

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

calverthealth

FALL 2015

March of Dimes
Honors
Birth Center

**New Cancer
Specialists
Join CMH**

**10 Reasons
to Lose
Just 10 Pounds**

Breast Cancer: Myth or Fact?

FALL Farmers Market Finds





ROASTED BEET SALAD
PG 4

A Message from the President



Small Steps Make Big Changes

Today's health care is all about the consumer taking a more active role in their own care and making healthier choices. This magazine was designed to help you do just that. Because so many health issues are the result of behaviors – like exercise and diet – that can be changed, we're making "Eat Right" and "Move More" regular sections in each issue. Although tobacco use is down slightly, there

is more we can do to lower those numbers. The "Live Well" feature offers resources for kicking the habit for good.

We understand that the hardest part of making any change is taking that first step. But take it from me it is so worth it. Inside you can read about all the benefits of losing just 10 pounds. Of course, it will not happen overnight. It will take effort and a willingness to change but that first small step can lead to some pretty amazing results. And you don't have to do it alone. We're here to support you all the way.

I'm really proud of our editorial team who put together this new format. The handy month-by-month calendar is an easy reference to see what's going on when and where. There's a great article that dispels common breast cancer myths and a wonderful story about foundation scholarships changing lives. I hope you enjoy your first issue of *Calvert Health* and encourage you to visit our website to keep informed and up to date.

Dean Teague
President and CEO

ON THE COVER

Our first *Calvert Health* cover, featuring local photographers, is Aubree Lankford, daughter of Justyn and Amy Lankford of Lusby. The picture was submitted by her mom, Amy, and was taken at their residence.

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10 Reasons to Lose Just 10 Pounds

“Current research shows that lifestyle changes – such as a combination of diet and exercise – can cut your risk of diabetes by as much as 58 percent,” said registered dietitian **Darleen Reinking, RD, LD, CDE**, who has been teaching diabetes education for over 35 years.

Reinking teaches the Diabetes Self-Management Program, which offers individual counseling and group classes along with a monthly support group, at Calvert Memorial Hospital with **Rose Essex, RN, CDE**.

Even losing 10 or 15 pounds has health benefits, according to the American Diabetes Association. It can:

- ✓ Lower blood sugar.
- ✓ Reduce blood pressure.
- ✓ Improve cholesterol levels.
- ✓ Lighten the stress on hips, knees, ankles and feet.

It can also reduce your risk for heart attacks, sleep apnea and many types of cancer. Plus, you’ll probably have more energy, get around better and breathe easier.

Reinking stresses that it’s important to work with an expert when you diet. “Check with your doctor before starting any weight loss plan,” she said. “Then consult with a registered dietitian or diabetic educator if you are taking insulin or medications.” CMH offers one-on-one nutrition consults with a registered dietitian. Call **410-535-8233** for an appointment.

Weekly Weigh-Ins Help Weight Loss

“The current standards recommend daily weighing,” said Reinking, but she adds, “This may become overwhelming and frustrating for some when they don’t see any weight loss. A good plan is to weigh once a week, on the same day at the same time with the same amount of clothing.”

She went on to add, “I tell my patients: The number on the scale is not the total picture. My focus is to help you take baby steps toward achieving a healthier lifestyle.”

Tips to Cut 100 Calories

Want to lose 10 pounds this year? Cutting just 100 calories per day can help you shed those extra 10 pounds. Try some of these simple ways to save 100 calories per day:

- Do you drink more than two glasses of whole or 2% milk per day? Switch to 1% or low fat milk.
- Switch from regular bacon to turkey bacon.
- Limit meat portions to 3-4 ounces (about the size of a deck of cards).
- Switch from cooking with butter or margarine to a cooking spray – each tablespoon of butter is an extra 100 calories.
- When making sandwiches or burgers, skip the cheese.
- Don’t reach for that second glass of wine or other alcoholic drink.
- Split dessert with two or three friends.
- Eat an apple or 6-oz. cup of light yogurt for a snack instead of a candy bar or ice cream.
- Use a measuring cup to check your portion sizes.
- Choose marinara sauce instead of creamy white sauces.

Source: American Diabetes Association

CMH Diabetes Expo

Date: Thursday, Nov. 19

Time: 5:30 – 8 p.m.

Place: CMH Outpatient Concourse

Pre-registration is required.

Call 410-535-8233

Speakers · Screenings · Educational Displays · Free Healthy Food Samples · Giveaways

Fall Farmers Market Finds

Fresh and Local

Calvert County farmers markets are unique because each is a producer-only market. The vendors sell produce raised by local farmers and each offers products that are available seasonally. They also accept WIC and Senior Farmers Market Nutrition Program vouchers from the Maryland Department of Agriculture.

