISE

Calvert County Health Department: FREE Quit Tobacco Classes

Thursdays 6-7 p.m.
August 1 – September 19

CCHD offers FREE Quit Tobacco Classes. For more information and/or to register, please call 410.535.5400 ext. 359 or visit www.calverthealth.org. Unable to attend a group? Please call 1.800.QUIT.NOW 24/7 phone support. *Paid for by the Maryland Cigarette Restitution Fund.*

Calvert Hospice Presents: Caregiver Resources for the Southern Maryland Community

August 13 1-2:30 p.m.

Amy Boucher, Aging Social Services Maryland Access Point Coordinator, will discuss services available to assist the aging community, those living with a disability and their caregivers. The interactive program is designed so attendees can ask about navigating services. Free. To register, please call Calvert Hospice at 410.535.0892.

Calvert Hospice Presents: Mind and Mood in Dementia

September 10 1-2:30 p.m.

Kim Burton, Director of Older Adult Programs from the Mental Health Association of Maryland will provide basic information about dementia and its common causes, as well as how dementia impacts the mind, mood and behavior. Free. To register, please call Calvert Hospice at 410.535.0892.

Heartsaver CPR

September 28 9 a.m.-2 p.m.
Calvert Medical Arts Building, Suite 205

This course teaches adult and child CPR, infant CPR and how to relieve choking in adults, children and infants. Learn how to recognize cardiac arrest, get emergency care on the way quickly and help a person until EMS arrives. Fees apply, advance registration is required.

Basic Life Support for Healthcare Providers

Required for all healthcare providers, this course is offered multiple times per month. Visit CalvertHealthMedicine.org/Classes for times and dates. Fees apply, advance registration required.

People, Programs and Services in Our Community

MATERNITY & FAMILY EDUCATION

ABCs of Breastfeeding

July 9 6-8 p.m.

Classroom 1 (basement level)

The ABC's of Breastfeeding will help you to establish the knowledge and confidence to initiate and maintain breastfeeding.

It will increase your understanding and clarify why breastfeeding is the optimal way to feed your baby. We discuss anatomy and physiology of the breast, why latching and positioning is so important. We will address concerns such as milk supply, weight loss, sore nipples, engorgement and many other topics.

This class is taught by an International Board Certified Lactation Consultant. Recommended for any mom and support person who is thinking of breastfeeding their baby. \$30 per couple, register in mom's name only. Class may be cancelled and refunded if a minimum of four moms are not registered.

Childbirth Class

July 13 9 a.m.-5 p.m.

Classroom 1 (basement level)

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breastfeeding education and more! Expectant mothers 30+ weeks are welcome. \$75 per couple, register under the name of mom-to-be.

Breastfeeding Support Group

Wednesdays 1:30-3:30 p.m.

Please check at information desk for room location.

Baby Care Basics

July 17 6:30-8:30 p.m.

September 11 6:30-8:30 p.m.

Classroom 2 (basement level)

A pediatrician and registered nurse offer a comprehensive overview of baby care for new and expectant parents (and grandparents). Please note there is no CPR training in this course. Advance registration is required. \$40 fee per couple.

Infant CPR

July 27 9 a.m.

August 12 6 p.m.

September 9 6 p.m.

Calvert Medical Arts Building, Suite 205

A great follow-up to Baby Care Basics! Led by a certified American Heart Association instructor, this course will teach CPR for infants (birth-12 months). \$24 per person, advance registration is required.

Safe Sitter

July 13 9 a.m.-3 p.m.

August 17 9 a.m.-3 p.m.

September 21 9 a.m.-3 p.m.

Classroom 2 (basement level)

Safe Sitter is a medically accurate hands-on program that teaches boys and girls ages 11-14 how to handle emergencies

when caring for children or when home alone. Advance registration required. \$45 per person.

CANCER SCREENINGS

Calvert County Health Department: Colorectal Cancer Screenings

You may be eligible for no-cost screenings if: You are age 50 or older, you have no health insurance, your health insurance does not fully cover the cost of the screening or if you are under 50 with a family history or symptoms. Call 410.535.5400 x 348 to determine eligibility. Program funded by the Maryland Cigarette Restitution Fund Program.

