



CalvertHealth

Feeling
Confident.

INSPIRING TRUST

Multidisciplinary expertise makes
breast patients feel secure

See story page 10

A Message from the President



CELEBRATING OUR *100th Anniversary*

In 2019, CalvertHealth will celebrate its 100th Anniversary. A lot has changed since we first opened our doors. Over time, as the county grew, so did the medical center – upgrading technology, improving facilities and expanding services. It’s extremely gratifying to be celebrating this milestone as the future of the hospital is brighter than ever.

This is a time to celebrate and a chance to remember how far we have come. CalvertHealth Medical Center began as a two-story, frame building in 1919. From these

humble beginnings, it has transformed into a top regional healthcare provider, widely respected as a leader of innovative medicine among community hospitals.

We certainly did not do it alone. What you see today is the result of many hearts, hands and minds. I want to thank our entire team at CalvertHealth – from our outstanding physicians and exceptional staff to our incredible volunteers and passionate community partners – because they are the ones who make it all possible.

This anniversary is an opportunity for reflection as well as vision. For nearly a century, we’ve been determined to bring the highest quality of care to our community. It is a rich heritage of dedication and commitment to excellence. It’s now up to us to build on these strengths to ensure a bright, healthy future for Calvert.

CalvertHealth is extremely proud to be celebrating 100 years of service to our community. It’s a milestone not many achieve, and we look forward to celebrating with the community in the coming year. Look for these events coming soon in 2019. As the private room expansion continues and we look to the future, let’s all try to be healthier, to do better every year forward and always strive for a brighter tomorrow. *Here’s to another 100 years.*

Dean Teague, FACHE
President and CEO

ON THE COVER

Mary Kay Peyton, 52, of Port Tobacco underwent breast surgery and reconstruction at CHMC.

Read more about her story on page 10.

This facility is accredited by The Joint Commission on Accreditation of Healthcare Organizations. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at **1.800.994.6610**.

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

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

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

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From Our Patients

Every day is an opportunity to make a difference in every life we touch.

CONFIDENCE IN QUALITY OF CARE

Dear Mr. Teague,

I am writing to express my appreciation to the CalvertHealth staff that participated in my treatment during my recent stay as a patient. I also want to take this opportunity to express my appreciation to your primary care team as well, and the excellent care I received leading up to my admission and after my discharge from the hospital.

I was admitted through the emergency room with what turned out to be a severe case of pneumonia, contracted during travels to the Middle East. My days of treatment are a bit of a blur as your team worked to bring my various issues under control. Every interaction with CalvertHealth physicians, nursing staff, technicians, dietary staff and housekeeping touched me deeply. Every staff member provided exceptional care during my stay. My recovery is a direct result of the professionalism every staff member displayed.

I was remiss to have not kept a good record of the staff that provided my care. Please extend my most sincere appreciation to all your staff for the efforts they expended on my behalf. Please pass my appreciation to the 2nd floor staff - who had me in residence in the isolation room for seven days.

I am continuing as a patient of CalvertHealth Primary Care. I will be visiting other CalvertHealth groups to investigate some other issues discovered during my treatment. I do this with confidence in the quality of care the CalvertHealth team provides.

Sincerely,

*James A. Holland III
Principal Engineer, SRI International
Lusby*

YOU HAVE A WONDERFUL CREW

Dear Mr. Teague,

Recently, I had a procedure done at CalvertHealth. I had to write and tell you what a wonderful crew you have working for you! To start, Dawn Vreeland from pre-op took me earlier than expected as I had a previous engagement that I needed to attend. Then, Christina provided pre-op instructions – she was so sweet and made me feel relaxed.

The day of the procedure I had nurses Marsha and Jami. I tell you what, Mr. Teague – they were so caring and nice. I felt like I was on vacation with the care that I received.

You have some great people there!

*Sincerely,
A Recent Patient
Lusby*

Teens Learn Skills for a Healthy Life

“We want to send the message to our youth that maintaining a healthy weight is not about looking good or being skinny but an important part of overall good health,” said CalvertHealth Community Wellness Director **Margaret Fowler**.

This message is at the core of a new weight management program created by CalvertHealth for boys and girls ages 13-18 called **Healthy4Life**. The fun and interactive program blends nutrition education with a registered dietitian and group exercise with a certified fitness trainer. Fowler said the goal is to instill healthy, lifelong habits to prevent the onset of many chronic diseases.

Obesity is a Serious Health Concern

Today, about one in three American kids and teens is overweight or obese. According to the American Heart Association (AHA), childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking.

According to the Centers for Disease Control and Prevention (CDC), it makes them more likely to become obese as adults and puts them at risk for a broad range of health problems previously not seen until adulthood. These include high blood pressure, Type 2 diabetes and high cholesterol. Additionally, they are more likely to suffer from asthma and sleep apnea, as well as bone and joint problems.

CDC defines overweight in children and young people as a BMI at or above the 85th percentile and obesity as a BMI at or

“Childhood obesity is now the No.1 health concern among parents in the United States.”

above the 95th percentile for young people of the same age and sex.

