

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

calverthealth

WINTER 2016

Easy
Heart-Smart
Swaps To Make

**All Private
Rooms**
on the Horizon

Doctors
Share What
They Do to
Stay Healthy

Take the
**Live Well
Challenge**
in 2016

An Inspiring Story
on Living with
Depression





CRISPY, SPICY
CHICKPEAS
PG 4

A Message from the President



It's Never Too Late to Start

A new year is just around the corner. This is the perfect time to take a look at where you can make small, but smart, changes that can make a big difference to your health – like drinking more water or joining a yoga class. The answer for me was making time for regular exercise. Now, I get to

the gym at least four times a week, eat more vegetables (I still hate peas!) and I quit putting that bag of candy in my car. Somehow, it was always gone when I got home.

A year later, I'm 20 pounds lighter and have a lot more energy. My family's happy about it but I really did it for me. And you can, too. In this issue, we give you lots of ideas for heart-healthy snacking on the go plus five easy food swaps that can help you cut down on calories, fat and sodium. And be sure to check out our latest video that shows how good hand hygiene can help protect you and your family during cold and flu season.

I think you'll find Jean's story on losing weight and Jen's optimistic outlook in the face of living with depression as inspiring as I do. These brave women took the steps they needed to get healthier – teaching us all it's never too late to start. When you're ready – we're here to help.

Dean Teague
President and CEO

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>TRENDING TODAY

On the Horizon

Hospital Converting to All Private Patient Rooms

ADVANTAGES

- ✓ More privacy
- ✓ Better sleep
- ✓ Extra space for family/visitors

All in all, happier, healthier patients.

Calvert Memorial Hospital (CMH) has announced it is converting to all private rooms for its patients by 2020. On the horizon are plans to begin construction of a three-story tower in 2017 that will house spacious, modernized private rooms and staff support areas on the upper floors with administrative offices and outpatient services, including a much-expanded infusion therapy center, on the ground level.

The current timetable has this phase being completed in 2019. Then renovations would get underway to convert existing double rooms on the hospital's medical-surgical units to private rooms. The entire project will take approximately three years to complete.

According to CMH President and CEO **Dean Teague**, the new, larger private rooms will offer many advantages for patients. "Studies have shown that private rooms are better for patient healing, help healthcare workers do their job more efficiently, encourage family members to stay with the patient and become more engaged in their care and offer more privacy for bedside treatments and sensitive discussions."

"Bottom line," he added, "increased privacy allows our patients to get a decent night's sleep."

Hospital officials say the current semi-private rooms are too small and it makes it hard to move equipment in and out as needed for patient care. This project would bring all patient rooms up to the new hospital standard code. The

designs also provide for larger staff support areas closer to patients for more efficient treatment.

Additionally, they say the increased private room capacity will minimize wait times for emergency department admissions that has sometimes been a factor because of room availability. Studies also show that patients recover more quickly when family members are able to stay and participate in their care.

As part of this process, the hospital has applied for a Certificate of Need from the Maryland Health Care Commission (MHCC), which regulates licensed bed capacity in the state in order to control healthcare costs.

The MHCC review is designed to ensure that new healthcare services and facilities are developed as needed. Proposals are evaluated based on specific criteria including cost effectiveness, quality of care and access to care.

The Commission will consider various factors such as the number of admissions to CMH, how many people are treated in its emergency department, the demographics of Calvert County and how long patients typically stay before being discharged.

Calvert Memorial will have the opportunity to present its case at a public hearing before a decision is made. Residents can show their support for the project by submitting comments to the commission on the hospital's website at: www.calverthospital.org/AllPrivatePatientRooms

The proposed \$50 million project is the largest in Calvert Memorial's history. When complete, one-fourth (76,485 square feet) of the hospital will be new or rebuilt.



Tips for Heart-Healthy Snacking on the Go

American Heart Month is a time to think about what we can all do to live heart-healthy lives. Eating right and moving more are two of the best ways to help prevent heart disease. Both can help you maintain a healthy weight, manage blood pressure and control cholesterol.

Finding time to exercise is a challenge we all face. But the facts are clear – by exercising for as little as 30 minutes each day you can reduce your risk of heart disease.

The American Heart Association also recommends choosing a diet rich in fruits and vegetables, whole grains, and to include nuts and seeds, fatty fish and heart-healthy fats in moderation. Easier to do when at home but what about when we're on the go – the trick is to plan ahead.

With a little preparation, here is a week's worth of satisfying snacks that can help you to avoid those high-fat, high-sugar treats that tempt us at every turn.

- ✓ **Nuts** – Walnuts, almonds and hazelnuts are all great options. Choose the unsalted kind and limit yourself to one serving or 1.5 oz. at a time (roughly one handful).
- ✓ **Fruit and yogurt** – Top a serving of plain, regular or Greek yogurt with one-quarter cup of fresh fruit such as berries, cherries, or pomegranate (frozen works as well).
- ✓ **Apples and peanut butter** – Cut an apple in thin slices and top with a tablespoon of peanut butter. For added crunch, top it with a few slivered almonds.
- ✓ **Hummus and veggies** – Slice peppers, cucumber, broccoli, green beans or whatever veggies you like and take along with two tablespoons of hummus.
- ✓ **DIY froyo** – Blend a cup of your favorite fresh or frozen berries in a blender or food processor with a cup of non-fat yogurt and freeze.
- ✓ **DIY pizza** – Take half of a whole grain English muffin, top it with chopped tomatoes, a small amount of low fat mozzarella cheese and Italian seasoning. Place it in the toaster oven to heat.
- ✓ **Oatmeal** – Microwave a quarter-cup of oats with water and top with half a banana and some slivered almonds or raisins and cinnamon.

