

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

calverthealth

SPRING 2016

**Spring Clean
Your Diet!**

**Outdoor
Living:
Keeping
Your
Family
Safe**

**Meet
Camille
& Richard**
Our Live Well
Challenge
Participants



A Message from the President



The Journey to Wellness

When we asked our readers in December if they would like to participate in a Live Well Challenge in 2016, we received great entries; it was hard to pick just one. So, we didn't. We picked two. Camille Miller, 34, of Huntingtown, wants to lose 100 pounds so she can be a more active mom for her four children.

Richard Henrichsen, a 43-year-old veteran, wants to be 50 pounds lighter when his son returns in October from a two-year mission in Bulgaria.

During the coming months, we will follow their journeys to wellness as they learn to eat right and move more so they can lose weight, feel better and, most of all, achieve a healthier lifestyle for life. In this issue we share strategies anyone can use – from getting ready for your first 5k to staying safe while enjoying the great outdoors.

I'd also like to extend my thanks to the many members of our community who have stepped forward to support the work of the Sheldon E. Goldberg Center for Breast Care at Calvert Memorial Hospital since it opened in 2010 (see story page 18). Providing great health care takes partnerships – doctors, nurses, patients, volunteers, community leaders and individuals. Together, we can make a difference, not just in our own lives but for many generations to come.

Dean Teague, FACHE
President and CEO

ON THE COVER

Cover photo of Ciaran Sweeney of Lusby, MD catching fish on the Chesapeake Bay. Do you have a photo that depicts a happy, healthy day in Southern Maryland? Submit it to gharkins@cmhlink.org for consideration for use in a future issue.

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2015 Year in Review

Every day the team at Calvert focuses on making a difference. From developing new partnerships to bring specialty services close to home, to helping parents learn to care for their new baby – our goal is to always improve the lives and health of Southern Maryland residents.

Over the last five years, Calvert Health System has spent \$40.2 million to upgrade technology, improve facilities and expand services. In fiscal year 2015, we invested \$16.7 million in community benefit activities including charity care, mission driven services, health screenings, outreach programs and more.

Shown below: Transitional care navigator Holly Seawell pays a home visit to Laneaka Pratt of St. Leonard.



KEY HIGHLIGHTS AND ACHIEVEMENTS

- Earned the **Healthgrades® Patient Safety Excellence Award™**, placing us in the top ten percent of hospitals nationwide for preventing patients from serious complications during hospital stays.
- Earned the **Gold Plus Award for Excellence** in stroke care by the American Heart Association for the fifth time.
- Embarked on an **\$11.9 million project to expand and equip the hospital's diagnostic imaging department.**
- Launched an **interactive bedside education system** to help patients better understand their condition and care.
- Added a **Discharge Care Clinic** aimed at removing barriers to care for recently discharged patients.
- Developed a new **Patient and Family Advisory Council** to help with program planning for the future.

Calvert Health System, Inc. and Subsidiaries Statement of Revenue and Expenses

Fiscal Year 2015: July 1, 2014 - June 30, 2015

INCOME

Gross patient service revenue	\$ 184,835,540
Less contract adjustments	\$ (36,456,467)
Less charity care to the needy	\$ (4,478,331)
Less uncollectible accounts	\$ (1,387,401)
Net patient service revenue	\$ 142,513,341
Income from other sources	\$ 6,228,304

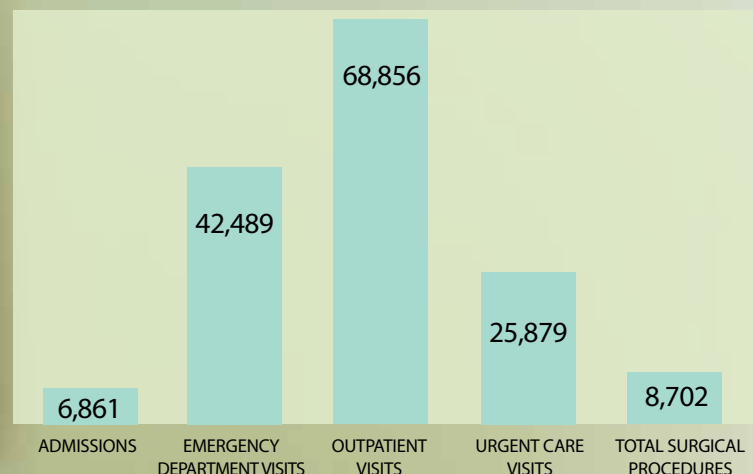
TOTAL OPERATING REVENUE \$ 148,741,645

EXPENSES

Salaries, wages and employee benefits	\$ 80,186,013
Operating supplies and services	\$ 53,707,336
Depreciation and interest expense	\$ 11,416,483

TOTAL OPERATING EXPENSES \$ 145,309,832

INCOME FROM OPERATIONS \$ 3,431,813



Spring Clean Your Diet

Spring's not just a time to declutter your closets—it's the perfect season to take a fresh look at what you're eating. Many vibrant, nutritionally rich fruits and vegetables are at their peak this time of year. Look for these and other delicious “in season” offerings at your farmer's market or local grocery store:

To many of us, **asparagus** is the vegetable we associate with spring. Delicious roasted, steamed or in recipes such as our featured frittata (*featured at right*), it's rich in iron, B vitamins, and beta-carotene.

