



# CalvertHealth

Celebrate Our Past.  
Know Us Now.

100 YEARS



## A Message from the President Celebrate Our Past. Know Us Now.



For a century now, we have been determined to bring the highest quality of care to our community. It is a rich heritage of dedication and commitment to excellence that we continue to provide today. 2019 will be a year-long celebration at CalvertHealth as we honor and recognize 100 years of exceptional care. During the year, we will honor those individuals who recognized the need in 1919 for a community hospital to care for the watermen, the farmers and the hardworking families who chose to make Calvert County their home. They built a community hospital passionate about caring for their residents. It's now up to us to build on these strengths to ensure a bright future for Calvert.

We've come a long way in the last 100 years.

We've grown from a two-story building in 1919 to an integrated health care system providing a wide network of coordinated care. Today, CalvertHealth is a top regional healthcare provider, widely respected as a leader of innovative medicine among community hospitals. From 1919 to 2019 one thing remains the same: we continue to be passionate about caring for our residents and making a difference in every life we touch.

Our history makes us who we are today. Embracing the theme *Celebrate our Past. Know Us Now.*, we're dedicating this special issue of CalvertHealth to the men and women who came before us and to all those who have followed in their footsteps. I've enjoyed reading about our humble roots (*see article on page 4*) and look forward to paving the way as we begin a new era in health care for our region.

Look for announcements to celebrate our 100th Anniversary! We'll host fun events to thank everyone who made this possible – our outstanding physicians and exceptional staff, our valued volunteers and community partners. I'd also like to thank the individuals who shared their personal stories and photos with us that made this special anniversary edition possible.

*The next 100 years will see CalvertHealth continue to build on a century of care.*

Dean Teague, FACHE  
President and CEO

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*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.*

*Right: Helen Marsellas prepares to take an X-ray of a patient's arm in 1962. She took special training so that she would be able to do this work. Courtesy of Calvert County Historical Society*



*Far Right: The first blood delivery made by the Red Cross in Washington, D.C. to Calvert Hospital. Courtesy of Helen Marsellas*



*Below Right: Visitors tour Calvert County Hospital's operating room during the new facility's open house in 1953. File Photo*



*Bottom: Spurred by the county's growth, CMH added two more floors in 1984 and a Behavioral Health Unit, creating the first day-treatment program for adolescents in the tri-county area. File Photo*



*Special Thanks to the Calvert County Historical Society and the Calvert Library for their invaluable assistance and to the individuals interviewed who shared their personal stories and photos with us.*

## YEAR 1919

- \$18,000 to build and equip first hospital
- Two doctors and one nurse
- 179 patients in first year
- Rooms cost \$2 per day

*Left: Public Health Nurse Myrtle Patten had an immeasurable impact on the lives of African American families in the county. Courtesy of Dr. Richlyn Faye Goddard*

*Center: Bernie Fowler, Sr., assistant administrator, visits wife, Betty, at hospital in 1961 after birth of their son, Bernie Jr., with Helen Marsellas, RN, administrator and Dr. George Weems. Courtesy of Helen Marsellas*

*Right: In 1919, the Calvert Hospital of Calvert County opened its doors. Some 179 patients were treated in the first year. Courtesy of Dave Mohler ©1997*

## Celebrate Our Past. **Know Us Now.**

“The story of our hospital is in many ways the story of the people who call Calvert home,” said CalvertHealth President and CEO **Dean Teague**. “They believed in it. They fought for it. They supported it. And they’ve depended on it – for 100 years.”

### A Rich Heritage of Dedication

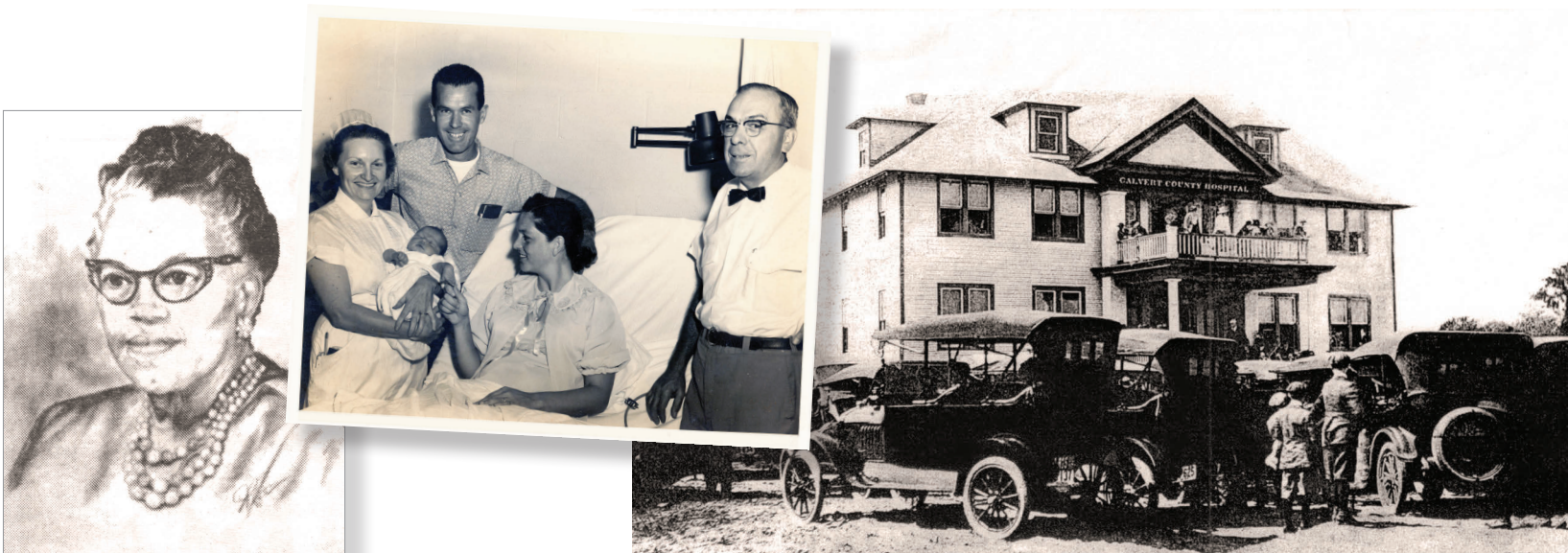
In the beginning, Calvert Hospital was a vision in the minds of some determined men who had moustaches and wore hats. Three brothers, **Drs. Elliott, Amos and Clarence Hutchins** and their brother-in-law, **Dr. Issac N. King**, would leave a legacy of leadership that would shape the future of health care for generations to come.

According to historical accounts, they secured pledges and a loan for the tiny, two-story frame hospital, which cost \$18,000 to build and equip. The land was donated by **John B. Gray**. Supplies were scarce but their passion for caring was plentiful. Rooms were \$2 a day and patients who could not afford to pay were treated for free. The only registered nurse was on 24-hour duty. The cook took charge if she left the building. Elliott and Clarence, both over 230 pounds apiece and six feet four inches, used to carry the patients up the back stairs.

The need for the hospital was clear when the local newspapers reported two operations were performed in the wake of the dedication on May 26, 1919, with six more the next day. The unity and grit of those early founders and the men and women who came after would be tested by the lean years of the Great Depression and the war times that followed, when 20,000 were stationed on the naval base in Solomons in 1944. **Dr. Page Jett** told an interviewer in 1987, “We never took our clothes off. We would just undo them and go to bed.”

Two nurses, fresh out of training, who emerged as pivotal figures in health care during this time, were the county’s first public health nurse, **Myrtle Patten**, and **Helen Marsellas**, who served as the hospital’s chief nurse for 11 years before being named administrator in 1956. Testimonials reveal their tireless dedication and unwavering service were unmatched.

Patten, who arrived in Calvert in 1927, could be described as nurse, midwife, dental assistant, emergency medical technician and counselor. She visited the homes of African American families, did



well-baby checks, vaccinated preschoolers and inoculated farmers and laborers for small pox and tuberculosis. When she retired, her position ended. No one ever took her place, according to *"Inspiring African American Women of Calvert County,"* by the Calvert County Public Library.

With so few doctors, Marsellas, who started in 1942, did everything from dressings to delivering babies to pulling the rope for the dumbwaiter to bring meals up from the basement. "I loved nursing," she said. "I loved every bit of it. We worked until things were finished. It might be midnight." She played a key role because of her versatility, according to former state **Senator Bernie Fowler, Sr.**, who worked with her from 1956-1967. "She was very capable and concerned about her patients. I don't think anyone could exceed the attention she gave. She did it because it was her life and she loved doing it."