Crispy, Spicy Baked Chickpeas

These flavorful roasted chickpeas are an awesome alternative to those not-so-healthy snacks.

1-15 oz. can no-salt added chickpeas, drained and rinsed
1 tablespoon olive oil
½ teaspoon smoky paprika (or chili powder)
½ teaspoon cumin
Pinch of kosher salt

Preheat oven to 400 degrees and line a rimmed baking sheet with parchment paper. Pat chickpeas to dry and mix with oil and seasonings in a small bowl.

Spread chickpeas on lined baking sheet evenly so that they are not touching and bake for 30 minutes. Turn heat off, and keep chickpeas in oven until cool. These can be stored in airtight container for up to one week. *If flavor is too mild, feel free to kick up the spice!*

NUTRITION FACTS

Each ½ cup serving – 175 calories, 11 grams protein, 1 gram fat, 12 grams fiber and 35 grams carbohydrates

Source: American Heart Association

What's the Difference?

Below are five heart-smart food swaps that can help you cut down on calories, fat and sodium. With just a few simple substitutions, you can boost your nutrition and they also taste great.

Source: American Heart Association

Mayonnaise VS. Avocado

Per tablespoon, avocado has about one-quarter of the calories of mayonnaise, and they're mainly heart-healthy fats, plus B vitamins, vitamin C and potassium.



Avocados also provide nutrients and fiber that you won't get from mayo. Add a little lime juice and a dash of cayenne and you have a tasty spread for sandwiches.

Vegetable Oil VS. Unsweetened Applesauce

There are 120 calories and 13 grams of fat in 1 tablespoon of vegetable oil compared to just 49 calories and 0.6 grams of fat for one-half cup of unsweetened applesauce.



By replacing half the oil in cakes, brownies and muffins with unsweetened applesauce, you can reduce the calories without sacrificing flavor.

Salt VS. Citrus Juices

Instead of a sprinkle of salt (after the dish has been cooked,) squeeze a bit of lemon or lime juice over chicken, fish, rice or vegetable dishes.



Citrus juice brings out the flavor without adding sodium. Almost everyone could benefit from cutting down on salt in their diet.

Bread Crumbs VS. Rolled Oats

Pulse oats, which are cholesterol-lowering, in a food processor until you get desired consistency (like bread crumbs). Use in "breading" chicken tenders, chops or fish.



You'll add fiber and there's no sodium in oats compared to 395 mg in one-half cup of bread crumbs. It's also great in casseroles and your favorite meat loaf recipe.

Sour Cream VS. Greek Yogurt

One tablespoon of sour cream has 31 calories and 3 grams of fat. Greek yogurt has half the fat and calories, yet the taste and texture are virtually the same.



When substituting in dips and salad dressings, you can just use the same amount. Can also be used in baked goods but taste will be a little bit tangier.

RX for All Senior Citizens

Did you know that physical activity helps you live longer? That it can actually reduce health risks? Regular exercise helps control blood pressure, body weight and cholesterol levels and reduces the risk of heart attack and stroke.

A well-balanced fitness program holds other benefits for you, too. It conditions muscles, tendons, ligaments and bones to help fight osteoporosis, keeps your body more limber and stabilizes your joints, lowering the risk of everyday injury. Regular physical activity can even help you maintain your independence.

Physical exercise is also probably the best all-natural laxative you'll find. It not only improves digestion, but exercise is also good for managing lower back pain, arthritis and diabetes. And recently, there's been more indication that an active lifestyle helps lower the risk for certain types of cancer.

But maybe the best reason for incorporating regular exercise into your life is that you'll feel better and enjoy life more. Exercise helps you sleep better, manage stress better, and gives you more endurance to enjoy work and play.

Source: American Council on Exercise



Keep Moving!

If you are interested in increasing your activity level, Calvert Memorial offers a number of options:

Start walking. You can walk anywhere, any time and it costs nothing. CMH sponsors a walking club at Patuxent Health Center in Prince Frederick every Wednesday from 3:30 to 4:30 p.m. You can also go online to www.calverthospital.org to download a guide to all the walking trails in Calvert County.

Calvert Memorial also offers many yoga classes for seniors at locations throughout Calvert County. **Chair Yoga** is available in Solomons, a gentle yoga that is designed for those who are wheelchair bound, have limited mobility or suffer from fibromyalgia, chronic fatigue, arthritis or severe back pain.

To see if you might be interested, go to www.calverthospital.org/ChairYoga and watch an instructional video of Susan Skow, our certified yoga instructor, demonstrating how it is done.