Calvert County Health Department: Breast and Cervical Cancer Screenings

You may be eligible for no-cost screenings if: You are a woman age 40-64, 65 and older with Medicare Part A only, you have no health insurance, your health insurance doesn't fully cover the cost of screening or you are under 40 with an abnormal exam. Call 410.535.5400 x 350 to determine eligibility. Program funded by Maryland Department of Health and CDC.

SUPPORT GROUPS

A variety of support groups are available for breastfeeding, diabetes, Parkinson's disease, Lyme disease, breast cancer, general cancer and stroke. Call 410.535.8233 for times and locations.

SAVE THE DATE

Cheers to
100 YEARS

Saturday, November 16, 2019

Gaylord Resort, National Harbor, MD

Go to CalverthHealthFoundation.org/CalvertHealthGala
for more information



WANT TO
KNOW
MORE?

For a complete listing of classes and events, please visit our website at:
CalvertHealthMedicine.org/Classes

10 Strategies for Healthy Aging



“I like to joke with my older patients who are retiring to watch out for the three Rs: the refrigerator, the recliner and the remote,” said board-certified family medicine physician **Dr. J. Michael Brooks** of CalvertHealth Primary Care. “Healthy aging is all about taking care of yourself and making smart lifestyle choices.”

Dr. Brooks went on to add, “Having a good attitude and good health habits can ensure continued well-being as we age.” It’s never too late to reap the benefits of taking good care of yourself, even as you get older.



Here are some healthy aging tips to get you started:

1 Eat Smart. The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, be sure to drink plenty of water to stay energized and sharp. “Maintaining a healthy weight can help prevent many health issues such as heart disease, diabetes and certain types of cancer, as well as sleep-related breathing disorders,” said Dr. Brooks.

2 Move More. Regular physical exercise is one of the best ways to help you stay fit and to maintain your independence. “It may also help prevent or provide relief from many chronic conditions like heart disease, diabetes or arthritis,” said Dr. Brooks. The most important thing is to find something you enjoy and will keep doing.

3 Stress Less. It’s estimated that more than 90 percent of illness is caused or complicated by stress. We cannot entirely avoid stressful situations but we can find better ways to cope with it. “The key is to take care of yourself by getting enough sleep, exercising and eating nutritious foods,” said Dr. Brooks.

4 Maintain Your Brain. Never stop learning and stimulating your mind. Do crossword puzzles, take dance lessons, pick up a new hobby or learn how to play an

instrument. Activities like these can help ward off a decline in mental health.

5 Prioritize ZZZs. Get the sleep your body needs, typically seven to nine hours per night. Lack of sleep can cause fatigue, irritability, increased fall risk and memory problems. Develop a regular bedtime routine – keep your bedroom dark and noise-free, avoid watching TV or surfing the Internet while in bed. Stay away from caffeine late in the day.

6 Practice Prevention. Regular check-ups with your doctor, dentist and optometrist are even more important now. Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions such as diabetes, heart disease and stroke. Having the right pair of glasses can also reduce your chance of falling.

“It’s also important to review your medications with your provider on a regular basis,” said Dr. Brooks, “and to report any symptoms after changing or starting a new medication that could indicate a possible drug interaction.”

7 Stay Connected. Reach out to family and friends, especially after a significant loss or life change. Schedule a regular time to meet – over coffee, a shared meal or around a common interest. Consider cultivating new relationships through volunteering.

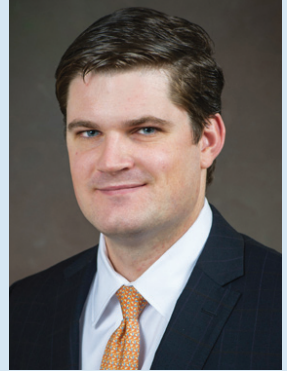
8 Seek Resources. Learn how to prepare healthy meals, exercise with confidence, find a support group and more. CalvertHealth offers a wealth of resources through its Community Wellness Department. Learn more by visiting CalvertHealthMedicine.org/Classes.