Fowler said the nurses were often called on to handle emergencies until the doctor on-call could arrive. "I remember one time there was a boat explosion in Solomons and we got 11 patients and the ER had three beds," said **Sally Showalter**, who was a nurse at the hospital from 1974-1984. "You managed and everybody worked together as a team and stayed until the job was done."

Showalter said it wasn't unusual for her to be the only nurse on duty on some evening shifts. "The nursing assistants were our eyes and ears," she said. "They bathed and fed the patients, answered their call lights, and kept us up to date when we could not be in their room. When they expressed a concern, I listened. I knew they had the experience and knowledge to know when something wasn't right and I trusted their judgment."

*Top: Calvert County Commissioner Bernie Fowler, Sr. looks at plans for the current hospital with Anna Laura Weems (sister of Dr. George Weems) and Mary Briscoe. Also pictured are brothers Bobby and Donnie Hall. File Photo*

*Right: When complete, the \$51-million, three-story project will enable CalvertHealth Medical Center to convert to private patient rooms. File Photo*

## County's Growth Spurs Expansion

From those humble beginnings, Calvert Health Medical Center has transformed into Southern Maryland's premier healthcare provider. Today, the health system includes the medical center, an employed physician network, imaging, home health services and urgent care facilities throughout the county; and is the county's largest private employer with more than 1,200 employees.

In the 1920s, Calvert was unusually rural and poor. Transportation was a problem with most dirt roads impassable. There was one bus that traveled from Solomons to Baltimore and mail was delivered on horseback. In 1926, wings were added to each side of the original hospital structure. A new chapter began in 1948, when the board began planning for a new building. The following year, 65 acres were purchased and a new, "modern" 29-bed facility opened in 1953. Eleven years later, it was at 97 percent capacity and the board was looking for ways to finance the three-story, 111-bed hospital that would break ground in 1976.

A turning point came in 1975, with the opening of the Calvert Cliffs Nuclear Power Plant, replacing tobacco as the economic engine of the county and ushering in a population boom that continued for several decades. "BG&E changed a lot down here," said former county commissioner **Mary Krug**, who served on the hospital's board of directors for 22 years. "All of a sudden, the county could pave its rural roads, improve the schools and widen Route 4."

Former Calvert Memorial Hospital President and CEO **Jim Xinis** said, "The county's rapid population growth had a dramatic impact on the hospital. For a number of years, Calvert was the fastest growing jurisdiction in the state by percentage and we were very aggressive in meeting that demand. It seemed like we were breaking ground on something every six months."

The wave of construction included additional locations in Dunkirk, Solomons and Twin Beaches; three on-campus medical office buildings and new surgery, family birth and wellness centers that were followed by a much-expanded emergency department, a critical care unit and a concourse devoted to outpatient services.



## YEAR 1959

- ER has three beds
- Four doctors on staff
- Nurse's aide earns \$20/week
- C-wing is still segregated

*Top right: The hospital's first board members stand on the steps of the tiny frame building on Church Street along with the staff. In the foreground is Dr. Issac N. King, who was the hospital's first superintendent until 1941. File Photo*

*Bottom right: Former hospital board member Rev. Robert Conway currently serves on the Patient & Family Advisory Council, which provides valuable feedback about the patient care experience. File Photo*

## Board's Strength Lies in Diversity

“The volunteers on the hospital board represent the community’s health interests to CalvertHealth’s leadership,” said longtime board member **Cliff Stewart**. “They serve as a direct connection between the hospital and the community.”

“When people know you’re on the board,” said Stewart, “they tell you what they like and don’t like about what’s going on at the hospital. We bring the voice and perspective of the people.” He said feedback from the community was a significant factor in the decision to convert to private patient rooms.

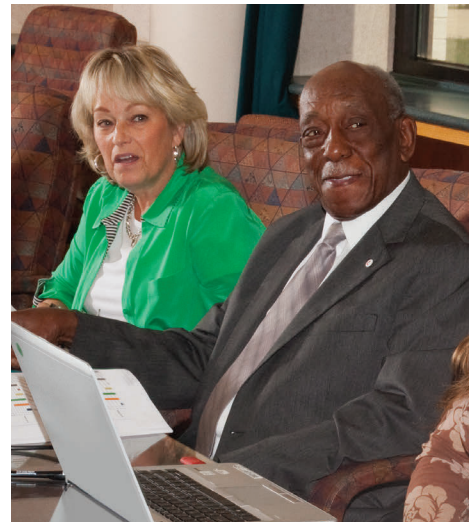
For this reason, diversity is essential – to speak for the entire community. “It comes down to having diversity of board members that have different relationships within the community,” said Showalter, who is a third-generation board member. Her father, **Arthur Dowell, Jr.**, and her grandfather, **Arthur Dowell, Sr.**, also served.

Despite diverging viewpoints and experiences there was always a common purpose. “Even though board members came from varied backgrounds they had an open mind and respected all the different facets of where the people were coming from,” said former board chair **Vic Cornellier**, who owns a building design company. Former educator **Rev. Robert Conway** concurred. “What impressed me most was how they made a conscientious effort to respect the opinions of everybody,” he said.

And there were certainly challenges and changes from grappling with desegregation in the 60s and physician shortages in the 70s to dealing with the advent of managed care and its impact on the delivery of care and coping with the uncertainty of Maryland’s rate-setting system. They were steady stewards that navigated the hospital with a strong hand steering an independent course for the hospital amidst a landscape of more and more mergers.

They served because they cared. They served because they were grateful. But mostly, they served because they wanted to give back and make a difference. “I was very interested in health care for the under-served portion of our population. I always have been,” said banker and former board chair **Don Parsons**, who grew up in inner-city Boston in the projects.

Often it meant long hours but they persevered. “Many times, when I got home it was nearly midnight and my wife had already gone to bed,” said Conway. “We just stayed until we finished what we had to do.” Krug underscored the group’s diligence to duty. “The board took professionalism and their role very seriously,” she said. “It’s not a position you take lightly. It meant a lot of long hours but it was worth it.”



*“Diversity is very important because out of the collection of ideas you can arrive at the very best result.”*

*– Rev. Robert Conway*

## Physicians Advance Hospital's Progress

“Collectively, our current medical staff has 3,125 years of combined service to CalvertHealth – that’s a lot to be proud of,” said Teague. “I believe this longevity of service is one of the things that make our medical community so strong.”

This tradition of dedicated service dates back to the early 1900s in Calvert when four physicians covered the entire county for decades. **Dr. Roberto De Villarreal** practiced for 30 years in St. Leonard, accepting whatever payment his patients could give before his career was tragically cut short in a fatal car accident. **Dr. Hugh Ward** of Dunkirk helped deliver some 5,000 babies and was instrumental in developing the medical center in Owings.

**Dr. George Weems**, who served in the Army Medical Unit during WWII, started his practice in Huntingtown in 1938 and continued to make house calls until he retired in the early 1990s.

**Dr. Page Jett** of Prince Frederick had a deep concern for indigent patients and worked hard for state legislation that would later be a model for the national Medicaid program.

“It was a lot different when I came in 1961,” said **Dr. Issam (Sam) Damalouji**. “I trained as a surgeon but started a family practice to support myself. Back then it was 24/7 for us. I took care of headaches, heart attacks and hemorrhoids and at the end of the night delivered babies.”

“I was busy from the get-go,” said Dr. Damalouji, who very quickly became chief of staff, a position he held for 36 years, and helped write the first set of medical bylaws. “I charged \$5 for an office visit but that included medicine because we didn’t have a pharmacy.”

Dr. Damalouji said it was his policy to welcome qualified physicians. This approach saw the introduction of the county’s first specialists in the 1970s in cardiology, internal medicine, obstetrics, pediatrics and radiology – many of them foreign-born. “I worked very hard with the other physicians to get the first accreditation of the hospital.”

One of these early physicians was general surgeon **Dr. Emad Al-Banna**, who joined CMH in 1971 and served as chief of staff from 2006-2010. “The county was very small. You called everyone by their first name,” he said. “The highway stopped at the bowling alley and there was no bridge in Solomons. Everyone did his or her share to bring the hospital to where it is now.”