For patients with other medical issues, the hospital offers **TLC Exercise** and a **Cardiac/Pulmonary Rehabilitation** program. TLC is designed to meet the needs of individuals with heart disease, arthritis, diabetes, obesity, high cholesterol or high blood pressure. After you obtain your physician's consent, our certified trainer measures your fitness level and develops an exercise program for you. Supervised exercise is available Wednesdays and Fridays from 9 a.m. to 12 noon. You can work out at your own pace for a duration right for you. The cost is \$25/month. Additional assessment fee, \$25. For more information, call **410-535-8233**.

Our Cardiac/Pulmonary Rehabilitation program also offers individualized, tailored exercise programs for cardiac and pulmonary patients with supervised medical monitoring. A physician referral is required. For more information, call **410-414-4527**.

We also offer an exercise program tailored to your specific physical conditions due to chronic pain or obesity. Call Calvert Physical Therapy and Sports Fitness Center at **410-535-8180** or Cameron at **410-535-3100**.

>CALVERT PROUD

As head of the Calvert Health System, I just wanted to share with you letters from our community and why I am so proud to work here.

- Dean Teague, President and CEO

from our
patients



Dear Mr. Teague:

On Friday, October 9 members of your ER staff did an exceptional job taking care of my husband, Michael Nova, who had cut himself badly with electric hedge clippers. They cut through his nail, fractured the bone at the tip of his left forefinger and cut his finger in three places. He thought he might lose the tip of his finger.

We are very grateful for the service provided by the following ER staff members::

Reception: *Amber Martin, Rachel Boyd and Chastity Smith were efficient, courteous, calming and helpful. Amber helped us fill out the forms and went the "extra mile."*

Triage: *Patti Smawley, RN, was great.*

PA: *Barry Meyers was outstanding in treating and stitching the wound. He was so proficient and calm, he put me at ease and my husband hardly felt a thing. He made it all seem so effortless. Many thanks! His shadowing PA-in-training was very nice, too (Catherine).*

RN: *Marsha Sturgis was also very efficient and considerate of my husband's and my needs and performed her duties in an outstanding manner.*

Doctor: *Dr. Drew Fuller also came in and gave us final instructions and made sure we were well taken care of.*

I love living in Calvert County and am proud that we have such a fine hospital. My/our deepest thanks to all.

*Very Respectfully,
Elizabeth A. Nova
St. Leonard, Maryland*

Dear Mr. Teague:

Recently I was admitted as an emergency patient to your hospital. From my admittance to my release, I was afforded exceptional care and emotional support far beyond my expectations.

The nurses who attended me were not only competent but compassionate as well.

All of your staff was supportive and at call throughout my stay. At age 93 you can well surmise I have been hospitalized on many accounts in various hospitals.

Calvert Memorial is a standout in my estimation and I congratulate you and your staff in your efforts to make it so.

*Sincerely,
Daisy Ellen Beinhorn
Solomons, Maryland*

Living With Depression

Jen Lundeen, Health Educator, Community Wellness

“Most people that know me would never guess that I have a mental illness. I am a bubbly, athletic optimist who rarely takes her rose-colored glasses off. I have the most wonderful husband and three fantastic children.”

My mother and siblings and I are very close. I have dear friends and a great job. I'm very physically active. I have run many marathons including four Boston Marathons, which is the pinnacle of success for most running geeks like me.

I have also struggled with depression for many years. Even with what I would consider a “charmed life,” depression has gripped me and brought me to the depths of desperation. Honestly, if you have never experienced this feeling (and I hope you never do), you simply cannot understand it. Depression robs you of hope – for feeling better, for getting through the next day or even the next few hours. It robs you of hope for a brighter future. It robs you of your physical, mental and emotional energy. It's almost surreal; it's as if you are looking at yourself but you don't recognize yourself at all.

My father suffered horrifically from Bipolar Disorder. Thankfully, after many years, he agreed to take the proper medications and we saw the kind, gentle and loving man that he truly was. Mental illness is prevalent throughout my family history, so perhaps there is a genetic component to my own depression. I am writing my story to rip the proverbial Band-Aid® off mental illness. In our family, we always tried to keep my Dad's





Do You Think You Might Be Depressed?

illness a secret and, honestly, not much has changed in the last 40 years! For whatever reason, there is shame associated with mental illness. My mother (who is a saint by the way) used to say it would have been easier if my Dad had cancer. She, as a caregiver, suffered in silence as I'm sure many people still do today. This has to change!

One in four American adults experience mental illness in a given year. However, there is help out there. Effective use of medication and talk therapy can greatly improve the quality of life for those suffering with mental illness. It wasn't until my third bout of depression that I sought out therapy. The gold standard treatment for depression is medication *and* therapy. What a difference that made for me! (Thanks Dr. L and Dr. O).

I am also blessed to have an outstanding support system. I told my family, co-workers and friends that I was seeking help for depression. What a relief that was! That allowed all of them to help me in such a special way. I owe such a debt of gratitude to my family and friends. My "work family" was nothing short of incredible. I felt so loved and I'm sure that's what has contributed to my wellbeing today. I also have a strong faith and I knew I wasn't ever on this journey alone.

I don't necessarily think that this is an inspirational story. It's just *my* story. However, if someone reads this and seeks treatment for their mental illness, it will *become* an inspirational story. In the immortal words of my sister "Life is too short to be miserable." Seek help if you need it. Support people in their struggles. Be compassionate and empathetic to all you encounter. Embrace life in all its wonder. Everyone deserves to love the life they live."