Fowler said adolescent obesity was identified as a significant health concern in the 2017 Calvert County Community Health Needs Assessment. Locally, 10.1 percent of all adolescents are obese. The figure for African-American teens is 14.2 percent. These figures spurred CalvertHealth to make children's exercise, nutrition and weight a local health priority.

Healthy4Life meets once a week for eight weeks from 6:30-8 p.m. at the Patuxent Health Center in Prince Frederick. Each session includes 45 minutes of nutrition education and 45 minutes group exercise. The cost is \$90 per person. Teens also receive two free passes per week to use at World Gym for the duration of the program. The next session begins Oct. 9. To register go to: CalvertHealthMedicine.org/Classes.

Making the Right Choices

"We talk a lot about making the right choices and how it's up to them," said CalvertHealth Registered Dietitian **Karen Mohn, RD, LDN**, who teaches the class. "We're not focused on the numbers but instead on healthy changes. I tell participants once you change the behavior, the weight will come down."

She said the teens were eager to learn what they needed to do to have a healthy diet. "We could see the difference in their food diaries," she said. "They were eating less junk food and more fruits and vegetables. They were also paying more attention to portions and not eating out as often."

"The lack of available vegetables and fruits at home was a common concern," said Mohn. "Also, many ate out or had takeout for dinner more than twice a week."

She went on to add, "It was eye-opening for them how many hidden calories are in coffee drinks and other beverages. We also discussed how different foods like sugary cereals affect how you feel and your energy level."

Mohn said the program includes a lot of hands-on activities. "We have the teens measure how many spoons of sugar are



in sodas and other drinks. We use cereal and chips to show them what an actual portion looks like."

The teens learn how to make a meal plan that includes the nutrients important for healthy growth. "We also talk about emotional eating and what else they can do when feeling bored or lonely or upset."

Kids Need to be Moving

"The majority of teens in our first class were not involved in regular activity or sports at school," said **Theresa Moran**, certified fitness trainer and health educator. "These kids need to be moving. According to the AHA, children ages 13-18 should be doing an hour of moderate to strenuous physical activity six to seven days a week."

In addition to helping with weight management, regular physical activity for youth helps strengthen bones, decreases blood pressure, reduces stress and anxiety and increases self-esteem, according to the AHA.

Moran said the teens were most interested in learning how to use the weight machines like the leg press and chest press. "It gave them a sense of empowerment," she said. "It was a big accomplishment for them to feel comfortable using the machines, which is a big deterrent for most people."

Moran went on to add, "We try to keep it fun and not too structured. They really liked doing interval training on the circuit set up at the World Gym." The first thing she teaches them is the basics like how to do a squat and a push-up.

In addition to the group exercise, Moran develops a personal program for each participant so they have something to take with them. "We also give them other ideas for doing cardio at home. For most of these kids, just having them show up and participate is success in itself."



10 Easy, Tasty (and Healthy) AFTER SCHOOL SNACKS

When a snack attack strikes, fuel up with these nutrition-packed snacks:

- 1. Rocky Road:** Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
- 2. Banana Split:** Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
- 3. Apple Pie Oatmeal:** Make one packet of microwave oatmeal with low-fat milk. Mix in ¼ cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- 4. Fill a waffle cone** with cut-up fruit and top with low-fat vanilla yogurt.
- 5. Sprinkle grated Parmesan cheese** on hot popcorn.
- 6. Mix together** ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
- 7. Spread a scoop of frozen yogurt** on two graham crackers and add sliced bananas to make a yummy sandwich.
- 8. Make snack kabobs.** Put cubes of low-fat cheese and grapes on pretzel sticks.
- 9. Toast a whole-grain waffle** and top with low-fat yogurt and peaches.
- 10. Blend low-fat milk** with frozen strawberries and a banana for 30 seconds for a delicious smoothie.

Source: American Academy of Nutrition and Dietetics

Getting Better Together



Families, Friends – Preventing, Managing Diabetes

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a report released by the Centers for Disease Control and Prevention (CDC). With the total U.S. population at more than 325 million, chances are every American has someone in their family or close circle of friends with diabetes.

According to **Dr. Julie O’Keefe**, a board-certified endocrinologist with Calvert Internal Medicine, “Type 2 diabetes is a disease that can be prevented if patients talk to their primary care physicians about their risk of developing diabetes and take action,” she said.

Understanding Diabetes

Diabetes is a disease in which the body’s ability to produce or use insulin – a hormone that helps your body turn glucose/sugar into energy – is deficient or absent. Blood sugar is essential to proper brain, heart and digestive function, and it helps keep your skin and vision healthy. When insulin is not regulating blood sugar properly, cells can’t efficiently absorb the energy they need to function.

People are at risk of getting diabetes if they are overweight, 45 or older, have a parent, brother or sister with Type 2 diabetes, and are physically active less than three times a week.

There is no cure for diabetes. Diabetes can be prevented or delayed by eating healthy and getting regular physical activity. “People shouldn’t wait until they are diagnosed, they should make simple, healthy lifestyle changes now,” said O’Keefe.

Preventing, Managing Diabetes

“Everyone should follow a low fat, moderate protein and high fiber diet,” said O’Keefe.