9 Avoid These. Cutting out some unhealthy habits is just as important as replacing them with good ones. Dump the junk food. Limit alcohol consumption and cut out smoking. Reduce your sugar and salt intake.

10 Take Charge. Keep up with your vaccinations and preventive screenings. Do a little bit better every day. Drink more water. Eat more fiber. Take a walk. Go to bed earlier.
It’s up to you – it’s in your hands.

Cherry Named VP of Operations

CalvertHealth Medical Center (CHMC) has named **Brian Cherry** as vice president of operations. He comes to us from Baptist Health in Little Rock, AR where he was Assistant VP of Patient Services for six years. While there, he led patient care teams to improve quality, patient satisfaction and financial outcomes.



In his new role, Cherry will be responsible for leading day-to-day operations involving the CHMC plant, pharmacy, laboratory, radiology and security as well as environmental, food and nutrition services. He will also oversee key service lines including inpatient and outpatient rehabilitation and cardiopulmonary services.

“CalvertHealth Medical Center is extremely fortunate to attract someone with Mr. Cherry’s credentials,” said Chief Operating Officer **Tony Bladen**. “He is a strategic and data-driven leader with tremendous healthcare experience gained in a large system.”

Bladen went on to add, “He brings a strong track record of partnering with stakeholders and maintaining open lines of communication in pursuit of shared organizational goals.” He graduated from the University of Arkansas with a bachelor’s degree in business administration before obtaining his master’s in healthcare administration from the University of Arkansas for Medical Services.

“I believe the fundamental purpose of leadership is to serve others,” said Cherry. “The best part of my new position is that it allows me the opportunity to work with an experienced, accomplished team and continue to improve how we deliver care to our patients”.

During his first year, Cherry said he will be focused on building relationships both in the hospital and the community. “Nothing significant can be achieved without people and honest, supportive relationships are the key to that.”

Cherry and his wife, Allison, have a corgi named Ophelia. Their passions are traveling and food – ideally, at the same time. He is also an avid Arkansas Razorbacks fan.

Vaccinations Aren't Just for Kids



The need for vaccines does not go away with age. In fact, board-certified infectious disease specialist **Dr. Paul Pomilla** of the Calvert Internal Medicine Group says vaccines are one of the most cost-effective ways for adults to maintain personal health. Here, he answers some of the most frequently asked questions about vaccinations:

Q *Why are vaccines important for adults?*
Vaccines not only help prevent diseases children are susceptible to but those adults may be prone to, as well. Without question, they (vaccines) have had the greatest positive impact on public health worldwide.

Q *What are some reasons why adults need vaccines?*

Just as children may have weak immune systems that are not yet fully developed, older adults may have their immune systems weaken over time, or be on medications that weaken the immune system as a side-effect. Also, the effectiveness of some childhood vaccines can decrease over time, necessitating a booster dose as an adult.

Q *Which ones do we need to get?*

The Centers for Disease Control and Prevention (CDC) recommends HPV vaccine and meningitis for certain young adults (26 years and younger). The shingles vaccine is recommended for adults 50 and older and the pneumonia two-shot series beginning at age 65 (earlier, if certain health conditions exist like diabetes). A yearly flu shot is recommended for all adults. Finally, the Tdap (tetanus, diphtheria and whooping cough) vaccine is recommended for women during each pregnancy and once for all adults who have not previously received it. After that, you will need a Td booster every 10 years.

Q *Where can you get vaccinated?*

Your primary care provider most likely will have the majority of the vaccinations you require. Other convenient places include area pharmacies, some employers and the local health department.

Grandparents who take care of babies or spend time with young children need to make sure their vaccinations are up to date.



“The recent measles outbreak highlights the risks of remaining unvaccinated.” – Dr. Paul Pomilla

Q *When is the best time to get your flu shot?* By getting it in the early fall, you are protected for the entire flu season. The reason a new flu shot is needed each year is not that the old one has worn out, but that it will not be effective against the next year’s strain of flu. By the way, researchers are working on a once-in-a-lifetime flu shot – but until that is available, it is important to get your flu shot every year!