TUESDAYS: from 3-7 p.m. at Calvert Memorial Hospital in Prince Frederick (May 5-Nov. 24)

THURSDAYS: from 4-8 p.m. at the Southern Library in Solomons (May 7-Nov.19)

FRIDAYS: from 6-9 p.m. between 5th and 7th Streets and Bay Avenue in North Beach (May 1-Oct. 16)

SATURDAYS: from 7:30-noon at the Calvert County Fairgrounds in Prince Frederick (May 9-Nov. 21)

Source: Calvert County Economic Development

Get inspired by the colorful array of seasonal favorites found at local farmers markets in the fall – from apples and pumpkins to sweet potatoes and cauliflower. Although autumn officially kicks off on Sept. 23, there's lots of good produce that's available this time each year.

Whether you like them sweet or tart, apples are at their peak from September through November. Winter squash, including butternut, acorn and spaghetti, are also abundant. The versatile vegetable can be used in everything from appetizers and soups to salad and desserts.

The sweet potato, often used in lots of holiday dishes, is not only tasty, it's loaded with the antioxidant beta-carotene. Beets are one of the prettiest vegetables out there. Their bright pink hue adds a bit of color to any dish. And don't be afraid of the green stuff. There are plenty of family-friendly recipes using Brussels sprouts and kale, which can make some pretty tasty chips.





Family medicine physician **Dr. I. Monet Ouwinga** of Calvert Primary Care Dunkirk, recently shared with us her favorite “Fall Dinner Menu for Two,” featuring Roasted Beet

Salad (*see below*), Baked Salmon served over Sautéed Beet Greens and Spinach with Cauliflower Mash and Crunchy Frozen Greek Yogurt. *Watch her video online for preparation and cooking tips. Go to www.calverthospital.org/healthycommunities*



“Fresh, roasted beets are wonderfully earthy and sweet - a far cry from those pickled beets from the can.”



Beets may look intimidating with their colorful, leafy stems and rough exteriors but they're really not hard to make.

Roasted Beet Salad

3-4 average size whole beets with greens/leaves (red or golden)

1 tablespoon olive oil

Pinch of salt

¼ cup water

½ green apple (Granny Smith), cored and seeded, cut into ½-inch pieces

½ medium red onion, thinly sliced

PREPARING THE BEETS

1. Preheat oven to 400. Wash the beets and greens thoroughly to remove any dirt or grit. Cut the greens/leaves off close to the beets and put aside to dry.
2. Place the whole beets in the center of a 15-inch piece of foil. Drizzle the beets with olive oil and sprinkle with a pinch of salt. Fold the short sides of the foil up and fold over a few times at the top; then take one of the open ends and fold it in several times. Pour water into the open end and fold it closed, making a tightly sealed pocket for the beets.
3. Put the foil pocket in the oven and bake for 45-50 minutes or until the beets can be easily pierced with a fork. Try not to open the foil, as you will let the steam out. Remove from the oven, open the foil and allow them to cool. Using a small knife, remove the skins from the beets. Cut beets into quarters and place in a bowl. While beets are cooling, slice the onion and dice the apple. Toss in the same bowl with the quartered beets.

FOR THE DRESSING

- 1 teaspoon Dijon mustard
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- ½ - 1 teaspoon honey or agave (optional)

In a small bowl, whisk together the olive oil, mustard and balsamic vinegar (and honey/agave, if desired). Toss the dressing into the bowl with the beets, apples and onion. Mix to coat. Salad can be refrigerated or served at room temperature.

NUTRITION FACTS

Each ½ cup serving – 110 calories, 3.5 grams Carbohydrates, .7 grams Fat, 1.3 grams Protein, .6 grams Fiber

Getting Fit All in a Day's Work

We all know that exercise makes us feel better and has been proven to improve our health. We also know how hard it can be to fit exercise into a busy schedule. However, you can incorporate exercise into your daily routine by finding creative ways to keep moving while doing everyday things. Let's look at a typical day for opportunities for movement from dawn til dusk!

Upon waking, stand up and do a full body stretch.

Get up on your tip toes and reach your hands to the sky. Then fold forward and try to touch your toes.

While your coffee is brewing, brace your hands on the counter and do a few push-ups.



Challenge your balance by standing on one foot while brushing your teeth.

On your way to work, practice pelvic tilts while at red lights.



Set an alarm on your computer to get up and move every hour.

NOTE: Our fitness trainers like apps such as *Eyeleo*, *Workrave*, *Big Stretch Reminder* and *PC Work Break* that can be customized to remind you to get out of that seat during the day.

Take a walk at lunch time.

Skip the mid-afternoon coffee break and walk up and down the stairs a few times. Finish with calf raises from the bottom step.



While seated at your desk, stretch your triceps by lifting your elbow up to the sky and pulling in toward your head.

Before starting your car for your drive home, do some neck circles.

Upon arriving home, do lunges across the floor.

While preparing dinner, do some squats.

Use commercial breaks to do sit-ups. (Or better yet, skip the TV and head outside!)