Complex carbohydrates are best for prevention because they have more fiber and metabolize slower so that blood sugar does not spike. Every gram of fat has 9 calories; every gram of complex carbohydrate or protein, has 4 calories.

“The more fat you eat, the fatter you get. The fatter you get the more blood sugar rises because insulin does not work. It’s all about eating a well-balanced diet,” said O’Keefe.

O’Keefe speaks frankly, but with empathy because at age 19 she was diagnosed with Type 1 diabetes and has been managing her blood sugar, daily, ever since.

“Diabetes is a progressive, life-long disease. Managing the disease requires a lot of time and patience and medication. It is very frustrating. No two days are the same. You can eat the same thing for two days in a row and your blood glucoses can be completely different. What we know is that the earlier the disease is found and the more aggressive the disease is treated, the better people do,” said O’Keefe.



GET
SUPPORT



BE
ACTIVE



EAT
HEALTHY



MONITOR
NUMBERS



TAKE
MEDS



REDUCE
RISK



RIPPLE EFFECT

Diabetes was something that impacted the health of her mother, brother and sister, and at age 61, Crystal Martin, of Owings, was all-in with lifestyle changes that would help her steer clear of the disease. “When my doctor wanted to increase my medication, I said, ‘No, I never want to go up [in dosage], only down,’” said Martin.

Martin, who believed that she was already eating healthy, was determined to learn what she needed to do to bring her A1C and daily blood sugar numbers down so she signed up for the **Diabetes Prevention Program**. A partnership between CalvertHealth Medical Center and the Health Department, the program is a year-long class that helps people who are at risk of diabetes learn preventive measures they can take that will help them fend off the disease.

By the end of six months, the class graduated to monthly meetings. The results of the program have been quantified in numbers – lower blood sugar results, weight loss and hours spent being active. What hasn’t been measured, however, is the ripple effect this class has had on the families and friends of participants.

“I share what I learn in class with my family and they are listening and making changes, too,” said Martin.



Getting Started on a HEALTHY LIFESTYLE

- ✓ Get a physical and find out what your fasting blood glucose level is
- ✓ Never eat at a restaurant that has a drive-through
- ✓ Never start a fad ‘diet’ that you know you can’t sustain
- ✓ Make healthy choices, product by product, food item by food item, until they become healthy habits
- ✓ Enlist the help of family and friends to make you a healthy meal—and teach you how to make it yourself
- ✓ Find a walking or exercise buddy, or two
- ✓ Spend more time outdoors enjoying nature
- ✓ Join a diabetes prevention or self-management group

Understanding the Numbers

People with diabetes have to learn that managing their blood sugar level is not about perfection, it is about doing the best you can and keeping your blood sugar within target range most of the time. The A1C is an important number – it’s a 3-month average of blood glucose. In general, an A1C of less than 7 percent is the goal, but the level should be individualized, according to O’Keefe. Equally important is the amount of time the blood glucoses are in target range and the variability of the blood glucoses. For example, if you have an A1C of 7.2 and your blood glucose range is between 80 and 160, that is better than an A1C of 6.5 and a blood glucose range of 60-250.

“It is up to the individual with diabetes to take control of their health, but it is also important to recognize that some of the behaviors that led to their diagnosis, may also affect future outcomes for their children and loved ones,” said O’Keefe. “It is important for families of diabetics to adopt a healthier lifestyle in order to encourage a better outcome for the whole family,” said O’Keefe.

For more on diabetes prevention and management, visit:
CalvertHealthMedicine.org/DiabetesEducation.

There is no cure for diabetes so healthcare professionals are urging people to make healthy lifestyle changes no matter their age or current health condition.

The Friends and Family Plan

The National Diabetes Council reports that people who have diabetes and who have strong support systems are more likely to have better control over their blood sugar and to feel as though they are better able to manage their disease.

MEET THE DOCTOR

Julie O’Keefe, MD is a board-certified endocrinologist with Calvert Internal Medicine Group in Prince Frederick. She has been in private practice 26 years and has a special interest in diabetes, thyroid and calcium issues and osteoporosis. To learn more about Dr. O’Keefe, visit CalvertHealthMedicine.org.



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

DIABETES EDUCATION

Diabetes Self-Management Class

Wednesdays 9 a.m.-4 p.m.
CHMC Classroom 2 (basement level)

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

Prevent T2 Diabetes

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

HEALTH & WELLNESS

NEW! Meal Planning Workshop

October 4 6-7:30 p.m.
Patuxent Health Center (next to World Gym)

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

Weight Loss for Life and Weight Loss for Life Plus

Wednesdays 5:30-7:15 p.m.

October 3-December 5 (no class on October 31 or November 21)

Patuxent Health Center (next to World Gym)

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

Healthy4Life

Tuesdays 6:30-7:15 p.m.

October 9-November 20

Patuxent Health Center (next to World Gym)

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

NEW! Weigh to Wellness

Wednesdays 4:30-5:15 p.m.
Patuxent Health Center (next to World Gym)

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

Dinner with the Dietician

Portions: What size is the right size?

November 8 6-7 p.m.
Patuxent Health Center (next to World Gym)

Easy to follow nutrition advice for long-term healthy eating. \$10 per person, includes dinner.