One tasty steamed **artichoke** packs a whopping 10 grams of fiber, while being a good source of vitamin C and folate.

Sweet, succulent **cherries** are a low-calorie (100 per cup) source of potassium and fiber.

Fresh-picked **greens** such as lettuce, spinach, endive, mesclun, radicchio and arugula are at their most delicate and flavorful now and—depending on the variety—contain essential calcium and other nutrients.

Fresh **peas**, either steamed as a side dish or used on vegetable platters or in salads, are a good source of plant protein.

Peppery-tasting, colorful **radishes** add crunch and fiber to salads, soups and veggie trays.

Juicy **strawberries** are a bright, light dessert and a festive addition to salads. Plus just a cup provides 100 percent of daily recommended Vitamin C.

Tips for Cleaning Fruits and Vegetables

The FDA recommends scrubbing and rinsing all fresh fruits and vegetables to remove pesticide residues, dirt and other bacteria. To make sure you're getting produce as clean as possible, wash your hands with soap then gently rub vegetables and fruits under plain running water using your hands or a clean brush. Cut away any bruised or damaged areas and peel fruit after washing, so you don't transfer bacteria to other surfaces.

In addition, you may want to try this vegetable wash made from an eco-friendly household cleaning product, white vinegar. According to a research study conducted by the *Journal of Food Protection*, the wash removed up to 98 percent of bacteria from the skins of fruits and vegetables.

White Vinegar Vegetable Wash

Combine three parts water to one part white vinegar in a clean spray bottle. Spray on fresh fruits and vegetables, let sit for a few minutes, and rinse with plain water. You can soak berries, broccoli or other items with bumpy or crevassed surfaces in a bowl filled with the same three-to-one water to vinegar solution. Rinse with water before storing or consuming.



Baked Asparagus and Cheese Frittata

A frittata is an egg-based Italian dish similar to a crustless quiche. Usually featuring a variety of vegetables and cheeses, it can be made quickly on the stovetop like an omelette, or baked. This version, perfect for a brunch or light supper, highlights one of spring's most popular seasonal vegetables, fresh asparagus.

- 2 tablespoons fine dry breadcrumbs
- 1 pound thin asparagus
- 1 1/2 teaspoons extra-virgin olive oil
- 2 onions, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon salt, divided
- 1/2 cup water
- Freshly ground pepper, to taste
- 4 large eggs
- 2 large egg whites
- 1 cup part-skim ricotta cheese
- 1 tablespoon chopped fresh parsley
- 1/2 cup shredded Gruyère cheese



Preheat oven to 325°F. Coat a 10-inch pie pan or ceramic quiche dish with cooking spray. Sprinkle with breadcrumbs, tapping out the excess.

Snap tough ends off asparagus. Slice off the top 2 inches of the tips and reserve. Cut the stalks into 1/2-inch-long slices.

Heat oil in a large nonstick skillet over medium-high heat. Add onions, bell pepper, garlic and 1/4 teaspoon salt; cook, stirring, until softened, 5 to 7 minutes.

Add water and the asparagus stalks to the skillet. Cook, stirring, until the asparagus is tender and the liquid has evaporated, about 7 minutes (the mixture should be very dry). Season with salt and pepper. Arrange the vegetables in an even layer in the prepared pan.

Whisk eggs and egg whites in a large bowl. Add ricotta, parsley, the remaining 1/4 teaspoon salt and pepper; whisk to blend. Pour the egg mixture over the vegetables, gently shaking the pan to distribute. Scatter the reserved asparagus tips over the top and sprinkle with Gruyère.

Bake the frittata until a knife inserted in the center comes out clean, about 35 minutes. Let stand for 5 minutes before serving. Cut into six slices.

DID YOU KNOW?
Calvert offers
"Dinner with a
Dietitian" cooking
demos monthly

NUTRITION FACTS

Per serving (1 slice): 195 calories, 11 grams fat, 15 grams protein, 2 grams fiber and 10 grams carbohydrates

Source: American Diabetes Association



Getting Ready for Your First 5k



Exercise does not come easy for any of us, but it's a key element in living a healthy, happy life. Studies have repeatedly shown that regular exercise reduces the risk for many chronic diseases and even some types of cancer, controlling our weight and improving our mood and energy level along the way.

As we approach spring and warmer weather, we challenge you and your family and friends to join us at Calvert Memorial Hospital's Breast Cancer 5k Run/Walk on October 1. Many people are intimidated by the term "5k" but, in truth, if you follow a preparation plan, it's not as hard as you might think. And, running or walking around Solomons Island on a beautiful fall day is a great activity for the entire family or a group of friends!

On the opposite page, we have provided 12-week training schedules for either running or walking a 5k. But the first thing you have to do is get permission from your doctor to participate, the standard for starting any new physical regimen. Once you have the green light, clip the training schedule and post it where you can easily see it every day. Make sure you have a good pair of running shoes and use a watch or stopwatch to track your time during your workouts. If you haven't exercised in a long time or have a chronic illness, take it slow. Most important, before every workout, make sure you stretch by walking or jogging slowly for 10 minutes to get your body warmed up and then, at the end, cool down and stretch for 10 minutes.