Q *How safe are vaccines?* Most people get no significant side-effects from a vaccine, aside from a mildly sore arm for a day or two. Some may get a low-grade fever or mild rash. More serious side effects are very uncommon. It should also be noted studies have shown there is no link between autism and vaccines or vaccine ingredients.

Q *Why is it important to talk with your healthcare provider about which vaccines you need?* A primary care provider who is familiar with all your medical problems is in a particularly good position to recommend the vaccines you need. During a general medical exam is a good time to discuss it, but you can bring it up at any visit.

Q *Is it OK to repeat a vaccine if you cannot find the record?* Try to keep up-to-date vaccination records for yourself and your children but if it is uncertain whether you have previously received a recommended vaccine, it is safe to repeat the vaccine.

Q *Do adults with certain health conditions need additional vaccines?* Yes, for example someone without a functional spleen (which helps fight infection) should get meningitis vaccines, a Hib (hemophilus type B) vaccine, and more frequent pneumonia vaccines. Many experts and colleges recommend, meningitis vaccines for students living in dorms. Travelers to certain destinations may require vaccinations against typhoid or yellow fever or Japanese encephalitis virus.

Q *Do I need another MMR vaccine?* The recent measles outbreak, although thus far limited to fewer than 1,000 people nationwide, highlights the risks of remaining un-vaccinated. Those born before 1957 are generally protected and do not need to be re-vaccinated. Those born later who don’t have any evidence of immunity should receive at least one dose of the vaccine. Two doses (the second one at least a month after the first) are recommended for those at highest risk – college students, international travelers and healthcare workers.

The CDC website and your primary care provider can provide additional information.

Paul Pomilla, MD is a board-certified infectious disease specialist with Calvert Internal Medicine Group in Prince Frederick. He is also board certified in internal medicine. For more information on Dr. Pomilla or any of the providers associated with CalvertHealth, go to: CalvertHealthMedicine.org.



CalvertHealth OB/GYN Welcomes New Provider

CalvertHealth OB/GYN is pleased to announce the addition of Certified Family Nurse Practitioner **Raena Barnes, CRNP**.

The group provides gynecological and obstetrical care for women of all ages, including the management of high-risk pregnancies.

She joins

Dr. Barbara Estes, Dr. Hilary Ginter, Dr. Michelle Johnson and Dr. Aparajita Mahata. The CalvertHealth OB/GYN team is experienced in the latest minimally invasive gynecological surgical techniques and treats a wide range of women’s health issues including reproductive and pelvic health, breast cancer screening, gynecologic cancer, contraception and osteoporosis.

Barnes has worked nine years in OB/GYN and also has experience working with weight loss patients. “So many women struggle with weight issues,” she said. “I’m excited to be able to incorporate this knowledge into caring for our patients, as well.”

Her philosophy of care focuses on establishing a connection with her patients. “I want them to have a positive experience and feel comfortable discussing all their healthcare issues with me.”

She went on to add, “I love working with women through all ages and life stages and helping them optimize their well-being. It’s such a privilege to participate in someone’s health care and be part of making a difference.”

Barnes got her bachelor’s in nursing from Southern University in Georgia in 2008, completed her master’s at the University of Cincinnati in 2010 and earned her board certification as a nurse practitioner in 2014.





What to Know to Keep that Glow

Practical Tips for Healthy Skin



While only a couple centimeters thick, skin is the human body's largest organ. When you think about it, our whole body is held together and protected by layers of skin. Our skin helps keep our body at just the right temperature and allows us to have the sense of touch. Skin is the protective barrier between the outside world and vital organs, tissue, bone and blood.

As we age, our skin thins, wrinkles and sags, becomes rougher and drier and loses its elasticity. The total effect of sun exposure, smoking, disease, poor nutrition, heredity and lifestyle behaviors lead to premature aging of the skin as well as many skin conditions including skin cancer.

"Every day I see patients with skin conditions that can affect their physical and emotional health," said **Dr. Faris Hawit**, a board-certified dermatologist with Calvert Dermatology and Skin Cancer Center in Prince Frederick. "Just as with heart health and cancer prevention, there are many steps we can take to keep our skin healthy as we age," he said.