Before going to bed, do shoulder shrugs. Follow with a shoulder stretch by bringing one arm across the body and pulling gently with the opposite arm. *Switch sides.*

10-minute workout

If you're ready for the next step, try a 10-Minute Workout created by Jen Lundeen, our KeepWell Health Educator. This is a workout you can do anywhere and these basic moves will increase your strength, balance and flexibility. Go to www.calverthospital.org/healthycommunities and watch an instructional video of Jen demonstrating each exercise.



> LIVE WELL!

You Can Learn to Overcome Your Tobacco Addiction!

ALL MEETINGS WILL BE HELD AT:

Holiday Inn Express
355 Merrimac Court
Prince Frederick, MD

Every day people are choosing to end their love affair with tobacco. You can, too! Calvert Memorial Hospital and the Calvert County Health Department are committed to helping you break the habit!

WHAT WILL MAKE THE DIFFERENCE?

- ✓ Free small group or individual sessions
- ✓ Free cessation products that really work
- ✓ Education/Support tools to help you succeed

TOPICS INCLUDE:

- › Lifestyle changes that make quitting easier
- › Ways to manage stress
- › Tips to avoid weight gain
- › Preparation for “Quit Day”
- › Staying smoke-free for good

TWO-HOUR SESSIONS FOR EIGHT WEEKS

You can choose either noon-2 p.m. or 6-8 p.m.

TO SIGN UP:

Classes are held in collaboration with the Calvert County Health Department, Call 410-535-5400, ext. 359.

WEDNESDAYS: 2 SESSIONS

September 2-October 21
November 4- December 23
Both time slots are offered.

Enjoy life in a new way!

TOP TEN REASONS TO QUIT TOBACCO

- Every smoker quits eventually- one way or the other.
- When you stop to smell the roses, you'll actually be able to smell them.
- Russian roulette has one inevitable outcome, unless the player quits.
- When you can't breathe, nothing else matters.
- The past and future are out of control. All you have is *right now*.
- Nicotine is the hook; tobacco advertising is the line; cancer is the sinker.
- Each cigarette sucks the life out of you.
- It's hard to grab the brass ring with a cigarette in your hand.
- A cigarette never solved a problem.
- You've decided you actually would like to live forever.

Source: *1440 Reasons to Quit Smoking* by Bill Dodds, Meadowbrook Press

calendar of

Here are some highlights of our fall activities. We offer something for everyone in the family from childbirth classes and safe babysitting to walking clubs and CPR. For a full listing of classes, wellness programs, health screenings and support groups, go to www.calverthospital.org. Online registration begins on August 17.

SEPTEMBER

Vascular Screening

M-F at 8:45 a.m. CMH Vascular Lab. Call 410-414-4539. *FREE*

September 2

Weight Loss for Life

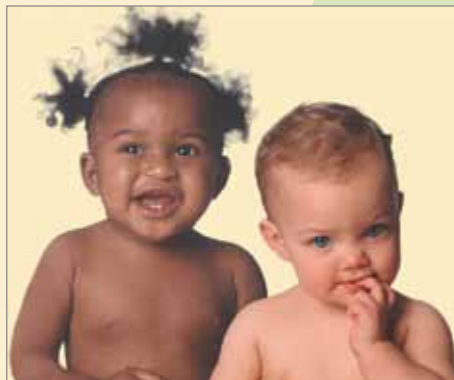
Program begins for September. 5:30 -7 p.m. PHC, *FEE*



September 3

Free Lung Function Testing

11:15 a.m.-12:15 p.m., CMH Cardiac Rehab, *FREE*



September 9

Baby Care Basics

6:30-8:30 p.m., CMH, Classroom 1, *FEE*

September 12

Middleham and Saint Peters Community Health Fair

9 a.m. – 1 p.m.
The 6th annual health fair will be held at the church in Lusby and will feature free health screenings, educational displays and fun! *FREE*

September 12

Skin Cancer Screening

Dr. Faris Hawit, Middleham/St. Peters Health Fair, *FREE*

September 15

Blood Pressure Screening

11 a.m.-12 p.m., KeepWell Center, *FREE*

September 12

Cholesterol Plus Screening

7-9 a.m., CMH, Cardiac Rehab, *FEE*

September 17

Dinner With the Dietitian

"Portion Distortion," 6-7:30 p.m., PHC, *FEE*

September 21-25

Fall Biggest Loser Challenge

Registration 8 a.m.-5 p.m.
KeepWell Center, *FEE*

Calvert Memorial's Annual Breast Cancer 5K Run/Walk will be held in Solomons on Saturday, October 3, 2015.



If you would like to increase your fitness level, you can go to our website, www.calverthospital.org, and download a 12-week program, which will give you a step-by-step training guide to get ready to run or walk.

Join the fun, raise money for a great cause and improve your health at the same time!