Whether you're running or walking, if you follow our simple training format, before you know it, you'll be at the finish line!

5k Walking Training

Key: *M: Monday, W: Wednesday,
F: Friday, S: Saturday*

Week 1: M, W, F

Brisk walk for 15 minutes

Week 2: M, W, F

Brisk walk for 15 minutes

Week 3:

M: Brisk walk 7 minutes, easy walk three minutes, repeat 2 times

W: Brisk walk 90 seconds, easy walk 90 seconds, continue 8 minutes

F: Brisk walk 7 minutes, easy walk 3 minutes, repeat 2 times

Week 4:

M: Brisk walk 7 minutes, easy walk 3 minutes, repeat 2 times

W: Brisk walk 90 seconds, easy walk 90 seconds, continue 18 minutes

F: Brisk walk 7 minutes, easy walk 5 minutes, repeat 2 times

Week 5:

M: Brisk walk 90 seconds, easy walk 90 seconds, continue 18 minutes

W: Brisk walk 15 minutes

F: Brisk walk 8 minutes, easy walk 3 minutes, repeat 2 times

Week 6:

M: Brisk walk 90 seconds, easy walk 90 seconds, continue for 18 minutes

W: Brisk walk for 15 minutes

F: Brisk walk 2 minutes, easy walk 1 minute, continue for 18 minutes

S: Brisk walk for 15 minutes

Week 7:

M: Brisk walk 2 minutes, easy walk 1 minute, continue for 21 minutes

W: Brisk walk 20 minutes

F: Brisk walk 3 minutes, easy walk 2 minutes, continue 20 minutes

S: Brisk walk 15 minutes

Week 8:

M: Brisk walk 5 minutes, easy walk 1 minute, continue 24 minutes

W: Brisk walk 20 minutes

F: Brisk walk 15 minutes

S: Brisk walk 20 minutes

Week 9:

M: Brisk walk 6 minutes, easy walk 1 minute, continue for 21 minutes

W: Brisk walk for 25 minutes

F: Brisk walk 15 minutes

S: Brisk walk for 30 minutes OR 3-mile timed walk

Week 10:

M: Brisk walk 10 minutes, easy walk 5 minutes, brisk walk 10 minutes

W: Brisk walk 20 minutes

F: Brisk walk 15 minutes

S: Brisk walk for 30 minutes OR 3-mile timed walk

Week 11: Try to walk 3 miles this week!

M: Brisk walk 5 minutes, easy walk 1 minute, continue 24 minutes

W: Brisk walk 20 minutes

F: Brisk walk 15 minutes

S: Brisk walk for 30 minutes OR 3-mile timed walk

Week 12:

You made it!

M: Brisk walk for 20 minutes

W: Brisk walk for 10 minutes

5k WALK!

5k Running Training

Key: *M: Monday,
W: Wednesday,
F: Friday, S: Saturday*

Week 1:

M, W, F: Run 1 minute, walk 2 minutes - repeat 4 times

Week 2:

M, W, F: Run 2 minutes, walk 2 minutes - repeat 3 times

Week 3:

M, W: Run 2 minutes, walk 1 minute - repeat 4 times

F: Run 3 minutes, walk 2 minutes - repeat 3 times

Week 4:

M, W: Run 3 minutes, walk 1 minute - repeat 4 times

F: Run 3 minutes, walk 1 minute - repeat 5 times

Week 5:

M, W: Run 4 minutes, walk 2 minutes - repeat 4 times

F: Run 4 minutes, walk 1 minute - repeat 5 times

Week 6:

M, W, F: Run 4 minutes, walk 1 minute - repeat 6 times

Week 7:

M, W, F: Run 5 minutes, walk 1 minute - repeat 6 times

Week 8:

M, W: Run 1 mile, walk 5 minutes, run 6 minutes, walk 1 minute - repeat 3 times

F: Run 1 mile, walk 5 minutes, run 1 mile

Week 9:

T: Run 1.5 miles

Th: Run 1.5 miles, walk 5 minutes, run .5 mile

Week 10:

M: Run 2 miles

W: Run 2 miles, walk 5 minutes

F: Run 2.5 miles

Week 11:

M, W: Run 2 miles

F: Run 3 miles

Week 12:

You made it!

M: Run 2 miles

W: Run 2 miles

5k RUN!



“Woman’s Wellness is a great resource for women in our community that a lot of people don’t know about. We treat women of all ages and our services range from contraceptive services to menopause management.”

Robin Willis, 58, of North Beach, MD, is very grateful to be healthy and walking the boardwalk.



Cervical Cancer 101

Robin takes really good care of herself, always making sure she gets her yearly breast exam and PAP test. In 2012, however, she found herself with no insurance and did not think she would be able to have her annual screenings. Then someone told her about the Woman's Wellness Center and their Breast and Cervical Cancer Grant program. If you cannot afford a mammogram or PAP smear, the program offers free mammograms and PAP smears for eligible women between the ages of 40 and 64.