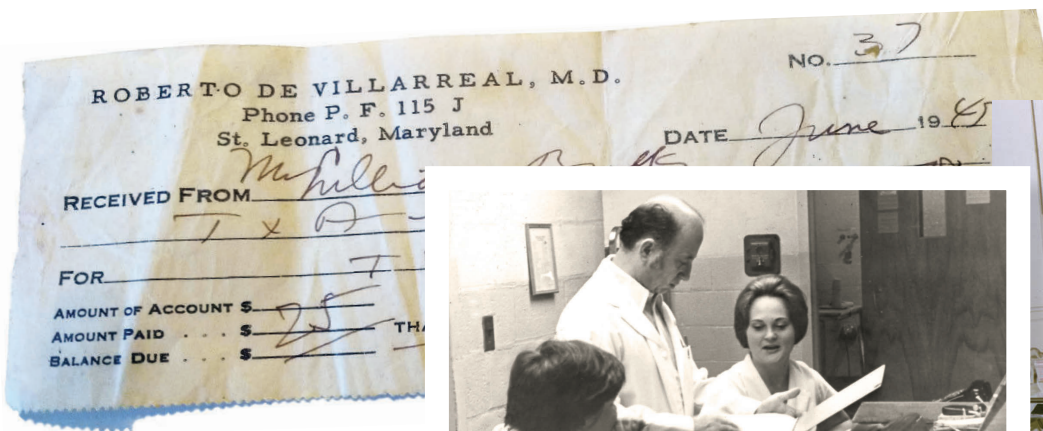
This was followed by a large influx of university-trained physicians who came in the 1980s. “We had a new level of expertise and a new level of care,” said cardiologist **Dr. Mark Kushner**,

*continued on page 8*

*Below left: A bill dated June 1945 from Roberto De Villarreal, MD shows he charged Ms. Lillian Brooks \$25 to remove the tonsils and adenoids of her daughter. Courtesy of Marine Thomas*

*Center: Dr. Issam Damalouji discusses a case with nurses Virginia Bowen (at right) and Jane Upole at the one-story hospital in the 1960s. Courtesy of Dr. Issam Damalouji*

*Right: Dr. Raja Hawit (at right) was the first pediatrician in Calvert. When he opened his practice in 1974, there was an article on the front page of the local newspaper. File Photo*



*Physicians Advance...cont'd*

who was actively involved in the hospital's intensive care unit, serving as medical director for years. Marked improvements in patient care and safety were seen throughout the hospital.

Xinin largely credits the medical staff with driving change and advancing patient care at the hospital – from more sophisticated technology to the use of clot-busting drugs to abort a heart attack to the newer, less invasive laparoscopic surgical techniques. “We couldn’t have responded to the growth and delivered the quality of services we have without top-notch doctors.”

Like many of his colleagues, internist **Dr. John Weigel** served his entire career locally before retiring last year after nearly 36 years. “I believe the medical expertise available at Calvert is as good as it is anywhere.” He added, “I was very comfortable having my own family being taken care of at Calvert. That’s about the highest compliment you can get.”



## Volunteers Represent a Vital Force

“It gives me a lot of satisfaction to know that I’m doing something that is helping somebody else,” said retired pediatric nurse **Janet Allyn**, who has given over 9,000 hours in her 27 years of volunteer service.

The hospital auxiliary can trace its roots back to 1922. In the early days, the volunteers earned money for coal to keep the hospital warm, would sew sheets and do the laundry. For 96 years, their commitment has remained constant and steady. Whatever was needed – they did it.

They have raised funds, staffed the gift shop, manned the information desk, delivered newspapers, greeted visitors, operated a thrift shop and worked side-by-side with our employees, providing helpful services to our patients, families and visitors. Since 2007, they’ve donated \$782,000 and in 2017, gave their largest one-year gift of \$105,000. They were also the single largest contributor to the 2004-2008 Capital Campaign.

In 2016, they became CalvertHealth Volunteer Services – a change that reflects their expanded role. Today, they serve in more than 70 different areas on campus and off. In the last 10 years, they’ve volunteered 228,000 hours representing a huge savings to the organization. That savings is a major asset for CalvertHealth because it means those funds can be used to enhance other services and programs.

“To us their value is beyond measure,” said Teague. “For 96 years, they have been a vital and vibrant addition to the CalvertHealth family. We are more grateful than they can possibly imagine.”

*Far right: CMH Auxiliary fundraising letter by Eleanor Dowell in 1980 solicited donations for electronic thermometers and wall-mounted blood pressure equipment. Courtesy of Sally Showalter*



## YEAR 1976

- Special Care Unit opens
- First female doctor joins staff
- Fathers allowed in deliveries
- First accreditation issued for Calvert Memorial Hospital

*Lower left: Calvert High student Joan Grover (far right) was a Future Nurses of America volunteer in the 60s. She went on to have a 30-year nursing career. File Photo*

*Center: Volunteer Erin Cain greets and directs a visitor at the Emergency Department entrance. File Photo*

*Right: Volunteer Fred Bumgarner drives the guest shuttle. File Photo*



**CALVERT MEMORIAL HOSPITAL**  
PRINCE FREDERICK, MARYLAND 20678  
TELEPHONE 301/535-4000

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CALVERT MEMORIAL HOSPITAL AUXILIARY

March 13, 1980

Dear Friend:

Two years ago Calvert Memorial Hospital moved into its new building. At many improvements in the hospital in Prince George's County. The Hospital Auxiliary is at this time, playing an increasingly important role in the hospital's operation.

The Auxiliary members devote their time to the Hospital and its patients. We are grateful for your assistance. Your help is needed the Auxiliary to provide major patient care, and we are very grateful.

Please purchase electronic thermometers and wall-mounted blood pressure equipment. These vital time-saving devices are special to our patients and will help to direct our fund-raising program toward our goal.

You can take this opportunity to share your contribution and continue to provide additional support to our hospital.

Please send your tax-deductible contribution to the undersigned at the address below?

Please make your check payable to the CALVERT MEMORIAL HOSPITAL AUXILIARY.

Sincerely,



## Donors Help Fulfill the Mission

The people of the county were so eager to support the first hospital; they made more than \$2,000 in pledges at the 1919 dedication. Neighbors with ice houses gave ice. Farmers donated fruits and vegetables.

In the 1950s, area homemakers raised funds for an automatic washer and dryer, as well as a freezer, for the one-story brick building. The hospital's history is filled with stories of those who have stepped forward to make meaningful gifts. "The hospital has always enjoyed strong community support," said Xinis, who formed the hospital's foundation in 1989.

The Donovan family of Chesapeake Beach is just one example. "For as long as I can remember," said **Gerald W. Donovan**, "CalvertHealth has a history of improving health care for our community. My father (**Frederick J. Donovan**) served on the board. My sister, **Joanie Kilmon**, followed in his footsteps and served on the committee, which began focusing on wellness as an integral part of health care.

"Donations after the death of my grandfather, **Wesley Stinnett**, were the foundation for the scholarship fund that continues today," he added. "Our hospital has been there for all of us – you, me, our friends and our families. We are proud to do our part."

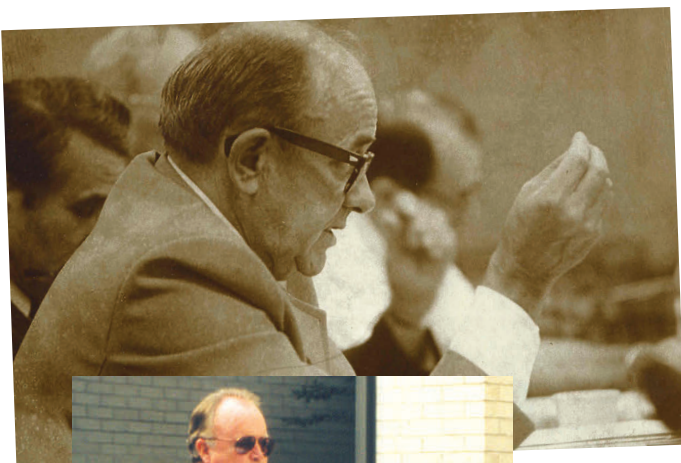
Their generosity is mirrored by thousands more from the medical staff, board members, the auxiliary, employees, businesses, corporate vendors and caring individuals from the community. "I tell people whatever you do will make an impact," said Foundation board member **Maria Lubrano**. "In a small way, we are all part of what is being accomplished."

*Since 1989, the CalvertHealth Foundation has raised more than \$10 million to help purchase the latest medical technology, improve facilities and expand services.*

*Left: Frederick J. Donovan testifies at CON (Certificate of Need) hearing in 1974. He served three terms on the hospital board and was instrumental in securing the funds to build the new hospital in 1978. Photo by The Calvert Recorder*

*Inset: In 1998, Capital Campaign Chairman Denny Murray described himself as a "very grateful patient" whose life was saved in the Emergency Department after a heart attack. File Photo*

*Below: Marianne Harms' major gift in 2016 enabled the Sheldon E. Goldberg Center for Breast Care to add exam rooms, enlarge its library and expand access for the community. File Photo*



*"It's very reassuring to know CalvertHealth is there to take care of you when you need help."*

*- Marianne Harms*

## YEAR 2017

- Dedicated \$12-million state-of-the-art diagnostic imaging
- Broke ground on \$51-million expansion
- Garnered Health Quality Innovator Award
- Received highest AHA honor for stroke care

*When the hospital signed a contract to provide full-time coverage for the emergency department, it made front page news in the Calvert Independent on June 8, 1977. Courtesy of Sally Showalter*

*Board Chairman Harold A. Crane (at left), the Hon. Judge John B. Gray, Jr. (at podium) and Maryland Comptroller Louis L. Goldstein (at right) unveil the dedication plaque on May 7, 1978. File Photo*

## The Role of a Community Hospital

“What’s most important for people to know is the hospital is there for them,” said former board chairman **Henry Trentman**. “It’s a resource for them and it’s continually being updated for them. Our job as a community hospital is to be responsive to community needs.”