OCTOBER

Vascular Screening

M-F at 8:45 a.m. CMH Vascular Lab. Call 410-414-4539, *FREE*

October 1

Lung Function Testing

11:15 a.m.-12:15 p.m., CMH, Cardiac Rehab, *FREE*

October 10

Cholesterol Plus Screening

7-9 a.m. at Solomons Medical Center, *FEE*

October 13

Big Kids and Babies

6-7:15 p.m., CMH, Classroom 1, *FEE*



October 15

Dinner with the Dietitian

"Food Label Reading Made Easy" 6-7:30 p.m., PHC, *FEE*

events

fall 2015



October 20

Blood Pressure Screening

11 a.m.-12 p.m., KeepWell Center, *FREE*

October 21

Baby Care Basics

6:30-8:30 p.m., CMH, Classroom 1, *FEE*

October 21

Weight Loss for Life

Program begins for October.

5:30-7 p.m., PHC, *FEE*



NOVEMBER

Vascular Screening

M-F at 8:45 a.m. CMH Vascular Lab.

Call 410-414-4539. *FREE*

November 2

Skin Cancer Screening

Dr. Faris Hawit, 10-11 a.m.
in his office (Calvert Medical Arts Center,
Suite 200), *FREE*

November 5

Lung Function Testing

11:15 a.m.-12:15 a.m., CMH, Cardiac
Rehab, *FREE*

November 12

Dinner with the Dietitian

"Shopping for Good Health,"
6-7:30 p.m., PHC, *FEE*

November 17

Blood Pressure Screening

11a.m.-12 p.m., KeepWell Center, *FREE*

November 18

Baby Care Basics

6:30 – 8:30 p.m., CMH, Classroom 1, *FEE*

November 19

Great American Smokeout, *FREE*

November 19

Diabetes Expo

Speakers, screenings, educational
displays, healthy food samples and
giveaways. 5-8 p.m., CMH Outpatient
Concourse, *FREE*

DECEMBER

Vascular Screening

M-F at 8:45 a.m. CMH Vascular Lab. Call
410-414-4539, *FREE*

December 3

Lung Function Testing

11:15 a.m.-12:15 p.m., CMH
Cardiac Rehab, *FREE*

December 8

Big Kids and Babies

6-7:15 p.m., CMH, Classroom 1, *FEE*
(*No fee if delivering At CMH*)

December 9

Baby Care Basics

6:30-8:30 p.m., CMH,
Classroom 1, *FEE*



December 15

Blood Pressure Screening

11a.m.-12 p.m., KeepWell Center, *FREE*

December 17

Dinner with the Dietitian

"How To Be Your Healthiest Through
Diet Changes," 6-7:30 p.m., PHC, *FEE*

KEY TO CLASS LOCATIONS

(*unless otherwise noted*):

CMH: CMH KeepWell Center,
Prince Frederick

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

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

Solomons: Solomons KeepWell Center

November 7

The 27th Annual Calvert Memorial Foundation, Inc.

Harvest Ball

An Affair to Remember



This year's ball will be held at the Hyatt Regency
Baltimore on the Inner Harbor. For more information,
visit us at calverthospital.org or call 410-535-8178.

Education is power. In celebration of Breast Cancer Awareness Month, we asked Dr. Arati Patel, Director of Oncology for the Sheldon E. Goldberg Center for Breast Care, to dispel some of the myths about breast cancer.



Is It Myth or Fact?

1. Myth: Only women with a family history are at risk for breast cancer

Facts:

- Approximately 75 percent of women with breast cancer have no family history of breast cancer.
- A concerning family history includes a first-degree relative (mother, sibling, or child) or two second-degree relatives with breast cancer.
- A family history of ovarian cancer may also increase a woman's risk of developing breast cancer.
- The two biggest risk factors for breast cancer are being a woman and increasing age.

2. Myth: All women are eligible for genetic testing for breast cancer

Facts:

- Testing for genetic mutations associated with breast cancer includes a visit with a genetic counselor who can determine if a woman qualifies for the blood work.
- Here is a list of some instances when testing may be appropriate:
 - A woman or family member were diagnosed with: (1) breast cancer before the age of 50, (2) ovarian cancer at any age or (3) two or more breast cancers.
 - A woman with a male family member with breast cancer at any age
 - A woman with a Ashkenazi Jewish ancestry and any personal or family history of breast or ovarian cancer at any age
 - A woman who has had a personal history of BRCA1 or BRCA2 gene mutation or someone in her family with either mutation

3. Myth: A breast mass/lump is likely to be a breast cancer

Facts:

- Most are benign (non-cancerous), but a woman should always seek medical care if she finds a mass or has pain, retraction, skin changes, bloody nipple discharge, bruising and/or a lump under the arm.
- Evaluation may include a clinical breast exam, mammogram, ultrasound, MRI and/or a biopsy.