HEALTHWISE

CalvertHealth Foundation Estate Planning Series

RETIREMENT PLANNING

January 16 9-10 a.m.

FAMILY LOVE LETTERS

February 12 Noon-1 p.m.

See page 19 for complete descriptions.

Heartsaver CPR and AED

October 6 9 a.m.-2 p.m.
Calvert Medical Arts Building, Suite 205
\$45 per person, advance registration is required.

Heartsaver First Aid, CPR & AED

November 3 9 a.m.
December 15 9 a.m.

Calvert Medical Arts Building, Suite 205

Learn general first aid techniques and CPR for adults, infants and children. Receive a CPR card valid for two years upon completion of class and written test. \$75 per person.

Basic Life Support for Healthcare Providers

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

Navigating the Holidays

November 13 1-2:30 p.m.

Grieving the death of a loved one during the holidays can be hard. Tessa Washington, Hospice Bereavement Coordinator, will focus on coping, remembering and honoring your loved one while finding healing and new meaning for yourself. Free. To register, call Calvert Hospice at 410.535.0892.



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

People, Programs and Services in Our Community

MATERNITY & FAMILY EDUCATION

ABCs of Breastfeeding

October 2 6-8 p.m.
December 4 6-8 p.m.
CHMC Classroom 1 (basement level)

Taught by a board-certified lactation consultant, this class will give the knowledge and confidence to initiate and maintain breastfeeding. Space is limited, advance registration required. \$40 per couple.

Childbirth Education Classes

November 10 and 17 9 a.m.-1 p.m.
Classroom 1 (basement level)

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, Cesarean section information, breastfeeding education and more! Expectant mothers 30+ weeks are welcome. \$100 per couple, register under the name of mom-to-be.

Breastfeeding Support Group

Wednesdays 1:30-3:30 p.m.
Level 4, CHMC

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

Baby Care Basics

October 17 6:30-8:30 p.m.
November 14 6:30-8:30 p.m.
December 12 6:30-8:30 p.m.

A comprehensive overview of baby care for new and expectant parents (*and grandparents*). No CPR training in this course. Advance registration required. \$40 fee per couple.

Infant CPR

October 8 6 p.m.
October 20 9 a.m.
November 12 6 p.m.
December 1 9 a.m.
Calvert Medical Arts Building, Suite 205

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

Safe Sitter

October 20 9 a.m.-3 p.m.
November 20 9 a.m.-3 p.m.
December 9 9 a.m.-3 p.m.
Classroom 2 (basement level)

Safe Sitter is a medically accurate hands-on program that teaches boys and girls ages 11-14 how to handle emergencies when caring for children or when home alone. Advance registration required. \$45 per person.

CANCER SCREENINGS

Colorectal Cancer Screenings

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

Breast and Cervical Cancer Screenings

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

SUPPORT GROUPS

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

SAVE THE DATE

JOIN DR. UDAY PATEL
for a dinner presentation on
Advancements in Total
Knee Replacement

.....
DATE: Thursday, October 18
Mamma Lucia's Italian Restaurant
in Prince Frederick

TIME: 6-7 p.m.

This event is free and open to the public.
Dinner will be served.

*Space is limited. Visit
CalvertHealthMedicine.org/Classes
to reserve your seat today!*



Participate in golf, tennis or the 5k and help a worthy cause. Your contribution will support cancer care at Anne Arundel Medical Center and CalvertHealth Medical Center.

DATE: Saturday, October 20
PLACE: Old South Country Club

Contact: pinkandblue@osccgolf.com
for more information.

CALVERTHEALTH
Diabetes Expo

Helping People with
Diabetes Live Well

DATE: Thursday, November 15
TIME: 5-8 p.m.

This event is free and open to the community. Educational speakers, screenings, displays, healthy food samples, giveaways and more!

Call 410.535.8233
for more information.

JUST
FOR HER

9 Reasons Why You Can Trust Us with Your Breast Care.

Since the CalvertHealth Sheldon E. Goldberg Center for Breast Care opened in 2010, it has changed the landscape of how breast care is provided in Southern Maryland. And as the women who have been screened, diagnosed and treated here can tell you – the right care makes all the difference.

“What was most important to me was the way the doctors all worked together to consult and plan my care.”

- Mary Kay Peyton



OCTOBER

IS BREAST CANCER
AWARENESS
MONTH

The center brings together in one convenient location a multidisciplinary team of breast health experts with an experienced navigator backed by the latest breast-imaging technology like lower-dose 3D mammography – designed to detect even the most subtle signs of early cancer.

“From my first call with the navigator, I knew right away I was where I needed to be,” said **Mary Kay Peyton**, 52, of Port Tobacco in Charles County, who had her breast surgery and reconstruction at CalvertHealth.

“The facilities, doctors ... everything you need is right there,” said Peyton. “They coordinated with each other and helped me navigate all my appointments.”

She went on to add, “What was most important to me was the way the doctors all worked together to consult and plan my care. I especially liked how they involved my whole family in discussing options and answering questions.”