“I can tell you when I had my car accident recently, it reinforced my understanding of thank God it’s there when you need it,” said Krug.

Trentman also stressed the importance of quality and patient safety at CalvertHealth Medical Center. “It’s the cornerstone of any hospital and it’s important for people to know that it gets a lot of attention.” At present, CalvertHealth has the lowest mortality and one of the lowest readmission rates statewide.

“I’m very proud we’ve received Accreditation with Commendation five times in a row,” said **Susan Dohony**, chief quality officer. “Things evolve so quickly in health care. We are continually looking at best practices and making changes to meet the needs of the community.”

Creating an optimal patient experience has become a major focus for CHMC. “As a result, we’ve seen the numbers go up on our patient satisfaction surveys,” said Stewart. “They are way higher than they’ve ever been.” The most recent quarter had CalvertHealth with the third highest scores in Maryland based on how patients rated their stay after they went home.

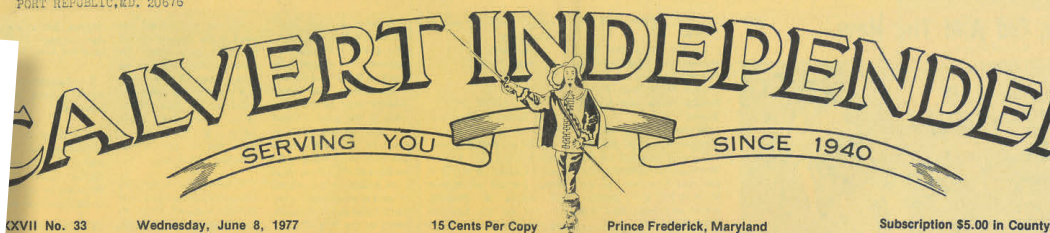
Showalter emphasized the board’s commitment to ensuring that every member of the community – across the board – has access to the same level of high quality care as everybody else and it’s close to home.

Fowler said all of this has contributed to making the hospital a real drawing card for the community. “I think a lot of the progress we’ve enjoyed in the county we have to credit to the high quality of healthcare facilities we have.”

His perspective is shared by former county commissioner **Hagner Mister**, whose family has lived in Calvert for seven generations. He remembers when there were only four doctors and one dentist. “The hospital means a lot to a lot of people; especially to have one that good right here at home. It’s a great asset to Calvert County.”



JOSEPH SHOWALTER  
PORT REPUBLIC, MD, 20676



### To Save Emergency Room Contract Signed

It appears that the Southern Maryland counties are gearing up for a battle unprecedented in the state of Maryland over the 110-mile Patuxent River. A meeting Monday afternoon, held on the shores of the river they propose to select officials from Charles and St. Mary's Counties voted to go ahead with plans to hire an environmental law firm to review the problems, the laws and the State's Patuxent River Basin Plan. It was the lack of relief offered by this plan, devised to comply with the Federal Water Pollution Control Act, which sparked this latest investigation into ways of saving the Patuxent River. Southern Maryland Officials are charging that the



### Removal Granted In Knotty Pin

The trial of four men implicated in the robbery and murder last March at the Knotty Pine Bar and Grill has been ordered removed from Calvert County by Circuit Court Judge Jacob S. Levin. Judge Levin's decision, granted over the protest of local States Attorney Najj Maloof, came as no surprise due to extensive publicity and the large number of county residents involved in attempts to apprehend the final suspect. The trial has been set for the Prince George's County Courthouse for the weeks of July 11 and July 18th in Upper Marlboro. Judge Levin declined Police stated that after emptying the cash register of an undetermined amount of money, one of the men turned his gun on John Earl Bishop, 45, of Lusby delivering a fatal shot to Bishop's chest. Police say that the shooting was apparently unprovoked. During the course of the robbery, tavern owner Barton Leon Foote, 60 was also shot in the mouth and his wife Viola, 55, was pistol whipped. Also assaulted and robbed was Marcus Albert Gantt, Jr., 21 of Lusby and assaulted and tied up was John William Mathews, 34 of Morningside, Maryland.

## Caring People are the Heart

“It’s the caring that defines the fundamental core of CalvertHealth Medical Center,” said Showalter, 15-year-board member and a former nurse. “Our employees truly care about their patients. People are treated like family.”

“Having worked in bigger city hospitals, I can tell you it’s a very different kind of environment,” she added. “People work here because it’s where they want to be.” The sense of teamwork and camaraderie permeates the culture at CHMC.

“When you walk down the hall, it’s just like you’re there with your brothers and sisters,” said **Marilyn Montgomery, RN**, who has 45 years of service. “You always feel like somebody has got your back, like you are always supported.” She is in charge of ordering all the supplies and equipment for surgical services.

“The best part of my day,” said **Karen Seekford, RN**, who joined CMH in 1988, “is being with (the Level 2 team), leading them and guiding them in the right direction.” She was named Nurse of the Year in 2014, for her skillful teaching, willingness to help others and dedication to providing exceptional patient care.

At the center of it all is the patient. “Whenever I entered a patient’s room, I kept one thing in mind, that patient could be me or someone dear to me,” said **Marine Thomas** (*her badge at left*), who was 18 when she started as a nurse’s aide at the one-story hospital in 1959 making 50 cents an hour. When she retired in 1995, she was an emergency medical technician. “I just loved it.”

Although his role in information services is mainly behind the scenes, **Wilson Hawkins** said, “I like knowing what I just implemented or fixed will improve the care we provide.”

Hawkins, who started as a data processing operator in 1988, is now the Network Team Leader and is responsible for maintaining the hospital network infrastructure.

**Tony Gross** (*at left*) summed it up best when he said, “My goal is to give the kind of high-quality service I would be pleased with if I were on the receiving end.” He has worked in Food and Nutrition Services for 39 years.

*“I am most proud of the positive reputation I’ve built and how it serves to uplift others.” - Tony Gross*

## Building a Healthier Tomorrow

“CalvertHealth is a reflection of what matters most – the people of Calvert and their well-being,” said Teague. “To us, it is more than a name; it’s our commitment to building a healthier tomorrow for our community.”

At every turn, CalvertHealth is moving forward to advance quality and improve safety to deliver a better patient experience. The new private rooms under construction promise better outcomes along with better sleep. “It’s what our community deserves,” Teague added. (*See related story on page 22.*)

“Our goal is to provide the best community-based care we can,” he said. “From growing our employed provider network to offering after-hours care at our urgent care centers to bringing essential services to underserved areas with our mobile health center.”

Newly-elected board chairperson **Terri Wolfley** added, “An important part of our five-year strategic plan is the focus on population health and developing new ways to keep our community healthy.”

“A few years ago, we adopted a new mission and vision that defines who we aspire to be and what we aspire to do,” said Teague. “At CalvertHealth, we stand for health, for care and for doing our best every day.”



CalvertHealth’s Mobile Health Center is like a compass helping to navigate people to the care and resources they need.



# JOINING FORCES

## Clinical Alliances Bring Expert Care **Close to Home**

For more than a decade, CalvertHealth Medical Center has forged ahead to establish collaborative relationships with nationally known specialists who bring exceptional experience and expertise to our community. This is all part of our vision to *“bring the best to the region.”*

### BREAST IMAGING

Specialized breast imagers (*who exclusively read breast images*) from **Johns Hopkins** have been part of the multidisciplinary team at the Sheldon E. Goldberg Center for Breast Care at CalvertHealth since it opened in 2010. “They play a central role in screening and evaluation,” said Johns Hopkins breast imaging specialist **Dr. Nagi Khouri**, who directs CalvertHealth’s breast imaging program. Their involvement helps assure an accurate diagnosis, which is critical to establishing the right treatment plan.