According to the National Institute of Mental Health, symptoms of depression may include the following:

- Difficulty concentrating, remembering details and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Persistent sad, anxious or "empty" feelings
- Thoughts of suicide, suicide attempts

If you recognize any of these symptoms, seek help. The first step is to visit your doctor or a mental health specialist. Certain medications, and some medical conditions such as viruses or a thyroid disorder, can cause the same symptoms as depression. A doctor can rule out these possibilities by doing a physical exam, interview and lab tests. If the doctor can find no medical condition that may be causing the depression, the next step is a psychological evaluation.

Your doctor may refer you to a mental health professional, who should discuss with you any family history of depression or other mental disorder, and get a complete history of your symptoms. You should discuss when your symptoms started, how long they have lasted, how severe they are, and whether they have occurred before and, if so, how they were treated. The mental health professional may also ask if you are using alcohol or drugs, and if you are thinking about death or suicide.

If you need to find a mental health professional, call the physician referral line at your nearest hospital. If you do not have health insurance, your local health department can help. In addition, most employers have EAPs—Employee Assistance Programs—which usually offer counseling services. Depression, even the most severe cases, can be effectively treated. The earlier that treatment can begin, the more effective it is.

Source: National Institute of Mental Health

calendar of

Here are some highlights of our winter 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 December 18.

JANUARY

Cervical Health Awareness Month

Vascular Screening

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

January 4

Registration for Winter Biggest Loser Challenge, 8 a.m -5 p.m., KeepWell Center, *FEE*

January 6

Weight Loss for Life Plus

Begins January 6 - February 10, February 24-March 30. 5:30 -7 p.m. PHC, *FEE*



January 6

Freedom from Smoking

Eight-week program with afternoon and evening classes. Holiday Inn Express, Prince Frederick. Call 410-535-5400, Ext. 359. *FREE*

January 7

Lung Function Testing

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

January 13

Baby Care Basics

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

January 19

Blood Pressure Screening

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

January 21

Dinner With the Dietitian

"Calories In, Calories Out," 6 -7:30 p.m., PHC, *FEE*

FEBRUARY

American Heart Month

Vascular Screening

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

February 4

Lung Function Testing

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

February 6

New Fingertick Cholesterol Screening

Get immediate results. By appointment only. Minimum age 18. CMH, Cardiac Rehab. 7-9 a.m. *FEE*

February 8

Big Kids and Babies

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

February 16

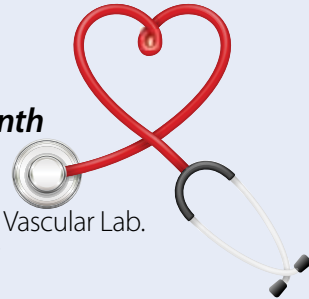
Blood Pressure Screening

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

February 17

Baby Care Basics

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

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 below 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

events

winter 2015



February 18

Dinner with the Dietitian

"Update on Heart-Healthy Diet,"

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

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 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.

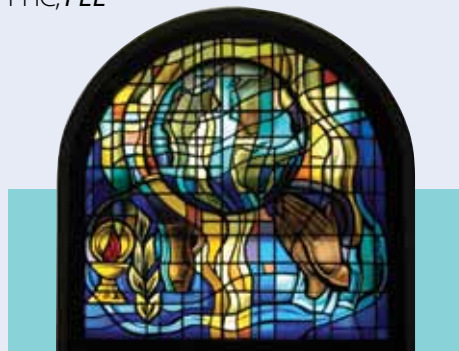
PHC, *FEE*



Naloxone (also known as Narcan®) Training Coming Soon!

Learn How to Save a Life!

In early 2016, the Calvert County Health Department will provide a series of free overdose response courses, open to community members. These courses will teach participants how to recognize and respond to an opioid overdose by administering Naloxone. Naloxone kits will be given to those completing the one-hour course, to be used in case of emergency. Training courses will be offered monthly throughout the county. Check the CMH website at www.calverthospital.org or the Calvert County Health Department website at www.calverthealth.org in late 2015 for exact dates and locations, and details on how to register. You can also contact Kirsten Forseth, Calvert County Health Department, at **410-535-5400 ext. 341**.



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.



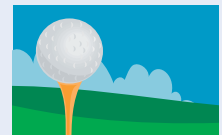
SUPPORT GROUPS

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.

SAVE THE DATE

The CMH Foundation Benefit Golf Classic

MAY 16



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

CMH Success Story

I Lost 70 Pounds in One Year!

My name is Jean Morsell and I am a Correspondence Tech in the Health Information Management Department at Calvert Memorial Hospital. When Dean Teague, our President and CEO, asked the CMH family to share their health success stories, I decided to share mine. I lost 70 pounds in one year!

I have always battled my weight and I knew from my quarterly health risk assessments through the KeepWell@Work program at the hospital that it was my biggest risk factor. Because the hospital places so much emphasis on living a healthy lifestyle, I kept trying to lose weight; I even participated in the hospital's Biggest Loser contest five years in a row.