Robin called and made an appointment and, for her, it was a real lifesaver—not just because she didn't have insurance but because her PAP test revealed dysplasia, a precancerous condition which required immediate attention. Robin was sent to a local gynecologist for a biopsy who subsequently performed a LEEP (Loop Electrosurgical Excision Procedure) to remove the abnormal tissue.

Robin describes her relief: "Everybody there was so nice and helpful and when they discovered I had a problem, they just took over, making appointments and handling all the financial details. I did not have to pay for anything—my entire treatment was covered through the grant." She continues, "Everyone at Woman's Wellness is so kind and really cares about their patients. That means a lot to me and you don't find that everywhere."

Morgan Brissette, the family nurse practitioner with Woman's Wellness, says, "Woman's Wellness is a great resource for women in our community that a lot of people don't know about. We treat women of all ages, with and without insurance, and our services range from contraceptive services to menopause management."

As for Robin, even though she now has insurance, she says she won't go anywhere but Woman's Wellness. "There, they truly care about my health."

If you would like to make an appointment with Woman's Wellness, call 410-286-7992. Their office is located in suite 201 in the Calvert Medical Arts Center, 130 Hospital Road.

If detected early, cervical cancer is one of the most successfully treated cancers.

Why? Because the PAP test can find early cell changes which can be treated before they become cancer. A newer way to prevent cervical cancer is to get vaccinated against human papilloma virus (HPV), which can cause cervical cancer. To get the most out of the HPV vaccine, a woman should get it before she has any type of sexual contact with another person. The American Cancer Society recommends that the vaccine be given to girls at age 11 to 12.

The following are the American Cancer Society's guidelines for finding cervical cancer early:

- All women should begin cervical cancer screening at age 21.
- Women between the ages of 21 and 29 should have a PAP test every 3 years. They should not be tested for HPV unless it is needed after an abnormal PAP test result.
- Women between the ages of 30 and 65 should have both a PAP test and an HPV test every 5 years. This is the preferred approach, but it is also OK to have a PAP test alone every 3 years.
- Women over age 65 who have had regular screenings with normal results don't need to be screened for cervical cancer. Women who have been diagnosed with cervical cancer or pre-cancer should continue to be screened according to the recommendations of their doctor.
- Women who have had their uterus and cervix removed in a hysterectomy and have no history of cervical cancer or pre-cancer should not be screened.
- Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- Women who are at high risk for cervical cancer may need to be screened more often. Women at high risk might include those with HIV infection, organ transplant, or exposure to the drug DES. They should talk with their doctor or nurse.

calendar of

Here are some highlights of our spring 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 is ongoing.

> MARCH

Colorectal Cancer Awareness Month; Nutrition Month

Vascular Screening

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

March 3

Lung Function Testing

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

March 9

Baby Care Basics

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

March 19

Childbirth Education

9 a.m.- 5 p.m., CMH, Classroom 1, *FEE*

March 19

CPR Healthcare Provider Course

9 a.m. - 3 p.m., CMAC, Suite 205, *FEE*

March 22

Blood Pressure Screening

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

March 24

Dinner with the Dietitian

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

March 26

Safe Sitter

9 a.m.-3 p.m. CMH, Classroom 1, *FEE*

> APRIL

Vascular Screening

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

April 2

CPR, AED & First Aid

9 a.m. - 3 p.m., CMAC, Suite 205, *FEE*

April 7

Lung Function Testing

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

April 9 & 16

Childbirth Education

9 a.m. - 1 p.m., CMH, Classroom 1, *FEE*

April 9

CPR Healthcare Provider Course

9 a.m. - 3 p.m. CMAC, Suite 205, *FEE*

April 12

Big Kids and Babies

4-5:15 p.m., CMH, Classroom 1. *FEE*

April 13

Baby Care Basics

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

April 16

Cholesterol Plus Screening

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

April 16

CPR Heart Saver

9 a.m. - 3 p.m., CMAC, Suite 205, *FEE*

April 19

Blood Pressure Screening

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



Ask the Expert is an expansion of the former *Ask the Nurse* program. This program will still offer free onsite services provided by the Calvert Health System at Calvert County Senior Centers. A registered nurse will still be available as well as other healthcare professionals such as a registered dietitian, certified personal trainer and physicians to conduct targeted screenings. Contact your local senior center at the numbers at right for more information and specific dates and times.