### BREAST SURGERY

In 2015, fellowship-trained breast surgeon **Dr. Wen Liang** of the Geaton and JoAnn DeCesaris Cancer Institute at **Anne Arundel Medical Center** joined the multidisciplinary team of breast health experts at the Sheldon E. Goldberg Center for Breast Care at CalvertHealth. Dr. Liang, who has specialized in breast surgery exclusively since 2001, actively participates in the weekly breast cancer case conferences at CalvertHealth, provides patient consults and performs surgery here.

### NEUROSURGERY

In 2007, the multidisciplinary team at the Center for Neuroscience at CalvertHealth welcomed the addition of highly skilled neurosurgeon **Dr. Jean-Marc Voyadzis**, co-director of the Center for Minimally Invasive Spine Surgery at MedStar Georgetown. He diagnoses and treats a wide variety of complex conditions related to the brain and spine. The center’s collaborative approach assures comprehensive, coordinated and convenient care.

### GYNECOLOGIC ONCOLOGY

Since 2009, **Dr. Hyung S. Ryu** has offered advanced treatment options for Southern Maryland women diagnosed with ovarian, cervical and uterine cancers at the Center for Gynecologic Oncology at CalvertHealth. The program is a collaborative relationship with **Mercy Medical Center**, which is consistently ranked as one of the region’s leading centers in gynecologic cancers. Dr. Ryu uses advanced surgical techniques combined with other therapies, when appropriate, always seeking the best possible outcome for each patient.

**TOP DOCTOR**  
**WASHINGTONIAN**  
**2018**

Congratulations to **Dr. Jean-Marc Voyadzis** for being named one of Washington’s Top Doctors by *Washingtonian* magazine.

## TOP 10 INNOVATIONS >



Implemented electronic health records for significantly faster, safer patient care

1995



Adopted hospitalist medicine to offer onsite round-the-clock care for inpatients

2003



Initiated Cardiac Rehabilitation to help heart patients make healthy lifestyle changes

1994

Formed Calvert Community Health Improvement Roundtable to address unmet needs



1997

Opened first of three urgent care centers to provide after-hours care for all ages



2005

# TOP 10 POINTS of DISTINCTION



celebrating **100** YEARS

**1 Laser Focus on Quality.** Our guiding philosophy has always been to ensure the services we provide to our patients are of the highest quality. This commitment to quality is evidenced by the numerous accolades achieved for our patient outcomes. We've received Accreditation with Commendation from The Joint Commission five times in a row and currently have the lowest mortality and one of the lowest readmission rates statewide.

**2 Leader in Innovative Medicine.** CalvertHealth Medical Center is widely respected as a leader of innovative medicine among community hospitals. CHMC was at the forefront of adopting hospitalist medicine in Southern Maryland, was the first to implement critical care telemedicine in Maryland and was the first to launch a community health information exchange in the state.

**3 Exemplary Patient Safety Record.** No issue receives more attention than patient safety at CHMC. It is the top priority at all levels of our organization. This culture of safety places the emphasis on prevention and being proactive – like our safer airway cart initiative, which is being used as a best practice by other hospitals and our Opioid Stewardship Task Force, which won the Circle of Honor Award by the Maryland Patient Safety Center in 2018.

**4 Patient Experience Comes First.** Creating a positive patient experience is central to how we provide care at CalvertHealth Medical Center. It's our chief concern anytime a patient stays with us but it actually begins long before you arrive and continues well after you leave. We are always looking for ways to raise the bar on customer service.

**5 Clinical Alliances Enhance Expertise.** The CHMC medical staff is enhanced by clinical alliances with tertiary centers of excellence that bring the region's top experts for breast imaging, breast surgery, gynecologic oncology, vascular and neurospine care to treat residents close to home. *(See related story at left.)*

**6 Advanced Information Technology.** We believe that leading the way in information technology is just one more way we can provide better service. CHMC has adopted a broad level of information technology – including barcoding, computerized physician order entry, electronic health records and an online patient portal – that enhances quality care, improves patient safety and promotes better care coordination.

**7 Ensuring Access to Care.** We're working hard to ensure the community has access to the right care, at the right time, in the right place. A large part of that is growing our employed provider network of primary care providers

and specialists. Our strategically located urgent care centers provide after-hours care for all ages. Our mobile health center travels to underserved areas of the county to bring essential services.

**8 Promoting Community Well-Being.** Our commitment to community health is an essential part of our mission. We provide many different kinds of wellness programs from *KeepWell@Work* to our *Health Ministry Team Network* to *Transition to Home*. But they all share one goal – to help you live the best and healthiest life you can.

**9 Multidisciplinary Cancer Care Team.** Many different experts participate on CalvertHealth's multidisciplinary cancer teams. Because communication between these specialists is vital, they meet regularly to share information and insights on complex cases. This coordinated and collaborative approach means more comprehensive care for you.

**10 Modern Facility Delivers Better Care.** Our fundamental focus in the \$51-million expansion underway is patient safety and healthier outcomes. Exceptional design, state-of-the-art equipment and patient support are at the heart of this project. While our patients desire privacy, comfort and quiet, the new facility has features to enhance communication with caregivers while reducing the risk of infections and patient falls.

Created Calvert Community Dental Care to provide basic care to low-income families

2009



Introduced Transition to Home to help high-risk patients prevent readmission

2012



Launched Mobile Health Center to remove barriers to access in underserved areas

2016



2010  
Developed breast center with multidisciplinary expertise and state-of-the-art imaging



2013  
Implemented Smart IV Pumps throughout facility to enhance patient safety



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 events listed 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.

CHMC 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.

### Prevent Type 2 Diabetes

Designed for those with prediabetes, this year long lifestyle change program is divided into 16 weekly sessions followed by monthly sessions. The program goal is to reduce body weight by 7% and increase physical activity by 150 minutes per week. Classes form regularly, call 410.535.5400 x357 for more information.

### Living Well with Diabetes

A six-week self-management class for those with Type 2 or prediabetes. Classes are formed regularly, call 410.535.5400 x459 for more information.

## HEALTH & WELLNESS

### Meal Planning Workshop

March 14 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, light dinner will be provided.

### Weight Loss for Life

*Wednesdays* 5:30-7:15 p.m.  
March 13 – May 1  
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

*Tuesdays* 6:30-8 p.m.  
March 12 – April 30  
Patuxent Health Center

Healthy4Life is a weight management program for boys and girls ages 13-18 years-old. Course topics include learning healthy eating, portion sizes and label reading as well as exercising in a group setting with a personal trainer (at Results Health & Fitness Club in Prince Frederick). \$90 per person.

### Weigh to Wellness

*Wednesdays* 4:30-5:15 p.m.  
Patuxent Health Center

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

### NEW! Weigh to Fitness

*Mondays* 6-7 p.m.  
Patuxent Health Center

Join us for a weekly fitness coaching session with a personal trainer in a group setting. Get help starting an exercise program, have your fitness questions answered and discuss techniques so you can get the most out of your fitness routine. \$15 per class or \$45 for a month.

### NEW! Heart Health Month Special Program: Simple Cooking with Heart

February 28 6-8 p.m.  
Patuxent Health Center

Cooking at home is good for your heart and your budget! In honor of Heart Health Month, learn new cooking skills and make quick, affordable and heart-healthy recipes. \$10 per person.

## HEALTHWISE

### CalvertHealth Foundation Estate Planning Series: Family Love Letters

February 12 Noon-1 p.m.  
Classrooms 1 and 2

Your 'love letters' will provide written guidance, sentimental advice and detailed financial information to help carry on your legacy. This seminar helps you create a well thought out plan during a chaotic time for your loved ones; tackling difficult subject matter in an effort to relieve family members of tough decisions and tasks. From heartfelt advice to children and personal wishes, to account passwords and the location of important financial documents, participants will be given a workbook to draft and prepare their own Family Love Letter as an important and helpful gift to leave their family members. This seminar is presented by Denise Bowman, Attorney at Law, Davis Upton & Palumbo and is free and open to the public; pre-registration is appreciated by calling 410.535.8348.

### CalvertHealth Foundation Estate Planning Series: Charitable Trusts: Where Philanthropic Planning Meets Estate Planning

April 3 4-5 p.m.  
Classrooms 1 and 2

Selecting the right assets to fulfill charitable goals takes careful planning. This informative session will help participants understand the many tax benefits and long-term wealth implications when selecting a charitable trust as part of their estate plan. Learn how trusts can be used to generate life income, lower tax burden, shelter assets and make a difference to the charitable causes you most value. Presented by Thomas Bird, Wells Fargo Advisors, this seminar is free and open to the public; pre-registration is appreciated by calling 410.535.8348.

### During Construction:



All visitors should use the Emergency Department entrance when attending a class at CalvertHealth Medical Center.

# People, Programs and Services in Our Community

## Calvert Hospice Presents: *Understanding Advance Directives and MOLST*

February 12 1-2:30 p.m.