Now in its ninth year, the CalvertHealth breast center has continued to grow – adding clinical expertise and specialized services for high-risk patients. The **Marianne Harms Women’s Care Suite** was dedicated in 2016. The new space, located in Suite 201 of the CalvertHealth Medical Arts Building, enabled the breast center to add exam rooms, enlarge its library and improve access for the community.

Committed To Service Excellence

The breast center honors the visionary legacy of Dr. Sheldon Goldberg, the dedicated surgeon who was the driving force behind its creation. “We live by the values of service and excellence that were important to him,” said **Kasia Sweeney**, who oversees oncology services at CalvertHealth Medical Center.

“Our entire team is committed to compassionately caring for each patient who comes here in a way that addresses all of their needs,” Sweeney added. *Here is what our patients tell us matters most to them:*

1 Confidence. All mammograms are read by specialized breast imagers, who exclusively read breast images. “They play a central role in screening and evaluation,” said Johns Hopkins breast imaging specialist **Dr. Nagi Khouri**, who directs CalvertHealth’s

breast imaging program. Their involvement helps assure an accurate diagnosis, which is critical to establishing the right treatment plan.

“Our tumor board meets weekly to discuss and plan patient care,” said Sweeney. “We follow NCCN (National Comprehensive Cancer Network®) guidelines, widely recognized and used as the standard for oncology clinical practice. Our patients feel more confident with this evidence-based approach.”

2 Compassionate Staff. Our breast care navigators are immediately connected with the patient when there is a cancer diagnosis and support them every step of the way. “**Ramona (Couteau)** was the most comforting and positive person,” said **Kathy Kidwell**, 64, of Chesapeake Beach, who had her breast surgery and reconstruction at CalvertHealth. “She was determined I would have everything I needed. The infusion nurses made me feel comfortable, which helped me to relax. And the volunteers provided that extra personal touch.”

3 Early Detection for Better Outcomes. Calvert Medical Imaging Center (CMIC) provides breast-imaging services for the breast center. The dedicated women’s suite at CMIC features a state-of-the-art PET/CT scanner and digital mammography as well as breast MRI and stereotactic biopsy. Widespread philanthropic support from the community helped fund a dedicated breast ultrasound and 3D mammography, which is particularly beneficial for women with dense breasts.

4 State-of-the-Art Technology. CMIC is designated a “Breast Imaging Center of Excellence” by the American College of Radiology. This accreditation is the gold standard for excellence and is only given to

facilities with proven best practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs.

5 Multidisciplinary Expertise. Many different experts participate on our breast care team including breast imaging, medical oncology, breast surgery, radiation oncology and plastic surgery. They meet weekly to share information and insights on complex cases. “Not only does the quality of the patient experience improve,” said **Dr. Arati Patel**, the center’s medical oncology director, “but this approach ensures that our treatment plan is timely, effective and results in successful outcomes and improved survival.”

6 Personalized Care. Our goal is to provide the utmost in care and service in a supportive environment close to home. “They treated me like family,” said Kidwell. “I never felt rushed. They always took the time to listen. It was very warm and personal. I felt at home.”



Breast cancer survivor Kathy Kidwell with Dr. Arati Patel at the 2017 Breast Cancer 5K in Solomons.



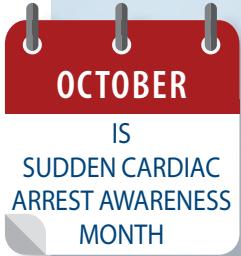
The specially trained therapists at CalvertHealth Outpatient Rehabilitation offer a comprehensive lymphedema management program including detailed assessment, massage, compression and exercise customized to each patient’s specific needs.

7 Proactive Approach. The breast center offers genetic testing, which can play an important role in a patient’s proactive, personalized cancer treatment program. Our genetic counselor can help assess your risk, explain your options and address how the results can impact your care. Our high-risk clinic provides added surveillance, management and education on risk-reducing strategies.

8 Community Outreach. “An important focus for us,” said Sweeney, “is increasing awareness through health fairs and other community events about the importance of early detection. Our mobile health center, which travels to underserved areas of the county, provides breast exams and provides referrals to other services, when needed.”

9 Comprehensive and Convenient. The center’s collaborative environment fosters communication and coordinated care. “It made me feel special that they were working together,” said Kidwell. “It was one more thing that made me feel secure. I felt like I was in the best hands.”

Awareness & Preparedness Key to Sudden Cardiac Arrest Survival



*Local Doctor
Champions AEDs,
CPR to Make
Community Safer*

October is dedicated to highlighting a health issue where the dangers are all too real. Sudden Cardiac Arrest (SCA) – a life-threatening emergency that occurs when the heart unexpectedly stops beating – affects more than 350,000 people (*outside hospitals*) each year in the United States.

According to the American Heart Association (AHA), survival depends on the quick actions of people nearby to recognize the signs, call 911, start CPR and use an AED (automated external defibrillator) to restart the heart as soon as possible.

Devastated by the tragic loss of a fellow physician's spouse to sudden cardiac arrest at a local soccer field last year, **Dr. Wilfred (Bud) Ehrmantraut, Jr.** successfully advocated for the installation of AEDs at county parks. An AED is a small, portable device that analyzes the heart's rhythm and prompts the user to deliver a shock only if it is needed.