**Southern Pines Senior Center
Lusby: 410-586-2748**

**Calvert Pines Senior Center
Prince Frederick: 410-535-4606**

**North Beach Senior Center
North Beach: 410-257-2549**

April 21

Dinner With the Dietitian

"Quick Healthy Meal for the Whole Family," 6 -7:30 p.m., PHC, *FEE*

April 23

CPR Healthcare Provider Course

9a.m.-3 p.m, CMAC, Suite 205, *FEE*

> MAY

Vascular Screening

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

May 4

Skin Cancer Screening

Noon to 1:30 p.m.
Calvert Dermatology, 130 Hospital Road,
#200, Calvert Medical Arts Center.
Call 410-535-8233, *FREE*

May 5

Lung Function Testing

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

MAY 7

CPR Healthcare Provider Course

9 a.m.- 3 p.m., CMAC, Suite 205, *FEE*

Osteoporosis Screenings

Women's Health Expo
9 a.m.-1 p.m.
College of Southern MD

May 14

CPR, AED & First Aid

9 a.m. – 3 p.m., CMAC, Suite 205, *FEE*

May 16

CMH Foundation Benefit Golf Classic

Old South Country Club,
Lothian, MD, *FEE*

May 17

Blood Pressure Screening

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

May 18

Baby Care Basics

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

May 19

Dinner with the Dietitian

"Portions vs Servings," 6 -7:30 p.m.,
PHC, *FEE*

May 21

Childbirth Education

9 a.m.- 5 p.m., CMH, Classroom 1, *FEE*

May 21

Cholesterol Plus Screening

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

May 21

CPR Healthcare Provider Course

9 a.m.- 3 p.m., CMAC, Suite 205, *FEE*

Calvert County's Free

Colorectal Cancer Screening Program

You must be:

- Age 50 or older, or have a family history of colorectal cancer. If you have a personal history of Crohn's Disease or Ulcerative Colitis, you may qualify at a younger age or are experiencing symptoms
- A Calvert County resident
- Uninsured or Under-insured
- Able to meet income guidelines

Call 410-535-5400, ext. 348 to see if you are eligible.

SAVE THE DATE

The CMH Foundation Benefit Golf Classic

MAY 16



Old South Country Club,
Lothian, MD

Call 410-414-4570 for details

Is Your Church Part of the Health Ministry Team Network?

Would you like to join the faith community and build a healthier community together? Monthly meetings are held the 4th Thursday of each month, 5:30-7:30 p.m., Classroom 1, CMH KeepWell Center.

SUPPORT GROUPS

Whatever your experience, you don't have to go it alone. Calvert Memorial Hospital offers an array of support groups where people help each other by sharing. All our support groups are FREE. Please visit our website www.calverthospital.org for a full listing of groups.

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

CALVERT MEMORIAL HOSPITAL

Live Well Challenge 2016

Let us introduce you to Camille and Richard.

Congratulations to **Camille Miller** of Huntingtown, MD and **Richard Henrichsen** of Lusby MD, who were selected to be the recipients of Calvert Memorial's Live Well Challenge 2016. It was a tough decision because all the essays that were submitted were excellent and we thank all the readers who took time to share their personal stories with us.

Camille and Richard will begin their Live Well Challenge by having a health risk assessment completed and then start using the tools we are providing to develop healthier lifestyles (year-long membership to the World Gym, four sessions with a personal trainer to set up an effective fitness program, four nutritional counseling sessions and four sessions with a wellness coach). We will document their progress on a quarterly basis in Calvert Health and let you know how they are doing.

We commend them for having the courage to make 2016 the year to commit to change and allowing us to share their journeys with you.

We wish them the very best of luck.



Name: Camille Miller

Goal: Improve my cholesterol, lose 100 pounds, and get back to a size 12

Inspiration: My family

Camille Miller

Q. What motivated you to participate in our Live Well Challenge?

A. I am tired of being overweight. I am 34, but often times I feel older. My knees ache. I have Achilles tendonitis. I have had cortisone injections in both rotator cuffs. I have intermittent chest pain. My weight affects my breathing, my movement, and my ability to live a satisfying life. I am honestly ready to break the cycle of insanity that I have been repeating for the last 15 or so years. However, it will only work if I am held accountable.

Q. Who/What inspires you to lose weight?

A. I have four children (12, 12, 4, 2) and I want to be an active mom for them and be here until they are old and have children and grandchildren of their own. As an only child, I want to be available to my parents as they age and outlive them as nature intended rather than have them watch me succumb to illness exacerbated by my excessive weight. I don't want to buy bigger clothes because what I used to wear doesn't fit. I want to feel attractive again all the time. I have gone through countless programs, even therapy, to understand why I eat and now that I do, I have got to take control.

Q. What are your goals?

A. My ultimate goals are to improve my cholesterol, lose 100 pounds, and get back to a size 12 from a size 22. I absolutely love dancing and I want to be able to perform again. My family LOVES to travel but I feel that my participation in activities is limited due to my decreased physical ability. I have worked hard and been able to find success in every other factor of my life except my health and that is the factor that scares me the most. My family is ready to support me. I just need the right tools to get going. I am more than happy to share every nook and cranny of my story to help others like me who are headed down the same path to turn it around before it gets out of control.



Name: Richard Henrichsen

Goal: Make lifestyle changes and fulfill my dream to finish a marathon

Inspiration: My family

Richard Henrichsen

Q. What motivated you to participate in our Live Well Challenge?

A. During a recent annual health risk assessment provided by my employer, I saw that, after being stable for couple of years, I had gained weight. At 6'0" and 350 pounds, I can't be content with staying the same, I need to make a lifestyle change and start a journey to better health. After years of saying "next year," I need a Live Well Challenge in 2016 for my long-term health, to be an example for my family and to put myself on a path to accomplishing a lifelong dream.