But, in 2013, I got serious. I had to—I weighed 229 pounds and wore a size 16/18. Then I got sick in December and it made me really think about my health. I knew what I had to do and I knew it was going to be very, very hard because I like to eat. My husband and I always watched the *Biggest Loser* but now I really started listening to their tips.

I also changed how I eat. I would get up and eat a yogurt with protein and fruit for breakfast and drink an eight-ounce bottle of water. For lunch, I would have whatever I brought from home or get a salad from the cafeteria when I was at work. For dinner, I would have another small salad and a lot of water—I was drinking nine 16-ounce bottles of water every day and I also started chewing gum to help with cravings. I went to the gym four days a week and took the Zumba® class that you burn over 500 calories in a class.

The first week I was so hungry and going through withdrawal from sweets (candy is my weakness). I was starving and didn't think I could do it. But between my faith, the support of my husband and determination, I stuck to it. Today, I am wearing a size 8 and weigh 159 pounds.

I have never felt healthier and, now, I have to keep the weight off, not just for me, but for my children. You see, my husband passed away suddenly in October 2014 and as a single parent, I need to be healthy for my kids' sake. Keeping it off is hard but I am committed. Now, I drink fresh smoothies in the morning, lunch is my big meal of the day and, for dinner, I have something very light. I am still drinking a lot of water and chewing my gum.

"I am so proud of myself, and I hope by telling my story, it will inspire someone else to try. If you do try, do it for yourself and not anyone else. And rely upon your faith—it made the difference for me."





Live Well Challenge 2016

Would you like to do what Jean did? Calvert Memorial is going to make it easy for one lucky person. We are sponsoring a Live Well Challenge contest that is a win-win for someone who really wants to lose weight. Here's how it will work: Write an essay (500 words or less) and tell us why we should help you lose weight. Be sure your essay includes what motivated you and what your fitness and weight goals are. We will provide the tools you need for a successful journey: a year's membership at a World Gym that is closest to you, four sessions with a personal trainer, four sessions with a nutritional counselor and a wellness counselor. If your essay is selected, the only thing you will have to do is be willing to let us document your journey. You will start with a health risk assessment, have quarterly checks and weekly weigh-ins. If health risks are identified during your health assessment, a physician's consent may be required. The deadline for entries is December 31st; you must be a resident of Calvert, St. Mary's or Charles Counties. Please submit to mfowler@cmhlink.org. The actual program will begin in mid-January.



KeepWell @ Work

As evidenced by Jean's success story, Calvert Memorial Hospital is dedicated to improving the overall health of their own workforce and businesses in our community. Help your employees take charge of their health by establishing a worksite wellness program. No matter how large or small your company, Calvert Memorial can design a customized program for your worksite. It's to your advantage because employee wellness is vital to any successful business. Healthy employees need less medical care and take fewer sick days. KeepWell@Work provides employers the tools they need to effectively manage the health of their employees. For more information, call **410-535-8233** or email: KeepWell@cmhlink.org.

Overcoming Temptations

Even Our Healthcare Professionals Struggle

With all their knowledge, you probably think that doctors don't struggle with the same healthy lifestyle choices that we do. Not so. They are just as vulnerable as we are but have found healthy ways to manage their challenges. We asked them to share their secrets...



Dr. Jean-Marc Voyadzis

Neurosurgeon, Center for Neuroscience at Calvert Memorial Hospital and MedStar Georgetown University Hospital

"Juggling long hours at work with a family life leaves very little time for exercise and a healthy diet."

"I prefer to walk to every destination when possible. If you're able, use the stairs! It is upsetting to see healthy folks take the elevator just to go up one or two floors. As we get older, our metabolism slows, which is why our nutritional intake is ever more important. I used to eat very little during the day due to my surgical schedule and have a large meal at night, which it turns out is quite unhealthy. Have well-balanced meals and snacks throughout the day to maintain your energy level without overindulging. Raisins, almonds and yogurt are my favorites between surgeries because they give me energy rather than drain it."



Dr. Kenneth Abbott

Medical Oncologist, Calvert Oncology & Hematology Associates

"I was never very athletic as a child and I definitely had - still have - a sweet tooth."

"During medical school and residency training, this double-edged sword caught up with me. With long hours of studying at a desk or working in the hospital wards and clinics with irregular and often unbalanced meals, it was easy to pack on the pounds. By the conclusion of my training years I was the heaviest I'd ever been. This all came to an end about 20 years ago when I committed myself to making time for regular physical exercise. Thirty minutes of moderately intense aerobic exercise three times a week took 35 pounds off and brought me well within ideal body weight, where I have managed to stay ever since despite the ravages of aging. And I try to watch the calories but can still enjoy my favorites."



Dr. Renee Bright

Gastroenterologist, Calvert Internal Medicine Group

"It is often true that doctors are the worst patients. With the demanding challenges of medical school, I learned to run on little sleep and grab whatever food I could to get by. I did not learn healthy habits before becoming a doctor and, like everyone else, I struggle with living a healthy lifestyle."

"Over the years, I have gone up and down, eating well and making healthy lifestyle choices. When I focus, I make breakfast a priority. I like to have cereal in the morning without sugar and I use fruit and low fat milk. Yogurt mixed with mini wheat pieces for texture is another favorite. My diet also consists of daily servings of fruits and vegetables; I especially enjoy collard greens, broccoli, and spinach. At night, I drink lots of cold water, which helps me resist the urge to snack. Above all, I have found rest and relaxation are the key ingredients that replenish me when I grow weary. We only have one body to use for whatever purpose you believe you are meant to serve."