Sun Exposure

The number-one factor in keeping skin youthful and healthy is protecting it from harmful ultraviolet (UV) radiation from sun exposure, and the number-one factor in how your body processes sun exposure is the amount of melanin in your skin. People who have dark skin tones believe they are not at risk for skin cancer. However, in a study in the *Journal of the American Academy of Dermatology* (AAD), melanoma – a form of skin cancer – can be more detrimental in people of color because it is often detected in later stages than those who have fair skin.

According to the Centers for Disease Control and Prevention (CDC), the sun's UV rays can cause damage to your skin in as little as 15 minutes—this applies to UV rays in tanning beds as well. A history of sunburns, especially early in life, can increase a person's risk of getting skin cancer, which is the most commonly diagnosed cancer in the U.S.

By using broad spectrum sunscreen, wearing protective clothing, or avoiding the full sun during the hours between 11 a.m. and 4 p.m., you can reduce the risk of skin damage. Tinted sun blocks can give skin a healthy glow without damaging skin.

Medical Conditions

According to the AAD, skin can often show signs of internal distress before diseases have been diagnosed. For example, yellow

or waxy looking bumps on shins, skin tags and a thickening of velvety skin on the back of the neck and armpits can be a marker of high blood sugar/diabetes.

Yellow, waxy bumps under the eyelids, could indicate high triglyceride levels or a sign of uncontrolled diabetes. Darkening or discoloration of the skin on legs and ankles caused by varicose veins or other circulatory problems can lead to swelling that blocks blood flow to the skin, and can also be a symptom of diabetes.

Eczema, a chronic inflammatory condition, is linked to sleep disturbances and joint problems. Psoriasis, an autoimmune disorder, occurs alongside arthritis or other joint diseases, and recent studies have linked it to heart disease, stroke and poor blood pressure management.

Skin cancer can develop anywhere on the skin. The A, B, C, D, E characteristics of possible cancers are lesions 'A'symmetrical in shape, with a jagged 'B'order; presence of more than one 'C'olor and are greater 'D'iameter than the size of a pencil eraser. The most important characteristic, according to Hawit, is 'E'volution—a change in a mole or area of the skin.

Lifestyle

Lifestyle factors, such as smoking, alcohol and drug use, affect skin's appearance and health. According to the National Institutes of Health, tobacco smoke quickens the natural process of skin aging and changes or intensifies the course of many skin diseases including cancer. Nicotine, both in traditional and e-cigarettes, reduces nutritional blood flow to the skin which impacts healing of wounds.

Alcohol dehydrates the body in general, including skin and will cause wrinkles and pores to be more visible. Not only does drinking alcohol agitate healthy skin, it also aggravates skin conditions such as rosacea and psoriasis. Substances in tobacco products, e-cigarettes, alcohol and narcotics will change the outward appearance and health of skin.

Nutrition

Nutrition plays an important role in overall skin health and dermatologists recommend a low-glycemic diet for optimal nourishment of skin.

According to researchers at Georgetown University School of Medicine, healthy dietary changes may serve as a component of therapy for certain skin conditions, including acne, aging skin, psoriasis and rosacea. Where certain nutrients, foods or dietary patterns may act as 'triggers' for certain skin conditions, the researchers noted, the avoidance or elimination of certain foods can be part of an overall treatment plan.

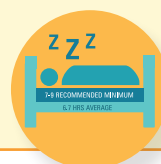
For optimal skin health, avoid foods with the highest glycemic load, such as high-sugar drinks, candy, sweetened fruit juice, white rice and white pasta, French fries, pizza and raisins.

"Although the link between diet and skin conditions is still under study, we do know that what is good for overall health, like reducing or eliminating risks for heart disease, diabetes and cancers, is also good for your skin," said Hawit.

Just as with heart health and cancer prevention, there are many steps we can take to keep our skin healthy as we age.