Q. Who/What inspires you to lose weight?

A. I am a married father of six who works for a defense contractor in Northern Virginia. Although my commute has allowed me to live in an area I have grown to love, it has taken a toll on me physically. Stress and long hours in the car contributed to a sedentary lifestyle and poor eating habits, which led to weight gain. Over the years I have started different diets and exercise routines, counted steps and even started Calvert's Biggest Loser Contest, but I have not succeeded in making the significant changes I needed to make.

Q. What are your goals?

A. I did not get to where I am in one year, and it will take more than one year to get where I want to be. I will need to walk before I can jog or run. In the end I hope to measure success not by how much I weigh, but what I will be able to do. In October 2016, my oldest son will return from two years as a missionary in Bulgaria. I want to meet him at the airport 50 pounds lighter than I am today. In July 2017, my second oldest will return from two years as a missionary in Belgium and the Netherlands. I want to be another 50 pounds lighter; a 100 pounds lighter than I am today. I hope to surprise them both and to be comfortable seeing myself in the pictures of those joyous reunions. In October 2018, I want to be able to run/jog/walk or if needed crawl across the finish line of the Baltimore Marathon. Success will be a healthy weight that will allow me to complete my dream of finishing a marathon.

Outdoor Living Playing It Safe

Spending longer, warmer days outdoors is a true Southern Maryland springtime pleasure. Whether you're on the water, in the woods or just hanging out in your backyard, it's important to take simple precautions to make everyone's fun in the sun safe and enjoyable.

pests, and also wear long sleeves and long pants in light colors so they are easier to spot. And when you're back home, check everyone for little hitchhikers, paying special attention to body creases such as underarms and behind the knees.

If you find a tick, remove it with tweezers by pulling gently and firmly straight up, then wash the area with soap and water. Because ticks can infect us with Lyme disease and other illnesses, keep a lookout for a rash at the site of the bite, and see a doctor if you develop a fever or experience unusual fatigue or neck stiffness.

Snakes come out of hibernation in springtime, so it's not uncommon to spot one sunning on a rock or even hunting for moles in your yard. Almost all of the snakes native to our area are non-poisonous (copperheads and timber rattlesnakes are the exceptions) and not aggressive, so if you give them some space they will slither away about their business. But it's a good idea to wear boots or shoes that protect your feet and ankles in wooded or rocky areas, and even near piles of firewood and yard debris.

Snakes may bite if startled, though, and the wound site can become red, swollen or infected. The American Red Cross suggests washing snakebites with soap and water, holding the bite area lower than the heart if possible, and seeking medical help to prevent infection.



DID YOU KNOW?

Last year Calvert treated 23 snake bites, 20 from copperheads.

A Walk in the Woods

Preventing Ticks and Snake Bites

Exploring nature is an adventure, whether you're searching for frogs by the edge of a creek, going on a picnic or taking a hike. And while spotting animals is a big part of the fun, some critters may try to socialize with you in ways you don't appreciate.

Ticks, for example, like nothing better than to hitch a ride out of their homes in tall grass and woody areas by burrowing under our skin. Use insect repellent to chase away these



Keeping Safe in the Water

Your favorite spring fling may be that first splash around in the Bay or the day the boat goes back in the water. Remember that spring showers and runoff from melting snow can make currents stronger than usual. Also, be aware of erosion on the banks of waterways, which might cause them to crumble or collapse.

Because many bacteria can live in standing and flowing bodies of water, never drink marine water. And because bacteria such as vibrio (which can cause dangerous ulcers and skin infections) enter the body through open sores, avoid wading when you have a cut or scrape even if it's covered with a bandage.

If you or a family member gets a puncture in natural waters, the Maryland Department of Natural Resources suggests immediately cleansing the wound with hand sanitizer if soap and clean water aren't readily available, and then showering and disinfecting again as soon as possible.

And of course, follow all U.S. Coast Guard regulations including wearing a Coast Guard approved personal flotation device and water shoes when boating, tubing or water-skiing, and supervise children near water at all times.



Sunscreen Tips



Sunscreen helps protect you and your family members from painful and skin-damaging sunburns, and consistent use reduces your risk of developing skin cancer caused by sun exposure.

When you choose a sunscreen, pick one labeled "Broad Spectrum"—that means it protects from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. The sunscreen should be SPF 30 or higher, and water-resistant (although no sunscreen is truly water- or sweat-proof, which is why you need to reapply it more often if you're swimming or exercising).

When you're outdoors, apply sunscreen generously to all exposed skin, even if it's a cloudy day. Reapply at least every two hours, and be especially cautious if you're near water or sand as they reflect sunlight.

Remember that the sun's rays are strongest between 10 a.m. and 3 p.m. so it's a good idea to limit exposure during those times. If you need to be outdoors, seek shade when possible and wear protective clothing such as broad-brimmed hats, long-sleeved shirts and beach coverups.

Free Skin Cancer Screening

Date: May 4, 2016

Time: Noon to 1:30 p.m.

Place: Calvert Dermatology

130 Hospital Road, Suite 200
Prince Frederick, MD 20678

*Register online at www.calverthospital.org
or call 410-535-8233*

Surgical Oncology Center Offers Advanced Surgical Care

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. Surgical oncologists are trained in both surgery and oncology and are experts at identifying and removing cancerous tissue.