Ask the Doctor

We always seem to have medical questions that we want answered or have forgotten the answer to. We thought you might have some, too. So we asked Dr. Michelle Folsom, board-certified family medicine physician with Calvert Primary Care Prince Frederick, the following –



Dr. Michelle Folsom

Q What Internet resources can I trust for medical information?

I generally point people to the following websites: For adults—Mayo Clinic (<http://www.mayoclinic.org/patient-care-and-health-information>), cdc.gov as well as aafp.org (<http://www.aafp.org/patient-care.html>). For pediatrics, [healthychildren.org](http://www.healthychildren.org), and for immunization information—CHOP's website—<http://www.chop.edu/centers-programs/vaccine-education-center>.

Q When do you use hot versus cold?

There aren't great randomized controlled studies about hot vs. cold although most of us recommend keeping recently injured areas cool so we can reduce inflammation and swelling (which thereby reduces pain and increases mobility of the joint affected). Heat usually relieves muscle tightening so most would use warm compresses for muscle spasms, menstrual cramps, etc. The following website, <http://health.clevelandclinic.org/2014/08/should-you-use-ice-or-heat-for-pain-infographic/>, has a good resource for heat/cold recommendations.

Q If you are diagnosed with prediabetes, can you eat right and exercise enough for it to go away?

About 50 percent of those diagnosed with prediabetes can reduce their risk of becoming a diabetic with diet and exercise alone. Otherwise, medications can help. It's best to try diet and exercise to reduce risk first and foremost (and continue those guidelines for lifetime). Also if you've had gestational diabetes, you have an increased risk of diabetes so you should be sure to maintain a diabetic diet and regularly have your labs checked for diabetes. Here is a good link to diabetes prevention—<http://www.cdc.gov/diabetes/prevention/recognition/index.htm>.

Q What is the best advice you like to give your patients?

What I like to highlight with my patients is prevention—from vaccines to routine testing. People need colonoscopies starting at 50 if you are average risk. They need mammogram testing starting at 40 years of age or sooner based on risk factors in the family. Everyone should get at least one physical examination with fasting labs in their 30s and 40s and routinely every year in their 50s. This is important for checking blood pressure, cholesterol levels (which we can't tell as there are no symptoms) and sugar levels for prediabetes and diabetes. It's also a time to update tetanus shots, which includes protection from whooping cough. Whooping cough has made a resurgence nationally and locally and is extremely contagious and serious for little ones.

Calvert Memorial offers many of the preventative screenings Dr. Folsom suggests at no or low cost:

Free blood pressure checks are held the third Tuesday of every month from 11 a.m. - noon in the KeepWell Center. *No appointment required.*

Cholesterol testing is done by appointment at various times throughout the year in the KeepWell Center. Call 410-535-8233.

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. Call 410-286-7992.

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

Everyone needs a primary care doctor. If you do not have one, call the Physician's Referral Line at 1-888-906-8773.

New OB/GYN, Family Physician Join CPA



Calvert Physician Associates is pleased to welcome board-certified obstetrician and gynecologist **Dr. Ranette Marshall** (top left) to Calvert Women's Center and board-certified family medicine physician **Dr. Sylvia Batong** to Calvert Primary Care Prince Frederick. They join the more than 20 primary care physicians, nurse practitioners, physician assistants and specialists that comprise the CPA network.

Dr. Marshall, who has 15 years of experience in both private practice and large hospital settings, offers a full range of obstetrical and gynecological health services for women of all ages, from the adolescent to the menopausal woman and beyond. She joins the OB/GYN team at Calvert Women's Center that includes **Dr. Aparajita Mahata** and **Dr. Mitra Nassirae**.

Dr. Marshall earned her medical degree from the Ohio University College of Osteopathic Medicine and completed her residency in Obstetrics and Gynecological Surgery at St. Joseph's Mercy Hospital. She is a Fellow of the American Academy of Osteopathic Obstetrics and Gynecology (FACCOG).

"I chose Osteopathic Medicine," said Dr. Marshall, "because of its focus on the whole person – mind, body and spirit. I believe it is all interconnected and you can't treat one without understanding what's going on in the others. My goal is to help every one of my patients feel special and empowered as it relates to their 'whole' health."

Dr. Batong, who has been in practice over 20 years, provides personalized health care for the whole family including health screenings, preventive medicine, complete physicals, well baby checks, immunizations and annual gynecological exams.

She is a graduate of New York Medical College and completed her residency training at Dewitt Army Hospital. Prior to medical school, Dr. Batong served two years as a Peace Corps volunteer in a rural health unit in the Philippines. She also served four years in the US Army Medical Corps.

"I try to know everything I can about my patient's life – work, marital, social. It's all important to providing good care," she said. "For example, it's not just about treating their blood pressure; it's about treating their blood pressure in the context of their lives."