4. Myth: Younger women have a higher risk of developing breast cancer

Facts:

- The risk of developing breast cancer actually increases as a woman gets older, though older women with breast cancer tend to have a less aggressive form of breast cancer than younger women.
- The Gail Model is a Breast Cancer Risk Assessment Tool developed by Dr. Mitchell Gail that uses a woman's personal medical history, reproductive history, family history and other risk factors to predict her five-year and lifetime risk of developing breast cancer.
- Based on the Gail Model, for a 40-year-old white female with no risk factors, one out of every 166 women have a chance of developing breast cancer over five years. Whereas, for a 60-year-old white woman with no risk factors, one out of every 55 women have a chance of developing breast cancer in five years.

5. Myth: There is nothing a woman can do to reduce her risk of developing breast cancer

Facts:

- Lifestyle changes have been shown to reduce breast cancer risk including getting regular physical exercise, maintaining a healthy weight, reducing fatty foods and replacing them with more fruits and vegetables, lean meats and fish and limiting alcohol use.
- Quitting tobacco can reduce the risk of many cancers.
- Medications such as tamoxifen may be recommended by a physician if a woman has a high risk of developing breast cancer in the future.
- Preventative surgery may be recommended if a woman carries a genetic mutation such as BRCA1 or BRCA2.

Sandra Cassell-Corbin, CRNP, offers genetic counseling at the Sheldon E. Goldberg Center for Breast Care. She also oversees the high-risk surveillance clinic, an additional resource for women who are at increased risk for breast cancer, providing the added surveillance, management and education needed to implement risk-reducing strategies to increase their overall survival. Appointments can be made by calling **410-414-4717**.

Woman's Wellness Center

Did you know if you cannot afford a mammogram or PAP smear, the Breast and Cervical Cancer Program at the Woman's Wellness Center offers grant funding for eligible women, ages 40-64, to get free breast and cervical screening services on a routine basis? We may also be able to help with insurance deductibles, copays, and coinsurances to eligible women for these services. To find out if you qualify, call 410-286-7992.

> JUST FOR HER

march of dimes®

healthy babies are worth the wait®

The Family Birth Center at Calvert Memorial Hospital has been recognized by the Maryland Patient Safety Center, the March of Dimes and the Maryland Department of Health and Mental Hygiene for successfully reducing the number of medically unnecessary early births, giving more babies a healthy start in life. Calvert Memorial developed and implemented policies and procedures to reduce medically unnecessary (elective) inductions and cesarean deliveries scheduled before 39 weeks of pregnancy.

Dean Teague, President and CEO, says, "We're proud of our expert team of physicians and nurses who recognized this problem in our community and worked hard to avoid scheduling elective inductions or cesarean deliveries before 39 weeks of pregnancy."

Holly Dooley, Director of the Family Birth Center, added, "Everyone works together to provide the very best and safest care possible for all of our mothers and babies."

"Every week of pregnancy is critical to a baby's health," says Scott Berns, MD, MPH, senior vice president, deputy medical director for the March of Dimes. "I commend Calvert Memorial Hospital for being a champion for babies with their quality improvement effort."



Jennifer Abell, far right, of the March of Dimes presents members of the CMH Family Birth Center a banner for their commitment to improving the quality of care for moms and babies. Pictured, left to right, are Donna Arnstein, Janie Joy, Dr. Nikisha Smith, Kelly McKenny, Kelly Mattingly, Dean Teague, President and CEO, and Dr. Barbara Estes.

EED (Early Elective Deliveries)

Why does this matter? For over 30 years, the American College of Obstetricians and Gynecologists has recommended that obstetric providers not induce labor or perform cesarean sections before 39 weeks gestation without a medical reason. Early elective deliveries (EED) have been shown to increase harm to infants, increase costs and worsen medical outcomes. The Joint Commission, the Centers for Medicare & Medicaid Services, and various other health and safety organizations are now using the rate of elective deliveries before 39 weeks of gestation as an indicator of quality of care.



Top Pregnancy Tips from Calvert Experts

Dr. Michelle Johnson, Calvert OB/GYN Associates of Southern Maryland

"My top advice is to try to reach your ideal weight pre-pregnancy. Start an exercise program pre-pregnancy and stick with it throughout pregnancy. This will lead to a healthier and happier pregnancy."

Betty Ellis, RN, Board Certified Lactation Consultant, Family Birth Center

"Get as much information about breastfeeding as you can prenatally so you can make an informed choice."

Dr. Aparajita Mahata, Calvert Women's Center

"Ginger is a natural anti-nausea aid, so keep ginger pills, real ginger cookies or ginger ale made with real ginger on hand."

Dr. Barbara Estes, Calvert OB/GYN Associates of Southern Maryland

"Try Atomic Fireballs for nausea in the first stages of pregnancy. My husband used to carry them in his pocket for me."



Surgical Oncology Center at CMH Opens



The new **Surgical Oncology Center at Calvert Memorial Hospital** – a collaborative effort with Mercy Medical Center in Baltimore – offers Southern Maryland residents access to advanced surgical care for complex cancer cases.

CMH has forged similar relationships with other centers of excellence for breast, vascular and neurosurgical care. “This *‘Best of Breed’* model has proven quite successful,” said **Dr. Kenneth Abbott**, who chairs the hospital’s Cancer Committee, “and it allows CMH to find and implement the best fit for the community.”