Marziyeh Viverette, Nurse Practitioner for Palliative Care with Calvert Hospice and David Sacks, LCSW-C, Palliative Care Coordinator with CalvertHealth will explain Advance Directives and the importance of making decisions about personal preferences regarding medical treatment and care. They will review the MOLST form (Maryland Order for Life Sustaining Treatment) and explain the meaning of code status, available treatment options and required supporting documentation. Free. To register, please call Calvert Hospice at 410.535.0892.

## Heartsaver First Aid

January 19 9 a.m.-2 p.m.  
April 6 9 a.m.-2 p.m.

Calvert Medical Arts Building, Suite 205

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](http://CalvertHealthMedicine.org/Classes) for times and dates. Fees apply, advance registration required.

## MATERNITY & FAMILY EDUCATION

### ABCs of Breastfeeding

March 5 6-8 p.m.  
CHMC Classroom 1 (basement level)

Taught by a board-certified lactation consultant, this class will give the knowledge and confidence to initiate and maintain breastfeeding. Space is limited, advance registration required. \$30 per couple.

### Childbirth Education Classes

January 26 9 a.m.-4 p.m.  
March 16 9 a.m.-4 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.  
Level 4, CHMC

Please check at information desk for any location changes during construction.

## Baby Care Basics

February 6 6:30-8:30 p.m.  
March 13 6:30-8:30 p.m.  
April 11 6:30-8:30 p.m.

Classroom 1 (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

February 2 9 a.m.  
February 11 6 p.m.  
March 11 6 p.m.  
April 8 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

February 9 9 a.m.-3 p.m.  
March 16 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

### 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 the Calvert County Health Department at 410.535.5400 x 348 to determine eligibility. Program funded by the Maryland Cigarette Restitution Fund Program.

## 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 the Calvert County Health Department at 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.



## DOCTORS' DAY: March 30, 2019

**Doctors make a difference in every life they touch. Let your doctor know what a difference he or she has made in your life.**

With your donation of \$5 or more, your doctor will receive a red carnation along with a note letting them know YOU are making a difference, in their honor, with your gift to the CalvertHealth Foundation.

### HERE'S HOW:

- Visit [CalvertHealthFoundation.org/DoctorsDay](http://CalvertHealthFoundation.org/DoctorsDay)
- Enter the name of the physician you would like to recognize
- Write your personalized message
- Make a donation of \$5 or more to celebrate your physician on National Doctors' Day
- We will ensure that your carnation is delivered the week of Doctors' Day (March 25-29)



# 100 Years of Caring

## Spotlight on Cancer Care at CalvertHealth

Cancer care at CalvertHealth continues to evolve and change every day – from the addition of cutting-edge technology and multidisciplinary teams focused on specific tumor sites to the latest in genetic testing and immunotherapy.

“Cancer research discoveries are forthcoming at a rapid pace,” said Board-Certified Medical Oncologist and CalvertHealth Cancer Committee Chairman **Dr. Kenneth Abbott**. “New and specific ways of targeting the vulnerabilities of cancer cells produce, in many cases, more favorable outcomes with fewer problems. As a result, our community has access to this revolution in cancer care.”

In 2001, there was only one medical oncologist in Calvert County. Today, CalvertHealth Medical Center has developed an Oncology Service line, marshaling the health system’s resources into a single team that includes physicians, nurses, pharmacists, social workers, dietitians, palliative care professionals, genetic counselors, community outreach workers, and partners from tertiary hospitals. This multidisciplinary approach ensures that patients have the benefit of a comprehensive team of experts working on their behalf.

### Multidisciplinary Expertise Benefits Patient Care

CalvertHealth Medical Center hosts treatment planning meetings called tumor conferences on a weekly basis. There are conferences for specific cancer types – like

breast and thoracic – and general tumor conferences where all different types of cancers are discussed. These meetings bring together all the specialists involved in the care of a patient- medical oncologists, radiation oncologists, surgeons, pulmonologists, urologists, pathologists, radiologists, genetic counselors and more to discuss specific cases of recently diagnosed cancers.

This is the team that delivers care to the patient. They share their expertise from years in their related field, and together, discuss the best options for each individual patient. And, because they are a team, the patient doesn’t have to start at the beginning for every new doctor or specialist they see. Their ‘team’ of cancer care specialists is already familiar with their individual situation and can hit the ground running.

### Providing State-of-the-Art Technology

Diagnostic imaging is a critical component of cancer care. When cancer is found at its earliest stages, it is typically easier to treat. Since its opening in 2000, American Radiology Services | Calvert Medical Imaging Center (CMIC) has been at the forefront of technological advancements in imaging. The first in Southern Maryland to offer 3D mammography, CMIC is a designated “Breast Imaging Center of Excellence” by the American College of Radiology. This accreditation is the gold standard for excellence and is only given to facilities with proven best practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs. Additionally, all screening mammograms are read by specialized breast imagers, who exclusively read breast images.





A partnership with Johns Hopkins Medicine brings Johns Hopkins breast imagers onsite for diagnostic studies and procedures.

## Keeping Pace with Medical Advances

CalvertHealth is proud to offer full-time genetic counseling and testing services to our community. Genetic testing can play an important role in a patient's personalized cancer treatment program. A genetic counselor can help assess your risk, explain your options and address how the results can impact your care.

"The field of genetic testing for hereditary cancers is rapidly evolving, resulting in more comprehensive information than we've ever had before," said **Dr. Arati Patel**, medical director for the **Sheldon E. Goldberg Center for Breast Care at CalvertHealth**.

"This testing is having a positive impact on patient care and medical decision-making."

She went on to add, "Although there are various avenues for testing, we strongly encourage patients to meet with a certified genetic counselor who can help them understand the process and what steps to take based on their results."

Breakthroughs in immunotherapy are giving new hope to cancer patients through cutting edge treatments that enlist the body's own immune system to fight the disease. According to **Dr. Bilal Ahmed**, immunotherapy is one of the most exciting things to happen in cancer treatment in the last 30 years. "These drugs are more targeted," he said, "which means the collateral damage to other parts of the body is limited in comparison to other types of cancer treatment like radiation and chemotherapy. They may also lead to a persistent immune response, helping to

keep the cancer in check over time." There are many studies ongoing, but immunotherapy has been approved for treating cancers of the lung, colon, bladder, head and neck, as well as lymphoma and metastatic melanoma. These drugs offer great potential for effectiveness and longer survival with fewer side effects, even for people with stage IV cancers.

## Know Us Now for Cancer Care in Calvert County

"Our cancer care program combines multidisciplinary expertise and dedicated support staff with state-of-the-art technology and evidenced-based treatment protocols," said **Kasia Sweeney**, who oversees oncology services at CHMC. "And, as a community hospital, we are able to provide care in a personalized way that our patients tell me they really appreciate."

[CalvertHealthMedicine.org/CancerCare](http://CalvertHealthMedicine.org/CancerCare), a new website, was launched this year to help patients and families navigate treatment options. "We're always looking for new ways meet the needs of our community," said Dr. Abbott. "Our patients told us they wanted an online resource, so we spent the better part of a year developing new online tools to complement our clinical program." The new, 54-page website provides information on all cancer types treated at CalvertHealth as well as information on treatment options and the resources available.

"If you or a loved one has received a cancer diagnosis, it's natural to feel overwhelmed, but you won't take this journey alone," said Abbott.

*Get to know the new CalvertHealth as we fight cancer together.*

# Hance Joins Breast Center Team

**Megan Hance, RN** has joined the team at the Sheldon E. Goldberg Center for Breast Care at CalvertHealth as a breast health nurse navigator. She brings broad experience and expertise to the program including six years as an oncology nurse with CalvertHealth Hematology & Oncology. She will join nurse navigator **Diana Lewis, RN, BSN, OCN**, who has been working with breast and thoracic patients since 2017.



"Working with the providers in the CalvertHealth Hematology & Oncology office has given me insight as to how treatment plans are developed and importance of involving patients in their care plans," she said. "I feel this will be especially beneficial in my new role as breast care navigator."

Born and raised in Calvert, Hance said it is important to her to be able to serve her community. "I chose oncology because you can make a lasting impact on a patient and their family."

Her office is located at Calvert Medical Imaging Center, next to the dedicated women's suite. When there is an abnormal finding, Hance is readily available to provide reassurance and support. She can help lessen the anxiety by explaining results, answering questions and coordinating next steps.

Hance graduated from the College of Southern Maryland with an associate degree in nursing in 2010 and worked on a post-operative orthopedic unit for two years before coming to CalvertHealth. She is certified as a biotherapy/chemotherapy nurse.