Breast Center Adds New Fellowship-Trained Surgeon

Fellowship-trained breast surgeon **Dr. Rubie Jackson** of the Geaton and JoAnn DeCesaris Cancer Institute Breast Center at Anne Arundel Medical Center (AAMC) is the most recent member to join the multidisciplinary breast center team at the Sheldon E. Goldberg Center for Breast Care at Calvert Memorial Hospital. She will partner with breast surgeon **Dr. Wen Liang**.

The breast center offers women in Southern Maryland access to the latest technology and treatment options, as well as the utmost in care and service in a supportive environment that is close to home.

After training as a general surgeon at MedStar Georgetown University Hospital, she completed the Society of Surgical Oncology Fellowship at AAMC that focused exclusively on treatment for breast cancer and breast diseases. Her practice is now dedicated 100 percent to breast conditions. "This allows me to stay current on the latest research and treatment options," said Dr. Jackson.

She went on to add, "A woman with a diagnosis of breast cancer is at a very vulnerable time in her life. I am privileged to be able to come alongside a woman at this time and provide information that is understandable and helps her make decisions about her own care."

"When a woman steps into my office, she often feels anxious and worried," said Dr. Jackson. "My goal is to help her leave with answers to her questions and a plan for her care, which helps to relieve anxiety and provide hope."



Chang Joins Maryland Eye Associates



Board-certified ophthalmologist **Diane Chang** has joined Maryland Eye Associates in Prince Frederick. She provides comprehensive eye care including treatment for cataracts, macular degeneration, ocular inflammation, eye infections, tear film insufficiency and eyelid disorders.

Dr. Chang is a graduate of the University of Pittsburgh School of Medicine and went on to train and practice in New York City, where she treated a vast diversity of patients and eye conditions before returning home

to Maryland. She also has a PhD in pharmacology.

“I practice ophthalmology based on scientific evidence,” said Dr. Chang, “but nothing is more important than listening to my patients and understanding the best way I can take care of them.”

She went on to add, “Every person is an individual with a different outlook, lifestyle and goal for their vision. I want patients to feel like I listened to their needs, gave them my professional opinion and then developed a treatment strategy specifically for them.”

Karinsky Joins Pediatric Practice



Dr. Bhargesh Mehta is pleased to announce the addition of a new pediatrician, **Dr. Julia Karinsky**. She specializes in newborn and adolescent care as well as the prevention of asthma and obesity. She is also a pediatric hospitalist at Calvert Memorial Hospital.

Dr. Karinsky earned her medical degree from The Ruth & Bruce Rappaport Faculty of Medicine, Technion Israel Institute of Technology in Israel and graduated from the pediatric residency program at Cohen Children’s Medical Center of NY.

“For me, being a pediatrician means developing a sustained, trusting relationship with my patients and their families and being their advocate,” said Dr. Karinsky.

She went on to add, “During every patient encounter, it is especially important for me to educate children and parents regarding preventive medicine, to explain the developmental and psychosocial aspects of care, while trying to create an atmosphere of partnership and well-being.”

Practice Welcomes New ENT Doctor



Dr. Katherine Perry has joined Chesapeake Otolaryngology in Prince Frederick. In addition to seeing patients with ear, nose and throat problems, she specializes in treating sinusitis, thyroid disease, hearing loss and chronic ear disease. “Additionally, treating children brightens my day.”

She earned her medical degree from George Washington University School of Medicine. Through her training at the University of Maryland, Dr. Perry said she gained expertise in both routine and highly complex procedures. “My training also utilized the latest in technological advances including image-guided sinus surgery.”

“I view the doctor-patient relationship as a partnership,” she said. “I feel it is important to educate patients about their illness so that we may work together to form a plan that is best for them.”

She went on to add, “I want patients to leave my office with an understanding of their illness and the steps required to work toward recovery.”



Check Out Our Latest Video

Board-certified family nurse practitioner **Carol Boehm** of Calvert



Primary Care Solomons shows how good hand hygiene can help protect you and your family during cold and flu season.

Go to: www.calverthospital.org/handhygiene

GetWell Educational Network Promotes Understanding, Confidence

“The interactive bedside education system played a huge part in helping us adjust to my grandmother’s diagnosis and prepare for her care.”

– Lynette Entzian, CMH Foundation, Vice President

The interactive bedside education system implemented earlier this fall at Calvert Memorial Hospital is getting rave reviews. The CMH Foundation raised \$130,000 toward the purchase of the advanced technology, which is part of a larger effort by Calvert Memorial to help keep people healthy after they leave the hospital.

“Many of our patients are admitted with a new diagnosis and the educational videos available through the GetWell Network® help them as well as their families better understand what caused the illness, how it will be treated and how best to prevent readmissions,” said **Jenny Dixon, RN**, Progressive Care Unit. The interactive system was also added to the medical-surgical unit and family birth center.

CMH Foundation Vice President **Lynette Entzian** became an outspoken advocate for the benefits it offers patients and their families after she experienced a similar system firsthand at another hospital when her 90-year-old grandmother was diagnosed with colon cancer and required surgery and an ostomy.

“It was challenging for us to process what was an overwhelming amount of information during a very emotionally charged time,” said

Family Birth Center nurse Margie Patin explains the GetWell system to new mother Kyndal Patrick of Prince Frederick.

Entzian. “As her care provider, I was able to replay the videos for other family members and I found that we were able to absorb better on the second and third viewing.”