“It’s a win-win for our patients,” said **Dr. Arati Patel**, who is director of medical oncology at the Center for Breast Care at Calvert. “They will have access to cancer specialists at the top of their fields while still enjoying the comfort and convenience of staying in their local community during treatment.”

Dr. Kurtis Campbell (*upper left*), who is fellowship trained in surgical oncology, brings a particular focus on gastrointestinal and complex abdominal surgery and exceptional expertise in pancreatic and hepatobiliary surgery.

Dr. Vadim Gushchin (*lower left*), who serves as Director of Gastrointestinal Oncology at Mercy, offers expertise in malignancies of the gastrointestinal tract and is exceptionally accomplished in minimally invasive surgery as well as in traditional open surgery techniques.

Under this new relationship, Dr. Campbell will serve as medical director of surgical oncology services. “We’re excited to be working with the outstanding team already in place at Calvert,” he said, “including medical oncologists, general surgeons, gastroenterologists and nurses.” Initially, Dr. Campbell and Dr. Gushchin will provide consults and perform surgery at CMH one day per week.

Their addition builds upon the relationship established with Mercy in 2009 for the Gynecological Oncology Center at CMH where **Dr. Hyung Ryu** treats cervical, endometrial and ovarian cancer. “Working with Calvert Memorial is consistent with both our missions – to provide the best possible patient care,” said **Armando Sardi, MD**, Medical Director, The Institute for Cancer Care at Mercy Medical Center and Chief of Surgical Oncology at Mercy.

CPA Adds Two More Primary Care Locations

Calvert Physician Associates (CPA) is pleased to welcome two long-standing and well-regarded family medicine practices to its network of providers. Starting June 29, **Dr. Charles W. Bennett** and **Drs. J. Michael Brooks** and **Michelle Folsom**, both of **Calvert Family Practice Associates**, began operating under the names of **Calvert Primary Care Lusby** and **Calvert Primary Care Prince Frederick**, respectively. Their addition brings the total number of CPA primary care locations serving Calvert County to five.

“Our goal at CPA is to build a network of providers to meet the needs of the Calvert County community now and in the future,” said CPA Executive Director **Teresa Baran**. “Bringing these practices onboard is a big step in achieving that. Having a strong presence in primary care is the foundation of any good healthcare system.” CPA is the employed provider network of Calvert Memorial Hospital and the Calvert Health System.

She added that family medicine physician **Dr. Melissa Stoner** joined **Calvert Primary Care at Twin Beaches** in mid-July. Dr. Stoner, who has been practicing for five years, graduated from Georgetown University School of Medicine and went on to complete her training at Georgetown/ Providence Family Medicine Residency in Washington, D.C.

Additionally, **Mariesa Kinch, CRNP**, has joined **Calvert Physical Medicine and Pain Management** and **Christine Wood, CRNP**, has joined **Calvert Hematology and Oncology**. Kinch, who has been in health care for over 20 years, is experienced in assessing sports and workplace injuries. Wood, who was an ER nurse for 10 years, found her passion in oncology while helping a family member deal with cancer.

Pictured (l-r) are Michelle Folsom, MD; J. Michael Brooks, MD; Christine Wood, CRNP; Mariesa Kinch, CRNP and Charles W. Bennett, MD.



Hedderich to Direct Quality Management at CMH



Nicole Hedderich, MHA, BSN, RN is the newest member of the quality team at Calvert Memorial Hospital. She has a total of 20 years in health care, including seven years in various supervisory roles both in the inpatient and outpatient areas. Hedderich will oversee quality operations across the CMH campus and coordinate data and clinical outcomes to ensure that the highest quality is maintained at all times.

“Nichole brings a broad level of clinical and management experience to the team,” said **Susan Dohony**, vice president and chief quality officer. “She is very involved in process improvement, making sure that Calvert is providing evidence-based medical care to the community.”

Hedderich describes the quality team at CMH “as dedicated, resilient and knowledgeable with a ‘patient-first’ basis for improving all of our practices.” She said her priorities for the coming year are “to engage employees and patients to become active participants in developing processes that improve our standard of care.”

Everton to Head Risk Management and Regulatory Compliance

Calvert Memorial Hospital is pleased to welcome back **Virginia (Ginger) Everton, MSN, RN** as director of risk management and regulatory compliance after an overseas stint in Japan. Previously, she served as the first Outcomes Facilitator at CMH and helped develop the safety coach program, which has become an integral part of the safety culture at CMH.



“Ginger is an energetic and dedicated member of the quality team,” said **Susan Dohony**, vice president and chief quality officer. “She is a true patient safety advocate who always tries to keep the staff involved who provide care at the bedside in creating solutions to problems or when implementing new procedures.”

Everton said her priority for the coming year is to bring more safety training and expertise to the front-line staff so they can put the knowledge in practice into their work each day. She added, “I am honored to use my passion to promote the safest care delivery here at CMH.”