DAILY FITNESS PLAN for Your Skin

- ✓ Wash your face and body, using your hands and fingers, with a gentle, fragrance-free cleanser like Cetaphil® – minimize the use of perfumed soaps
- ✓ Moisturize face and body with products that contain SPF 30+ broad-spectrum sunscreen or tinted sun block where skin will be exposed to the sun during the day
- ✓ Drink water throughout the day—stay away from sodas, juices and other sugary beverages
- ✓ Eat a diet that is rich in fruits and vegetables as well as omega fatty acids, and eat a diet low in processed foods
- ✓ Reapply sunscreen to exposed areas of the skin throughout the day, if needed
- ✓ Keep your body moving with activities you enjoy
- ✓ Before bed, consider using a moisturizer which contains retinol, hyaluronic acid and possibly resveratrol
- ✓ Sleep 7-9 hours for adults
- ✓ Keep an eye out for changes in skin texture, moles and coloring, and skin that isn't healing



Improving Damaged Skin

Some skin changes, such as fine wrinkles from sun damage, may be reversed by treatment with retinoic acid. This treatment can also improve your skin's texture, reduce discoloration and increase collagen. The skin's elasticity can be improved with fruits and vegetables, such as carrots that contain beta-carotene, an anti-oxidant. Other effects of aging aren't reversible, but they may be treatable. For example, you may choose to have a rough patch or skin tag removed for cosmetic reasons, or you could talk with your doctor about procedures for smoothing wrinkles and improving the appearance of your skin.

"There is no fountain of youth, but there are some good over-the-counter products—creams, lotions and nutritional supplements—that help to improve your skin" said Hawit.

MEET THE DOCTOR

Faris Hawit, MD is a board-certified dermatologist with Calvert Dermatology and Skin Cancer Center, located in Prince Frederick. To learn more about Dr. Hawit, or any of the providers affiliated with CalvertHealth, visit our website: CalvertHealthMedicine.org.



Leadership Gifts

to Capital Campaign Create Enduring Legacy

The Special Meaning Behind Naming Hospital Spaces



Sunny and Steve Keithley have been generous supporters of CalvertHealth since 2014. Their gifts have impacted many areas of the hospital.

Steve and Sunny Keithley care about the community – about making it a better place. They’ve called Calvert home for more than 40 years and raised their two daughters here. For them, it’s all about giving back.

They’ve seen the hospital grow right alongside the county and wanted to be a part of the exciting new private patient tower at CalvertHealth Medical Center (CHMC). “Whatever we get involved with, we put both feet in,” said Sunny, whose smile is as bright as her giving spirit. “We can’t belong to something and not do something.”

They both vividly recall what it was like for her to recuperate in a semi-private room at another hospital after giving birth to their oldest daughter in 1986. And it’s not an experience they want to repeat.

Where Sunny is passionate, Steve is practical. “I like to see people happy,” she said. “It gives me joy.” Her husband of 41 years agrees. “Our friends will tell you the most generous person they know is Sunny,” he said. She smiles at him and laughs. “It just makes me feel good. That’s just who I am.”

For Steve, who retired in 2006, the decision to make a substantial gift to the expansion project was more about reflecting on what was important to him. “It kind of evolved as we became more aware of the importance of private rooms and the difference they can make to healing.”

As an avid bowhunter, his quiet place is 25 feet up a tree where he likes to think about all kinds of things. “You get to the point in your life where you appreciate your health. And you think it’s time to give back to the things you care about.”

His philosophy is best summed up by a quote he read that has stuck with him: “The true meaning of life is to plant trees, under whose shade you do not expect to sit.”

Their only point of contention was what area to name in honor of their gift and what should be on the plaque. “I wanted wee letters and no picture,” she said. Steve thought the photo of them celebrating their recent anniversary was just right. “Sunny would have been happy to put it in the ladies room.” But after some negotiation, they agreed to name the renovated medical center lobby.

“I think it makes a big statement,” said Steve. “We believe in the direction that CalvertHealth is going and in the leadership and the vision.”

Giving Back

Thanking a Wonderful Doctor

Marianne Harms will forever be grateful for the loving care **Dr. John Weigel** showed her and her late husband, John Harms, Sr., who passed away five years ago. “John was always there for us,” she said. “When you left his office, you felt reassured that everything was going to be OK.”