*“By making AEDs readily available,
we can save more lives,” said
Dr. Wilfred Ehrmantraut, Jr., pictured
here holding the unit at Solomons
Town Center Park.*

CalvertHealth COMMUNITY CPR Classes



For a complete listing of classes, along with details on upcoming dates, times, locations and fees, go to: CalvertHealthMedicine.org/ classes. Registration is done online.

Infant CPR – new and expectant parents, grandparents and babysitters learn to perform CPR and relieve choking for infants.

Fall classes: Oct. 8, Oct., 20, Nov. 12, Dec. 1 or Dec. 10. Fee: \$25.

Heartsaver CPR and AED – learn emergency response CPR and relief of choking for adults, children and infants as well as opioid-associated life-threatening emergencies. AED use is covered in this program. Receive CPR card valid for two years upon completion of 5-hour class.

Fall class: Saturday, Oct. 6. Fee: \$45.

Heartsaver First Aid/CPR/AED – learn general first aid techniques and CPR, relief of choking and use of AED for adults, children and infants as well as opioid-associated life-threatening emergencies. This program is appropriate for child care providers, boat captains and camping guides. Receive CPR card valid for two years upon completion of 8-hour class.

Fall classes: Saturday, Nov. 3 or Dec. 15. Fee: \$75.

“I was taken aback to discover there were no AEDs at our fields,” said Dr. Ehrmantraut, who plays on a number of adult soccer leagues. He is also chief of the medical staff at CalvertHealth Medical Center. So, Dr. Ehrmantraut approached District 1 Commissioner Mike Hart for his support. “He was pivotal in getting the initiative approved.”

“I wanted to do whatever I could to make our community safe,” said Hart. “After losing a close friend to sudden cardiac arrest, this was deeply personal for me.”

Today, AEDs are strategically placed and clearly marked in secure areas of the county’s busiest parks including Dunkirk, Marley Run, Hallowing Point, Cove Point and Solomons Town Center. Additionally, park staff are trained and certified in first aid, CPR and AED use.

Pushing for More CPR Training

This is just the start. “The next step,” said Dr. Ehrmantraut, “is getting more people CPR certified.” According to the AHA, you can double or triple a person’s chances of survival from Sudden Cardiac Arrest by giving CPR immediately.

“Our goal is to raise awareness about what people can do to be prepared so that we save more lives,” he said. This is especially important because seven in 10 SCAs happen at home.

CalvertHealth offers a wide array of CPR training programs for the community throughout the year; according to **Wendy Cox**, CPR coordinator at CalvertHealth Medical Center. (See listing of classes at right)

“I’d like to see more students trained in basic life support,” said Dr. Ehrmantraut. He is working with Cox to develop a proposal for the school system’s consideration.

Understanding the Causes and Risks

SCA is not a heart attack. A heart attack is caused by a blockage in

an artery that supplies blood to the heart. A Sudden Cardiac Arrest is caused by an abnormal heart rhythm, often from an undetected heart condition. While a heart attack can lead to SCA, it can also result from external causes such as drowning, trauma, electrocution, drug overdose and blows to the chest.

“Fifty percent of the time, Sudden Cardiac Arrest is the first indication of an underlying heart problem,” said board-certified cardiologist **Dr. Samuel Foster** of the Calvert Internal Medicine Group. “What is even more disturbing is that it often strikes during the most productive years of a person’s life.”

Dr. Foster said most events occur between the ages of 45 to 55 years. “Race is also a factor with blacks being more likely to have an event than whites and whites more likely to have an event than Hispanics. Men are also more likely to have events than women.”

According to Dr. Foster, some of the common symptoms which may occur days to months before the event happens are: chest pain with physical activity (such as mowing the grass, walking or having sex), emotional stress, palpitations (racing of the heart), unusual shortness of breath and tendency to get tired.

So, who is most at risk? “Based on population data, what we do know is that 50 percent of all sudden cardiac deaths occur in patients with two or more risk factors such as smoking, diabetes, hypertension, obesity, high cholesterol, a strong family history of heart disease and to a lesser extent, a sedentary lifestyle and psychosocial stress,” said Dr. Foster.

MEET THE DOCTOR

Board-certified cardiologist **Samuel Foster, MD** with Calvert Internal Medicine Group, has been in private practice for 21 years. His areas of expertise include general, nuclear and preventive cardiology. He is the medical director for cardiopulmonary rehabilitation and the cardiac catheterization lab at CalvertHealth Medical Center.



How to Talk & Listen to Your Doctor

OCTOBER

IS HEALTH
LITERACY
MONTH

There's a lot we can do to get more out of our doctor visits from preparing questions, bringing medication and sharing symptoms to taking notes and getting a recap to make sure everyone is on the same page.

Some nine out of 10 Americans say they have a hard time understanding what their doctor or other healthcare professional tells them. This is a critical concern because health literacy – the ability to process basic health information in order to make informed decisions – is a stronger predictor of a person's health, more than age, income, employment status, education level or race. Because of poor health literacy, 50 percent of patients leave their healthcare appointments not fully understanding what they were told or what they are supposed to do. Primary care physician and Chief Medical Officer at CalvertHealth, **Dr. Michael Brooks** has some ideas on how these alarming statistics can be turned around.