Broome Named VP for Human Resources

Calvert Health System (CHS) has named **Lisa Broome** as vice president for human resources. She brings significant experience to her new position having served in several HR leadership roles throughout her 25-year career with large and mid-size companies in manufacturing, defense contracting and computer services.

She comes to us from Columbia-based American Wood Fibers, Inc. where she partnered with the senior management team to set strategic direction for the entire company, which has 10 manufacturing sites across the country. Prior to that, she performed HR consulting for small businesses and was senior vice president of Sotera Defense Solutions in Herndon, VA.

Broome will be responsible for the day-to-day HR operations, HR strategic direction, organizational development and training and employee relations for the health system, which includes Calvert Memorial Hospital and its subsidiaries. She has a master’s in management from the University of Maryland in College Park.

“Lisa has a keen understanding of the critical importance of all our employees to our mission of providing top quality health care,” said **Dean Teague**, president and CEO of the health system. “Our strongest asset is our more than 1,200 employees who help us deliver the best possible care for our patients.”

He went on to add that Broome is a strong team builder, mentor and excellent facilitator with a hands-on leadership style and management approach. “Lisa excels in dynamic, multi-tasking environments and has achieved substantial success as a change agent by increasing morale, productivity and efficiency through enhancements to existing operations.”

Pursuing Their Passion

Foundation Scholarships Are Changing Lives

As a teenager, **Jeanette Owens** (pictured below) had dreamed of becoming a shock trauma nurse. After getting married at 22, she opted to do graphic design at home so she could be there for her three children. But at 47, with the last one off to college, the dream rekindled.

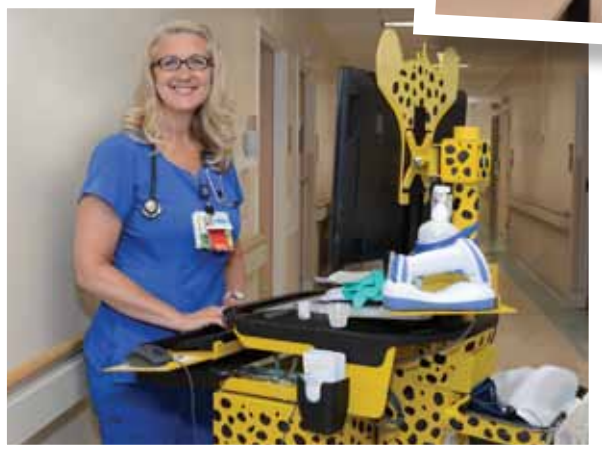
So, in 2008 the grandmother of three decided to go back to school to get her nursing degree. “It seemed like the perfect time,” said the longtime Huntingtown resident. “I had this increased feeling that I wanted to help people.” And at 51, she got her associate’s degree in nursing from the College of Southern Maryland.

At the time, Owens was working for a local printer and had to cut back from full-time to part-time so that she could complete her clinical training, which required travel to other hospitals two days a week. “Money was my biggest concern,” she said. “So, the scholarship from the Calvert Memorial Hospital Foundation really opened a door for me.”

Since the scholarship program began in 1991, it has awarded more than \$425,000 to 324 students in Calvert, Charles, St. Mary’s and Anne Arundel counties who are pursuing higher education in an allied health field. Recipients are not required to repay the foundation or work for CMH.

Today, Owens is a nurse on the medical-surgical unit at CMH. “I always wanted to work at Calvert,” she said. “It was important to me to be part of my community and that I represent Calvert as best as I can. We are a small, independent hospital but we provide excellent care.”

Her supervisor, **Valarie Lee**, agrees: “Jeanette is an extremely dedicated nurse. Her compassionate nature, strong attention to detail and excellent patient care skills exemplifies the great nursing care you will find at Calvert Memorial.”



“We were still paying for our daughter’s college tuition, so the scholarship was a huge blessing.”

– Jeanette Owens, RN, Medical-Surgical



Dwayne Ennis (pictured above), who grew up in Brooklyn, started his healthcare career in 1997 as a mental health counselor at Zucker Hillside Hospital in Queens, NY. He went on to get his associate’s degree in nursing in 2004 from Queensborough Community College. Two years later, he and his wife moved with their three daughters to Waldorf.

Ennis came to Calvert in July 2007 as a nurse in the behavioral health unit. By the end of that year, he was the charge nurse on the evening shift. “I knew I always wanted to go back to school to complete my bachelor’s,” he said. “That hunger was always there. It was something our mother instilled in us.”

In 2011, he got a scholarship from the CMH Foundation. And at 40, he graduated summa cum laude from Walden University. “It’s a fulfilling feeling,” he said, “but you still want to learn more. We’re here for the patients. It’s our driving force.”

His supervisor, **Paula Chapin**, concurs: “Dwayne is committed to providing excellent patient care. He demonstrates leadership qualities and is a role model for the behavioral health staff. He is an asset to our unit and the organization.”