Dr. Kurtis Campbell, Medical Director, and **Dr. Vadim Gushchin** lead the surgical oncology program at Calvert. Dr. Campbell is fellowship-trained in surgical oncology and brings particular expertise in gastrointestinal and complex abdominal surgery, as well as pancreatic and hepatobiliary surgery.

Dr. Gushchin, Director of Gastrointestinal Oncology at Mercy (*pictured left*), specializes in malignancies of the gastrointestinal tract and is exceptionally accomplished in minimally invasive surgery. His areas of expertise include the surgical management of advanced melanoma.

Having Dr. Campbell and Dr. Gushchin collaborating with our medical oncologists means our cancer patients receive comprehensive, expert services right here at CMH. In the question-and-answer with Dr. Campbell (*at right*), he describes his specialty, the relationship between Calvert and Mercy and its many benefits to our patients in greater detail.

To schedule an appointment at the Surgical Oncology Center, please call 410-414-2775.

Q&A

with
Dr. Kurtis Campbell



Q. What can you tell us about the specialty of Surgical Oncology?

A. Surgical Oncology involves the surgical management of cancers typically involving the endocrine glands (most notably the thyroid, parathyroids, and adrenals), breasts, esophagus, abdominal organs, soft tissue, and skin. The surgical oncologist is specialty trained in complex surgeries to remove tumors involving these structures and also in the multi-disciplinary management and coordination of treatment with other cancer-related specialties, including medical oncologists, radiation oncologists, other surgical specialists, nutritionalists, lymphedema specialists, social workers, and other services. Because of this specialty training, sometimes patients with complex surgical problems not involving cancer will also be referred to a surgical oncologist for their management.

Q. Why did you choose Surgical Oncology as your specialty?

A. Surgeons choose the specialty of surgical oncology for various reasons, the challenge of managing these complex problems likely being the most common. The complicated biology of cancer-related problems also draws individuals to this specialty. The impact of influential individuals during one's training should also not be underestimated. No doubt there are other reasons, but for me it was a combination of those three.

Q. How would you describe your philosophy of care?

A. There is no greater privilege or responsibility than to operate on patients with the intent to help them and improve their life situation. The patient puts complete faith and trust in the surgeon and this represents an ultimate in the spectrum of human relationships.

Q. What are some of the most satisfying parts of your career?

A. Playing a role in curing a patient of their cancer or correcting their surgical problem, thus improving and/or prolonging their life and their quality of life, is a very satisfying component of what I do.

Q. Would you please tell us about the collaboration between Calvert and Mercy Medical Center for treating cancer patients?

A. The collaboration between Mercy Medical Center and Calvert Memorial Hospital allows patients to receive state-of-the-art cancer treatment with that care coordinated, and when possible, delivered right near their home, utilizing the services and the local healthcare providers already familiar to them.

Individuals are initially seen and evaluated at Calvert. The surgical treatment is conducted at Calvert or Mercy, depending upon the complexity of the patient's problems. If the patient does come to Mercy for surgery, their follow-up care is delivered back at Calvert which streamlines care for all involved: the patients, their primary care physician, and any other sub-specialists involved in their care.

Dr. Reena M. Thomas Joins CMH

Reena Mary Thomas, MD is a board-certified endocrinologist who recently joined the Calvert Health system. "Engaging with my patients who have to deal with a wide range of endocrine-related disorders and empowering them along their journey to optimal health is the goal of my endocrinology practice," says Dr. Thomas.

Dr. Thomas began her medical training in India, and then moved to the United Kingdom where she completed an endocrinology fellowship and was involved in multiple clinical research studies in Type 1 diabetes mellitus. After moving to the United States, she completed her internal medicine residency at Greater Baltimore Medical Center, Towson MD and obtained her fellowship in endocrinology at Duke University Medical Center, Durham, NC.

In her new practice in the county, Dr. Thomas provides comprehensive care for people with diabetes mellitus; thyroid, adrenal and pituitary gland disorders; pregnancy with endocrine disorders; osteoporosis and parathyroid bone disorders; basic reproductive endocrinology and transsexual medicine. One of her passions is helping children with endocrine disorders to transition to adult endocrinology.

"Patients with endocrine disorders have different perspectives of their conditions and the treatment of their conditions must reflect their own objectives."

Dr. Thomas continues, "It's important to provide management that helps them reach their goals."



To find out more about Dr. Thomas or to inquire about other doctors at Calvert, call our physician referral line at 1-888-907-8773.

An Advocate, Entrepreneur and Inspiration

Marianne Harms - Continuing the Legacy

“The emotions women face within these walls run from fear, to joy, to fierceness. It’s a place where a woman comes to terms with herself – inside and out.”

- Marianne Harms

In the multidisciplinary center where women come from around the region for breast care, is the newly named **Marianne Harms Women’s Care Suite**. On Thursday, Jan. 21, the Calvert Memorial Hospital Foundation celebrated the generosity of a woman well known for giving back to her community. She is a philanthropist, savvy business woman and an advocate for many causes, especially the **Sheldon E. Goldberg Center for Breast Care at Calvert Memorial Hospital**. Marianne’s recent \$100,000 donation expanded the capacity of the breast center, making it possible to add exam rooms, enlarge its library and improve access for the community.