"The medical system is complex and can be overwhelming. In order to get the best possible outcome, it really helps to be an active consumer," said Brooks. "The provider-patient relationship should be viewed as a partnership and everyone involved needs to take an active role in the dialogue."

Talking to Your Doctor

Patients know themselves and their symptoms best and doctors need patients to share what they know.

"My suggestion is for patients to think about their symptoms prior to the office visit: when the symptoms started; frequency; what the patient thinks is happening and why they think this is happening; and what they have done to try to make the symptoms better," said Brooks.

Making a list of symptoms and concerns is like creating a meeting agenda. Each item on the list is an agenda item and, as with any well-run meeting, all the agenda items are addressed before the meeting is over. The more information the provider has, the better he or she can get to the bottom of what is causing the symptoms.

Listening to Your Doctor

It is hard to understand or follow directions when you are being talked to in a language that you don't understand. Just like raising your hand in class could alert a teacher that not everyone is following along—raising your hand in front of your doctor, so to speak, will alert him or her that they need to clarify the information they are giving you.

Some of the most common medical terms that patients may not understand are the meaning of test results, prescription labeling and non-prescription instructions.

Positive and negative. If a patient hears that their test results are positive, they may think that they are free of the condition they are being tested for. If a pregnancy test is positive, it means the patient is pregnant. If a cancer biopsy is positive, it means cancer cells were detected.

Twice Daily, Every Twelve Hours, Prescription Labeling. Patients are busy thinking of how each of these dosages are going to work into their daily schedules. Specifying a time of day "morning" and "nighttime" or "breakfast" and "dinner" times, makes it easier for patients to understand the drug regimen.





Partnering with
Your Provider for

BETTER HEALTH

*Faster, reliable communication
is only a click away.*

Tired of playing phone tag? An Internet-based patient portal simplifies communication with your provider and eliminates time-consuming phone calls to the provider or practice. Whether you want to schedule an appointment or review your latest test results, the patient portal delivers the information you need.

Patient portals are secure websites that give patients and their families 24-hour access to medical records. They use the latest encryption technology to deliver secure communication between patients and providers. If you choose to use the patient portal, your name and email address will be treated with the same care and privacy given to your medical record.

At CalvertHealth, our patient portal allows patients to:

- ✓ Correspond online with your provider and practice
- ✓ Make appointments and receive appointment reminders
- ✓ Request and access information from your medical records
- ✓ View medication list and request refills
- ✓ Make payments
- ✓ And more!

**WANT TO
KNOW
MORE?**

All CalvertHealth Medical Group (CHMG) practices and CalvertHealth Medical Center (CHMC) utilize patient portals. Visit MyCalvertHealth.org

and navigate to the appropriate portal to sign-up or login.

IMPROVE COMMUNICATION WITH YOUR PROVIDERS

- Before arriving at your appointment, make a list of symptoms and when they started.
- Bring all current medications in a bag for review, including prescription, over-the-counter, natural and herbal.
- Write down your questions and bring a pen and paper to take notes.
- Offer your list to the provider so they may review and summarize.
- Tell the full story of what brings you to the doctor's office—not just, "I have headaches," or "I feel tired all the time."
- Ask questions if something is not clear: What tests do I need? What exactly is my condition? What are my treatment options?
- Let the provider know if what he or she is telling you is confusing.
- Ask for materials written in plain language.
- Discuss the pros and cons of treatment options and if you don't agree with the plan recommended by your doctor, tell he or she why.
- Discuss benefits and risks of different plans.
- When your doctor prescribes a medication, verify your understanding of when and how you will take the medication.
- At the end of the appointment, ask for a recap to make sure everyone is on the same page.
- Don't hesitate to call your doctor if you are experiencing side effects from medications, have second thoughts about treatment plan or have additional questions.

Diet and Exercise. When most people hear 'diet' they think it means they are going on a diet and will be reducing the amount of food they eat rather than what foods they should eat. People associate exercise with going to the gym when it could mean, taking a walk or some other type of physical activity.

The Provider-Patient Partnership

Being comfortable with your doctor is important for your health. Studies have found that if your doctor has good people

skills – making eye contact and responding to your emotions for example – you have a better chance of succeeding at lowering high blood pressure, blood sugar and cholesterol levels as well as losing weight.

Shared decision-making with your doctor can increase your chances of positive results. When you feel that you are part of the decision-making, you have ownership and will stick with the treatment plan.

For a questionnaire to help you prepare to talk to your doctor, visit CalvertHealthMedicalGroup.org/PrimaryCare.