“The more educated I am about the new techniques, the better I can help my patients.”

– Dwayne Ennis, RN, Behavioral Health

> MAKING A DIFFERENCE

An Affair to Remember

*Harvest Ball Celebrates
Return to Timeless
Elegance November 7*

Plan to make a night of it and take advantage of the reduced pricing offered for early room reservations. To book your stay, go online to www.calverthospital.org.

Experience a magical evening of sophisticated style at the Calvert Memorial Hospital Foundation Harvest Ball on Saturday, Nov. 7 from 6 p.m. to midnight at the Hyatt Regency Baltimore. This year's theme, "An Affair to Remember," celebrates a return to timeless elegance as defined by one of the most romantic movies of all time.

The annual black-tie charity gala is the single most significant and successful fundraising event for the hospital. Since it began 26 years ago, the Harvest Ball has raised over \$1.5 million for new medical technology and equipment at CMH.

This year's proceeds will help purchase a **Mobile Health Unit** that will travel to underserved areas of our community to bring essential primary care and dental services along with prevention and wellness programs to residents who do not have access to traditional health care.

"While the Mobile Health Unit will serve the entire community," said **CMH President and CEO Dean Teague**, "it is part of a broader effort to shift the focus from 'sick care' to 'health care' where the long-term strategy is to provide education, outreach and support to help people stay healthy to reduce the onset of disease and those with chronic illnesses manage them more effectively."

The ball is open to the community and anyone is welcome to attend. The cost is \$500 per couple and \$250 per person which includes a cocktail reception and open bar in addition to a sit-down dinner and dancing to a live band.

Tickets can be purchased online at www.calverthospital.org or by calling the Foundation office at 410-414-4570. Visa, MasterCard and American Express are accepted. Upon purchasing tickets, your names will be added to a guest list. No tickets are mailed.



CALVERT MOBILE HEALTH UNIT *Taking Health Care Where It Is Needed Most*

Proceeds from this year's Harvest Ball will help purchase a Mobile Health Unit that will travel to underserved areas of our community to bring essential primary care and dental services along with prevention and wellness programs.

WHO WILL IT SERVE?

It will serve the entire community by providing services and programs that improve the health and well-being of our residents. However, those who will benefit the most are the underserved, uninsured, elderly and state benefit-eligible individuals.

WHAT WILL IT PROVIDE?

In collaboration with our community partners, it will provide a continuum of care including screenings, weight loss/nutrition services and smoking cessation. Lifestyle/behavioral modification coaching, disease self-management programs and healthcare navigation will also be offered.

WHERE WILL IT VISIT?

The mobile unit will become an integral part of our community by visiting schools, worksites, churches, parks, community centers, senior centers and homeless shelters. This will allow us to bring services to where the people are.

HOW WILL IT BE STAFFED?

The mobile unit will be staffed by a multidisciplinary healthcare team including primary care (nurse practitioner, medical assistant and



administrative assistant), health educators, nurses, dental care (dentist and hygienist), registered dietitian, diabetes educators and community health workers.

WHEN WILL IT OPERATE?

Starting next year, the mobile unit will operate various days and times to meet the needs of the community. Additionally, CMH will collaborate with its community partners to add services to community events.



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

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

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

Calvert Health Line:
888-906-8773

Maryland Relay Service:
800-735-2258

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

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

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RESIDENTIAL CUSTOMER

Calvert ER Doctor Runs in Boston Marathon

Kathy Parmele, an emergency physician at Calvert Memorial, crossed the finish line at the Boston Marathon in 4:21:50.

She said, "I wanted to honor this great country of ours by wearing red, white and blue on Patriot's Day. It only seemed fitting."

Kathy, who is originally from Greece, immigrated to the United States when she was six and became a proud American citizen in 1985. She has run the Marine Corps Marathon nine years in a row but the Boston Marathon was always on her bucket list. "I went to Harvard and I've always loved Boston. I've run countless times around the Charles," she said. "Two of my college roommates still live in Massachusetts and I wanted to take the weekend to introduce my two children and my husband to the area."

So, on April 20, she joined 26,610 others who braved the cold and rain to run through the winding roads and streets of eight Massachusetts cities and towns to complete the 2015 Boston Marathon. Her most memorable moment was when, close to the finish line, hundreds of people started chanting, "USA! USA! USA!" Kathy added, "It's a huge honor to run the Boston Marathon.

This year was also the second year after the bombing and was taking place at the same time as the trial of the man charged. I wanted to play my part in showing others that there is more good than bad in people."

Well done, Kathy Parmele!



Mark Your Calendar! Oct. 3!

Calvert Memorial Hospital's 6th Annual Breast Cancer 5K Run/Walk will be held on Saturday, October 3. Join the fun and run or walk around beautiful Solomons Island. Funds raised will benefit the Sheldon E. Goldberg Center for Breast Care. (See more details inside on page 8)