Dr. Sheldon E. Goldberg was once her breast doctor. After his tragic death in 2011, the center he championed was named in his honor. Over the years, it has continued to grow, adding surgical expertise and specialized services for high risk patients. Most importantly, it provides a place where local residents can find comprehensive and coordinated breast care close to home. **Dr. Ramona Crowley Goldberg**, the wife of the late Dr. Sheldon Goldberg, continues to steward the center in her husband’s honor. “Marianne’s gift enables the center’s expert team to compassionately care for each patient who comes here in a way that continues Sheldon’s vision of service and model of excellence,” she said.



Marianne Harms
Women’s Care
Suite



Marianne (above) is joined by Calvert Health System CEO Dean Teague (center) and Foundation President Mark Davis to celebrate the momentous occasion.

Marianne (center) and Diane Couchman, chief nursing officer at CMH, look on as Gordon Buchanan, son of Marianne, honors his mother. In the background, a picture of the late Dr. Sheldon E. Goldberg is featured in the center which bears his name.



Marianne celebrates this milestone in the center's history with Dr. Ramona Crowley Goldberg (below left), wife of the late Sheldon Goldberg.



"It's such a pleasure to give back to my community knowing I can make a difference. I believe everyone can do something. Even the smallest gesture inspires others to do the same," she said. Marianne and her late husband, John Harms Sr., served on many boards over the years, but this donation was a chance for her to do something on her own. She is steadfast in her commitment to local causes and has devoted her time, energy, and resources to Asbury Solomons, Annmarie Sculpture Garden and Arts Center, The Calvert Garden Club, Calvert Marine Museum, Jefferson Patterson Park and Museum, and currently the Calvert Memorial Hospital Foundation.

In 2007, John and Marianne built the **Harms Healing Garden** which is situated in a quiet corner outside the emergency room at the hospital. Patients and family members can sit on a bench, listen to the water trickling through a small basin, and hopefully, find some tranquility. Now, she is hoping that women can find that same strength at the breast center. "Being able to have access to the latest breast care treatment options close to home eases the minds of so many women," she stated. "The emotions women face within these walls run from fear, to joy, to fierceness. It's a place where a woman comes to terms with herself – inside and out. And, while my diagnosis was a clean bill of health, the emotions were there. And, it's in those times, I had to dig deep and find strength."

The Marianne Harms Women's Care Suite is open in the Sheldon E. Goldberg Center for Breast Care located in Suite 201 in the Calvert Medical Arts Building. The center gives women access to an experienced team of breast health experts and sophisticated technology. For more information, visit www.calverthospital.org or call 410-414-4700.

Pink And Blue Charity Event Raises Funds for Local Hospitals



Members of Old South Country Club visited Calvert Memorial Hospital to present a check to the Foundation to support breast and prostate cancer treatment programs. Proceeds were generated from the Pink and Blue event, now in its 6th year, which features a 5K walk/run, tennis and golf tournaments and is sponsored by the Old South Charitable Trust.

This year's event, held in October during Breast Cancer Awareness Month, was in honor of Monica Chaney, Wout Coster, and Edwin Dosek, all of whom were longtime members of the Old South family.

Over the years, the event has generated more than \$163,000 to raise awareness and assist patients with prostate and breast cancer. The Honorable Steve Clagett, speaking at the tournament said, "We are happy to assist and remember our friends and families touched by cancer. It's our way of giving back to a community we love."

The next Pink and Blue event is planned for October 22, 2016.

From left to right: Theresa Johnson, executive director of the CMH Foundation; Pink and Blue co-chair Diana Doswell; CMH CEO and President Dean Teague; Mickie Frazer, president of Old South and CMH Foundation board member; and the Honorable Steve Clagett, Old South member and upcoming co-chair of the 2016 Pink and Blue event.





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

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RESIDENTIAL CUSTOMER

Save the Date!

**Saturday,
 May 14**

3rd Annual Women's Health EXPO

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

Sponsored by the Calvert County Commission for Women with Calvert Memorial Hospital, the Calvert County Health Department and the College of Southern Maryland.

When: Saturday, May 14, 2016, 9 a.m. to 1 p.m.

Where: College of Southern Maryland, Building B
 115 J. W. Williams Road, Prince Frederick, MD 20678

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

- ✓ Educational displays
- ✓ Healthy eating demonstrations
- ✓ Exercise demonstrations
- ✓ Free screenings
- ✓ Skin exams
- ✓ Breast exams
- ✓ Osteoporosis screenings
- ✓ HIV testing
- ✓ Body fat

PRESENTATIONS

Speaker: Karen Mohn,
 CMH Registered Dietitian

Topic: "Food Becomes You"

Speaker: Suzanne G. Haynes, Ph.D.
 Senior Science Advisor at the Office
 on Women's Health U.S. Department
 of Health and Human Services

Topic: "The New Breast Cancer
 Screening Guidelines"

Watch for More Details!