It was a relationship that started some 30 years ago. “First, he was my doctor. But when John started having dizzy spells, I suggested he see someone locally. It turned out Dr. Weigel was Louis Goldstein’s personal physician and that was all the recommendation he needed.”

At the time, her husband was overweight and was a borderline diabetic. “He valued John’s advice,” said Marianne. “He started walking every day and he wanted salads all the time. Before long he lost 50 pounds.”

She went on to add, “As we went through the aging process, I discovered how kind and respectful he (Dr. Weigel) was. He always listened and was just a quiet presence till the end.”

When it came time to name her gift to the capital campaign she could not think of a more deserving recipient than Dr. John Weigel. The plaque naming the Level 2 Concourse after him was unveiled at his retirement ceremony last year.

He was surprised but very appreciative of the honor. “It was totally unexpected but greatly appreciated,” said Dr. Weigel. “There are many other doctors equally if not more deserving.” He joined the active medical staff in 1982 at age 29 and served his entire career locally.



Board-certified internist Dr. John Weigel retired in 2018 after more than 35 years of dedicated service to the community.

Honoring Two Incredible Women

“We’re lucky to have such a great hospital close by,” said longtime Calvert resident and businessman **Donald Smolinski**. He and his wife of 58 years live in St. Leonard where they host regular Sunday dinners for a table full of family and friends.

Their priorities are simple – family and keeping everybody healthy. “And CalvertHealth has been a big part of that,” said **Mary Smolinski**. The mother of three, who has 13 grandchildren and four great-grandchildren, is the glue that keeps it all together. “We have been so blessed, I just feel like I want to share with others.”

They feel strongly about the importance of private rooms for patients. So, they decided to dedicate a private room in the new patient tower at CMHC to their mothers – **Alice Smolinski** and **Ruth Krell**.

Both women were born in 1915 and went back to work after raising their children; Ruth in the White House as a phone operator and Alice in the Washington Navy Yard. They married Marines that fought in World War II and had long, happy marriages until their husbands passed.

In the 1990s, they came to live on Don and Mary’s 55-acre farm on the Patuxent River. In their later years, they enjoyed cruises and road trips with family. Some of their favorite times were spent having afternoon tea in the gazebo overlooking the river.

“We were so grateful to have them both with us into their 90s,” said Mary, “and appreciate the excellent care they received.”



Mary and Donald Smolinski believe strongly in the value of having private rooms for patients at CHMC.

Special Thanks

Below are some of the extraordinary individuals who have chosen to honor their gifts to the *Building on a Century of Care Capital Campaign* through a naming opportunity – leaving a legacy here in Calvert County. This is one of the most meaningful ways to give back to the community we work tirelessly to serve. Thank you to the following family and friends of CalvertHealth Medical Center.

Visionary Gifts

CalvertHealth Auxiliary
– Gift Shop

In memory of Frank Miller Howes
– Level 5 Concourse

In memory of William Warder
Cadbury, MD – Level 4 Lobby

Dr. John Weigel – Level 2
Concourse

In memory of Thomas and
Myrtle Hance – Emergency
Department Lobby

Steve and Sunny Keithley
– Medical Center Lobby

Dean and Pamela Teague
– Board Room

Leadership Gifts

Private Patient Rooms

Mike and Deborah Cox
– In memory of Fred Cox

Davidsonville Ruritan
Foundation

Donald and Lynette Entzian

Stephen and Lisa Garner

Tim and Cindy Parlett

Town of Chesapeake Beach

Donald and Mary Smolinski
– In memory of their mothers
Alice Smolinski and Ruth Krell

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Let the color move you! In honor of CalvertHealth's 100th Anniversary, this year's 10th Annual Breast Cancer 5K Run/Walk will be a color run in beautiful Solomons Island.

Proceeds will benefit the CalvertHealth Sheldon E. Goldberg Center for Breast Care.

Register online at:

CalvertHealthFoundation.org/CH-5K or
call 410.414.4570 for more information.

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