Her philosophy of care is all about patient empowerment. "I want our patients to feel at ease and comfortable speaking with me," she said. "It's important for them to know I am here for them. I want them to feel informed about their care decisions and to know they are part of the team."

## MEET THE SPECIALISTS

**Drs. Abbott, Ahmed and Patel** are board-certified medical oncologists with CalvertHealth Hematology & Oncology. The group also includes certified genetic counselor and oncology nurse practitioner **Sandra Cassell-Corbin, CRNP**.

# CalvertHealth Primary Care Adds New Providers



Certified Family Nurse Practitioner **Sarah Katkhouda, CRNP**, (left) has joined CalvertHealth Primary Care in Dunkirk. The practice, which also includes **Dr. J. Michael Brooks, Lacy Pitman, CRNP** and **J. Christopher Costabile, PA-C**, provides personalized health care for the whole family including

health screenings, preventive medicine, complete physicals and well-woman exams.

The providers are specialists in family medicine and are trained to diagnose, treat and manage a wide range of medical conditions from acute care to chronic disease for all ages -- including babies, children, adolescents, adults and the elderly. Their role is to be your advocate in achieving and maintaining good health.

Katkhouda, who has been in nursing for more than 10 years, graduated from George Mason University in 2008 and immediately started her career at Johns Hopkins Hospital in hematology and oncology. Last year, she obtained her master's in nursing as a family nurse practitioner.

"I've had the opportunity to work with newborns, children, teens, adults and the elderly and love each age range for different reasons," she said. "I have a special interest in health promotion, disease prevention, lactation consultation/support and pain management through alternative measures."

Her philosophy of care focuses on working with her patients as partners in their care. "My goal is to guide my patients, not lecture them. Their best interests are my priority 100 percent of the time. I believe that no issue is too trivial to address with your primary care provider. If my patients have concerns, I want to hear about them."



Board-certified Physician Assistant **J. Christopher Costabile, PA-C**, (left) sees patients at CalvertHealth Primary Care in Solomons along with **Dr. Maria Papino-Higgs, Dr. Keyonna Proctor** and **Kimberly Cook, CRNP**.

In addition to family medicine, he has experience in urgent care and neurology.

Costabile said, "I was attracted to CalvertHealth because it is a comprehensive network with wide ranging medical expertise. This allows for quick and efficient delivery of care as well as timely information sharing, which makes for good coordination."

After his first career in information technology, he decided to pursue his lifelong goal to practice medicine and attended DeSales University where he earned his PA degree in 2011. "I care deeply for my patients. I consider them as part of my family," said the father of seven and grandfather of 11.

Costabile believes in taking a holistic approach to patient care. "I strive to delve into the core of the issue," he said. "I do not want my patients to be passive participants in their care. From time to time, they can expect some 'homework' such as reading or watching an educational video."

**CalvertHealth Primary Care has four convenient locations to serve you better:**

- Dunkirk
- Prince Frederick
- Twin Beaches
- Solomons

**Call our centralized call line to make an appointment > 410.414.2778**

## Chesapeake Otolaryngology Welcomes Shah



Ear, nose and throat surgeon **Dr. Manan Shah** (left) has joined Chesapeake Otolaryngology in Prince Frederick. The group is a division of The Centers for Advanced ENT Care. He specializes in ear surgery and balance disorders in addition to sinus and endocrine disease.

After receiving his medical degree at the University of

Maryland in 2010, he completed his otolaryngology residency at the prestigious University of Connecticut Otolaryngology Program where he trained in advanced ENT techniques such as endoscopic ear and sinus surgery.

Dr. Shah has an interest in cutting-edge technology and has served as a member of the Academy of Otolaryngology's Medical Device and Diagnostic Committee. He has published numerous articles in peer-reviewed journals. His research focus was on hearing loss and tele-medical diagnosis of ear diseases.

"As a musician and rock climber, I understand just how important a person's hearing, voice and sense of balance are to them," he said. "I enjoy spending my time with patients improving their hearing, speech and balance." Dr. Shah's philosophy of care is simple, "I treat every patient as well as I would treat my own mother: with the highest standard of care available."

## Golen Joins Maryland Eye Associates



Board-certified ophthalmologist **Dr. Jeffrey Golen** (left) has joined Maryland Eye Associates in Prince Frederick. He is trained in both medical and surgical treatments of the eye, with a particular interest in the cornea. His clinical and surgical interests include cataract surgery, corneal surgery including transplants and prosthetic corneas as well as ocular surface tumors.

He provides comprehensive eye care including treatment for dry eye syndrome, eye infections and glaucoma along with diabetic checks. After completing his fellowship at the University of California, San Francisco/Fl. Proctor Foundation, he worked at the University of Virginia Department of Ophthalmology for three years where he helped train future ophthalmologists as well as take care of the highest level of eye disease in the region of central and western Virginia.

"I feel very lucky to be an ophthalmologist," said Dr. Golen. "During medical school, when I got to my clinical years, I immediately fell in love with ophthalmology, and from my first week of that rotation, I knew what I wanted to do with my medical career."

He went on to add, "I treat others like how I would like to be treated," he said. "I believe in straightforward communication at all times. I treat my patients with dignity and respect – the way I would treat my own family."

## Bay Shore Pediatrics Adds New Doctor



Board-certified pediatrician **Dr. Bethany God** has joined Bay Shore Pediatrics in Suite 207 in the Calvert Medical Arts Building in Prince Frederick. The group, which also includes **Drs. Michael Skolnick, Meghan Chiu, Manbir Singh and Carolyn Bhogte**, specializes in the care of newborns to young adults.

She graduated from the University of South Carolina School of Medicine in 2011 and went on to complete her training in pediatrics at Walter Reed National Military Medical Center in Bethesda. Dr. God served in the US Navy for 11 years before retiring as a Lt. Commander in August. "The diverse training and experience I received in the Navy has allowed me to become a more well-rounded person and physician."

Dr. God said she chose pediatrics "because I love being able to support and educate families in the exciting adventure that is child-rearing, especially in the area of preventive medicine."

She went on to add, "Parenting is hard, I'm here to help families sift through the overwhelming amount of electronic information available and provide evidence-based practices and recommendations. I want them to feel comfortable and truly cared about."

# CalvertHealth Board of Directors Welcomes New Members



*Anthony Butters*



*Barbara Gardner*



*Kathy Dickinson*



*Stephanie Dabulis, MD*

The CalvertHealth Board of Directors is pleased to announce the appointment of new board members: **Anthony Butters** of Huntingtown, **Barbara Gardner** of Lusby, **Kathy Dickinson** of Owings and **Stephanie Dabulis, MD** of Dunkirk. The board is responsible for ensuring CalvertHealth meets the needs of the community and is composed of volunteers from the community and the hospital's medical staff.

"The extensive and varied backgrounds of these new board members bring impressive talent and expertise along with dedicated community service," said CalvertHealth President and CEO **Dean Teague**. "Their contributions are vital to CalvertHealth's future as we continue to provide Southern Maryland residents with safe, high-quality health care."

Butters said he joined the hospital board because "Being retired from the military, my family and I moved extensively, and Calvert County has been my home longer than any other location. I hope to bring a unique view point to the board, that of the military dependent, retiree and military member." He is Deputy Manager, Airport Safety and Operations at the Federal Aviation Administration in Washington, D.C.

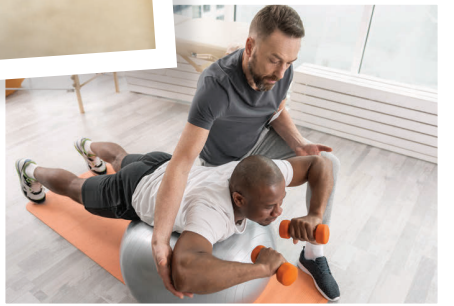
Gardner, Senior Director, Business Operations at KBRwyle, has more than 35 years' experience in contract administration and budget development. Gardner said, "I joined the CalvertHealth board because I am passionate about supporting CalvertHealth, which is critical to our community. Having community members on the board facilitates the relationship between the community and the hospital leadership." She is also active on the Calvert Marine Museum board.

Dickinson, who owns Dickinson Jewelers with husband, Claude, is the marketing director and has been instrumental in growing their business to two locations in Calvert County. She previously served on the CalvertHealth Foundation Board of Trustees for eight years and has been integral in the success of the Harvest Ball, serving on the planning committee since 2003. Dickinson said, "Volunteering with the CalvertHealth Foundation has provided me the opportunity to help raise money for incredible capital and technology improvements that are state-of-the-art in the healthcare industry. I've had family members as patients and witnessed firsthand the exceptional quality of care CalvertHealth delivers. They are committed to our community. As a new board member, I aim to do my part to continue that mission."