She went on to add, “It doesn’t replace talking with your doctors and nurses but it is a valuable addition and it helps make communication with them more meaningful and effective.”

Entzian said the system’s positive impact was demonstrated when her grandmother was eventually able to care for her ostomy on her own after several months.

“I have found that many of our patients and families enjoy the personalized videos we choose for them,” said Dixon, “because they are only between 2-4 minutes and easy to understand.”

The videos are also available for multiple viewings – a feature many are enjoying, especially new mothers and significant others in the family birth center. “We feel the GetWell Network® provides them with up-to-date and consistent education,” said **Holly Dooley**, director of Maternal Health Services at CMH. “They are also given a resource booklet to take home that reinforces the material presented.”

Dixon explained that the system also allows patients and their families to search a library of medications to learn about their purpose and possible side effects. “Some patients are looking up all of the medications they are taking, and at the touch of a finger they have a better understanding of why they are taking them.”

According to **Shelley Morgan, RN**, interactive system manager, the response by patients to the advanced technology has been very positive. “They appreciate the education but they also enjoy the entertainment it offers like movies on demand, streaming radio and video games along with access to the internet and email. One patient recently wrote: ‘I really liked this network. It cured my boredom and brought a smile to my face even when I wasn’t feeling well.’”



Foundation Names New Executive Director

Theresa Johnson has accepted the position of executive director for the Calvert Memorial Hospital Foundation. She comes to us with a strong record of leadership success and achievement in fundraising over a 15-year career as Assistant Vice President of Marketing at the College of Southern Maryland (CSM).

Under her direction, the CSM marketing team won more than 40 regional and national awards, including a national first-place award, for a major gifts campaign that raised \$7.7 million, which was \$2.7 million over its goal. She was also instrumental in developing an integrated marketing approach to strategically position the community college within the region.

As executive director, she will take the lead in all fundraising efforts for the CMH Foundation, including major gift and donor cultivation, capital campaigns, special events and other philanthropic initiatives. She will be supported by new operations manager, **Jean Kennedy Combs**.

“Theresa brings a vast amount of experience and expertise to our foundation and we are pleased to have her join our team,” said **Dean Teague**, President and CEO of Calvert Health System.

She has a bachelor’s degree in Journalism from East Carolina University and is a graduate of Leadership Southern Maryland (LSM). She is currently completing two master’s degrees in marketing and business administration from the University of Maryland University College.

Johnson said one of the most exciting aspects of her new position is working with the volunteer leadership of the CMH Foundation. “This is a dynamic team with great vision,” she said. “They are passionate about the hospital and the lives we touch. I’m excited to be part of this special group and work with them to achieve success.”



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Harvest Ball Raises Over \$200,000 for Mobile Health Unit

The 2015 Calvert Memorial Hospital Foundation Harvest Ball was a huge success thanks to almost 600 attendees, enthusiastic bidding and extraordinary support from corporate, community and individual sponsors that raised over \$200,000 to help fund a mobile health unit.

Starting next year, the mobile unit will travel throughout Calvert County bringing vital medical, dental, prevention and wellness services to local residents, especially those in underserved areas. *Special thanks to our top sponsors listed at right.*

(Pictured l-r) Harvest Ball Co-Chairs Maria Lubrano and Mickie Frazer tour a mobile health unit with ball committee members Cindy Parlett, Deborah Weir, Pat Petricko and CMH Community Wellness Director Margaret Fowler.





Calvert Health System
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"The safety of our patients is the top priority at all levels of our organization," said **Tony Bladen**, vice president for operations at Calvert Memorial Hospital. "It's important that the public knows that this is something we focus on each and every day."

According to **Peter McCaffrey**, director of environmental services at CMH, Calvert is taking extra steps – using the latest germ-fighting technology – to safeguard its patients, their families and other visitors when they are in the hospital.

He said the new system (*pictured at right*) uses ultraviolet light energy to treat all high-touch surfaces in a patient room to eliminate potential bacteria, including those that are drug resistant. McCaffrey said the system is used to clean rooms after a patient is discharged.

McCaffrey explained that the system consists of three towers that are wheeled in on a trolley and are set up strategically throughout the room. Once everyone leaves the room, the towers slowly spin and emit UV-C rays. The system links to a tablet and uses laser mapping technology allowing users to see that all surfaces have been effectively treated.



Proactive Approach to Security

Recent events around the country have prompted questions about security in public places. **Jim Marcum**, director of safety and security at Calvert Memorial, said his department uses a state-of-the-art video monitoring system, a robust access control system and an active security presence to create an environment that is conducive to patient healing and staff engagement.

He said, "Our security officers are trained by external security professionals, maintain physical standards and participate in emergency management, incident response and other advanced training offered by the Federal Emergency Management Association, Department of Homeland Security and the International Association of Hospital Safety and Security."

Marcum added that the Calvert County Sheriff's office, through a partnership with CMH, deploys on-campus police to support hospital initiatives. "Sheriff's deputies can be seen walking the halls, patrolling the parking lots and responding to calls to assist our patients, visitors and staff," he said. "In addition, from an exterior standpoint, please be aware we recently changed the traffic patterns when entering and exiting the campus."