Dr. Dabulis of Alteon Health is the newest medical staff member on the board. She is chief of emergency medical services at CalvertHealth Medical Center. "I believe my experience as a physician will benefit the board because I understand how maintaining great relationships with physicians is paramount to successful quality initiatives," she said. "I have relationships with physicians in academic medical centers and have made it part of my mission to facilitate specialized care at CalvertHealth."

New board officers, effective Nov. 1, are **Terri Wolfley**, chairperson; **Cliff Stewart**, vice chairperson; **Rev. David Showers**, secretary; and **Kevin Betz**, treasurer.

CalvertHealth recognized longtime board members **Henry Trentman** and **Kevin Nietmann** for their many years of dedicated service. Trentman served on the Foundation Board of Trustees from 2001-2008 and the Health System Board of Directors from 2008-2018 and held five different board positions. Nietmann served on the Calvert Health Board from 2004-2018 and held nine different positions



# YOUR best health challenge

HERE ARE A FEW TIPS TO GET YOU STARTED:



## MOVE MORE

Incorporate 30 minutes of exercise into your daily routine 3-5 times a week for maximum results.



## SET ATTAINABLE GOALS

If your goal is to lose weight, focus on losing 5 pounds at a time and don't forget to celebrate the non-scale victories.



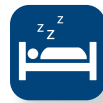
## EAT RIGHT

Make sure you're eating proper portion sizes. We recommend using a smaller plate or a portion plate.



## TRACK YOUR PROGRESS

Keeping track of your caloric intake and exercise regimen will help you stay focused and keep you accountable.



## SLEEP

Don't underestimate the importance of sleep. Make sure you're getting the recommended 7-9 hours of sleep per night.

## *Let's get healthy together!*

Your health is our mission. CalvertHealth has transformed a lot over the years and as part of our 100th anniversary celebration, we want to celebrate YOU! Your transformation, your accomplishments and most of all – your health.

Your story is one we are proud to be a part of and we want to learn more about the positive impact CalvertHealth or one of its providers has had on your life. Share a photo, a written entry or a video with [marketing@calverthealthmed.org](mailto:marketing@calverthealthmed.org) and each quarter (March 31, June 31, Sept. 30 and Dec. 30) we will randomly select an entry to receive a Fitbit Versa™ Watch.

*What are you waiting for?  
Let's get healthy together!*



# CalvertHealth Foundation Announces Building on a Century of Care Campaign

*Harvest Ball Donations Ignite the Difference*

The 2018 CalvertHealth Foundation Harvest Ball: *Fire & Ice, Igniting the Difference*, was a huge success thanks to extraordinary support from corporate, community and individual sponsors raising nearly \$775,000 toward the largest expansion in CalvertHealth's 100-year history.

## A Campaign for the Next One Hundred Years

In 2016, the CalvertHealth Foundation launched one of the most aggressive fundraising campaigns in the hospital's history – the *Building on a Century of Care Campaign* – a \$3-million effort to raise philanthropic support for the 70,300-square-foot expansion and renovation project resulting in private patient rooms at CalvertHealth Medical Center.

Prior to the announcement of the campaign at this year's Fire & Ice Harvest Ball, more than \$2.76 million of the \$3-million goal had already been raised. After a

heartfelt program, led by former Board Chairman and Emcee **Don Parsons** and a compelling video in which patients and their family members shared their stories, an anonymous donor came forward with a quarter of a million dollar donation, propelling the campaign past its \$3-million goal.

"We are so grateful for the overwhelming support toward this project. This has been an extraordinary effort and we are humbled by the generosity of our community. Our patients and families drive every decision we make at the medical center, and I am thankful for everyone who has made a monumental difference in our ability to provide the best possible care for our community," said President and CEO **Dean Teague**. He continued, "Every dollar counts in our mission to impact the community."

## Every Dollar Makes a Difference

The path to the Foundation's \$3-million campaign progress was paved with humble beginnings. Two years ago, **Samantha Walling** kicked off the campaign with a single dollar. Samantha, then age 10, said she felt the hospital did so much for others and she wanted to do something to give back to the hospital. After selling potholders for a fundraiser, Samantha made her donation to the CalvertHealth Foundation -



In one of the evening's more emotional moments, Malcolm Funn (far left), Sue Teague (center) and Brittany Milsap (far right) along with their families joined Emcee Don Parsons (not pictured) on stage. Their compelling stories helped inspire the \$250,000 anonymous gift.

which was recorded as the first gift of the organization's largest-ever campaign. "Every dollar makes a difference," said **Lynette Entzian**, Chair of the CalvertHealth Foundation. "Samantha's gift is proof. Eighteen months and three million dollars later, we have broken a record as we celebrate the largest amount ever raised for our hospital in a single campaign."

### The Importance of Privacy

"You don't understand until you are here at the hospital the importance of privacy," said Foundation supporter and Calvert County resident **Malcolm Funn**. "I applaud the hospital, the Foundation and CEO Dean Teague for making this a major project. To me, it is the way all hospitals should be."

At the 2018 Harvest Ball, Funn, along with patient **Sue Teague** and **Brittany Milsap**, the daughter of a patient, shared their stories via a pre-recorded video with the more than 600 guests in attendance. Funn and Milsap recounted their experiences in sharing time with their loved ones, some of those moments for the last time, and how having a private room impacted their ability to feel comfortable. "I spent a lot of hours there (at the hospital), just crying," shared Milsap. "And I can't imagine what it would be like to have another person in the hospital room sitting next to you listening to every word you say, every emotion you give out while you're there. It's private. You don't want everyone else to hear."

"I think the people of Calvert County will really love the feeling of just being well taken care of, and that's exactly the way I felt" said Sue Teague. "When you don't feel good, you don't want to talk to anyone else or hear anyone else's problems." At the conclusion of the video, CEO Dean



*The 2018 Harvest Ball Planning Committee has much to celebrate after this year's record-breaking event. Since it began 30 years ago, the annual black-tie charity gala has raised nearly \$3.5 million.*

Teague was standing on stage with his mother, Sue - who was featured in the video. Emcee, Don Parsons noted that Mr. Teague was not on stage as the President and CEO of CalvertHealth, but as a son, driving home the point that having access to quality care is something that touches us all at one point or another.

"So many of us have been impacted by CalvertHealth Medical Center - we have been patients, we have been visitors, we have been volunteers or employees. Sharing a common thread, we are all advocates for quality health care" said **Cindy Parlett**, who co-chaired this year's record-breaking event. Since it began 30 years ago, the annual black-tie charity gala is one of the most successful fundraisers for the hospital and has helped fund new medical technology, equipment and initiatives at CalvertHealth Medical Center.

### Igniting the Difference

"The community has embraced the private room expansion project because it impacts all of us," said **Theresa Johnson**, Associate Vice President of Philanthropy and Corporate Communication. "In just shy of two years, we have been fortunate to receive leadership gifts from our community, physicians and employees, which have helped us achieve our \$3-million goal. With

members of the community, grateful patients of the hospital and local businesses still wanting to be a part of this important project, we are now reaching for our stretch goal and will be extending our campaign through 2019."

The first phase of the private room expansion is scheduled to open in the spring. Campaign supporters will be invited to a ribbon-cutting ceremony to see the impact of their support and be the first to see the new medical center. "There are many ways for supporters to contribute to the campaign," shared Entzian. "My husband and I found a five-year pledge to be the best option while some of our friends chose a one-time outright gift of cash or stocks. We work to help each donor find a way to give the gift that most conveniently meets their philanthropic capacity and interests."

To learn more about the campaign or to become a part of the *Building on a Century of Care* Capital Campaign's generous team of supporters, visit [CalvertHealthFoundation.org](http://CalvertHealthFoundation.org) or call 410.414.4570.

*Special Thanks to Presenting Sponsors: Curtis Investment Group, MedStar Shah Medical Group and Rod 'N' Reel Resort for their support of the 2018 Fire & Ice Harvest Ball.*



**CalvertHealth**<sup>®</sup>

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**888.906.8773**

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## **New!** Urgent Care Partnership to begin February 2019



CalvertHealth is partnering with ChoiceOne to bring additional services and conveniences to our Dunkirk, Prince Frederick and Solomons Urgent Care locations beginning February 2019.

*Through our partnership, you will be able to:*

- Take advantage of expanded hours: 8 a.m.- 8 p.m., seven days a week, including most holidays
- Online check-in to reserve your place before arrival
- Have your medical records transferred electronically to your doctor

*CalvertHealth thanks you in advance for your support as we work to bring innovative ideas and solutions to you and your family.*

*For more information on ChoiceOne, visit [ChoiceOneUC.com](http://ChoiceOneUC.com).*

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