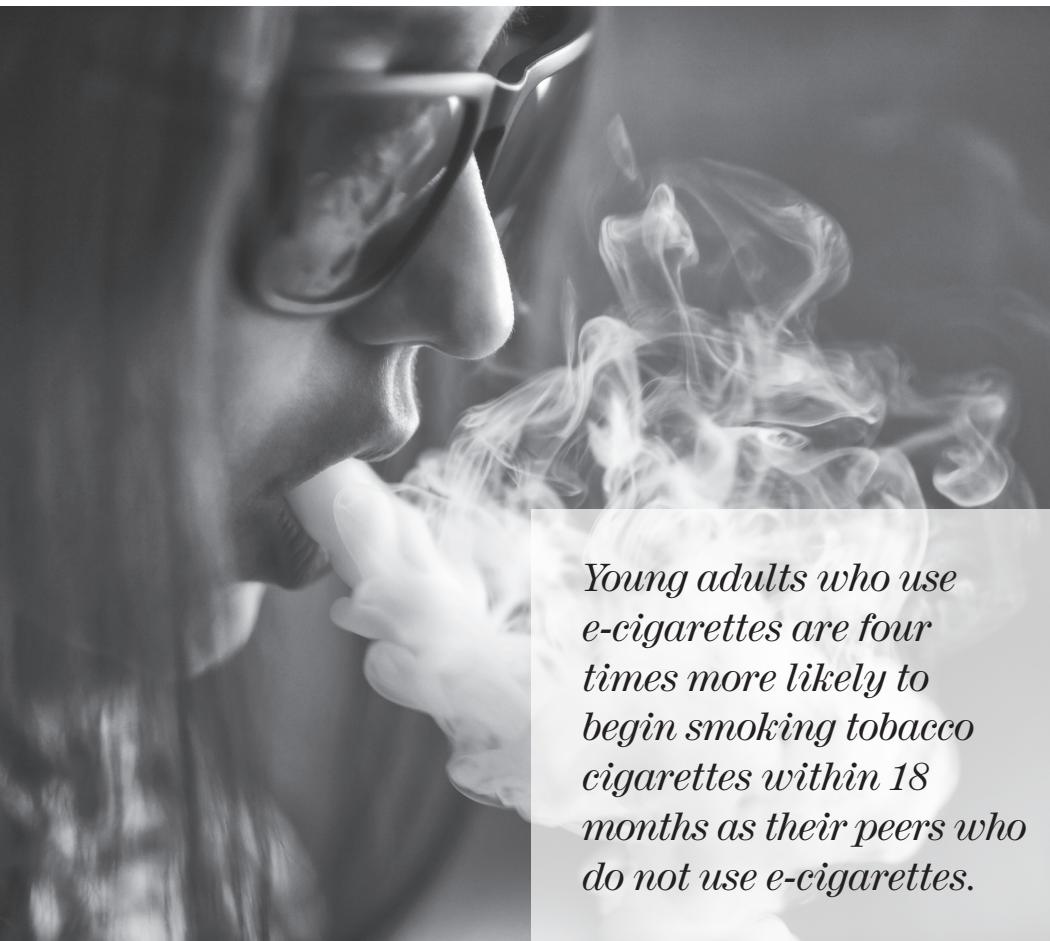
MEET THE DOCTOR

J. Michael Brooks, MD is board-certified in Family Medicine and practices with CalvertHealth Medical Group. "Providing medical care for Calvert County families is a great honor and privilege. Serving as a Family Physician for multiple generations of county families has and continues to be a heartwarming experience," said Dr. Brooks.



E-CIGARETTES, VAPING & JUULING 101

What Parents Need to Know



Young adults who use e-cigarettes are four times more likely to begin smoking tobacco cigarettes within 18 months as their peers who do not use e-cigarettes.

No doubt, most students are familiar with vaping or e-cigarettes, an alternative to conventional tobacco cigarettes. Although once touted as a product to help adult tobacco smokers quit, e-cigarettes containing nicotine are now believed to entice, and ultimately hook, younger smokers with attractive flavors – candy, bubble gum, mint, fruit. In fact, since e-cigarettes were introduced in the U.S. in the mid-2000s, **they have become the most common tobacco product used among middle and high school students.**

Unfortunately, these novel products are much more difficult for parents and teachers to recognize – and equally difficult to know if children or students are using them. We asked board-certified oncologist **Dr. Arati Patel**, Medical Director of the Thoracic Oncology Program at CH, and board-certified pediatrician **Dr. Bhargesh Mehta**, to discuss some of the most frequently asked questions about e-cigarettes and the new phenomenon: JUUL.

Q *What are e-cigarettes?*

E-cigarettes are the **digital** equivalent to the conventional tobacco cigarettes in delivering nicotine. E-cigarettes contain a heating element that produces an aerosol from a liquid that users can inhale through a mouthpiece. According to the Centers for Disease Control and Prevention, 99 percent of e-cigarettes sold in the U.S. in 2015 contained nicotine. E-cigarettes include a range of devices including a new type of e-cigarette on the market called a JUUL.

Q *What is a JUUL?*

JUUL is a top-selling, brand name e-cigarette that came on the market for adult smokers in 2015 but is now popular among middle, high school and college students. A JUUL looks just like a USB flash drive or thumb drive and can be easily concealed. It is charged through a laptop or computer USB port. What concerns medical professionals who treat

We killed the cigarette: What we got in return is mango-flavored nicotine in party mode. – Aug. 8, 2018 Washington Post Article

young people is that one JUUL pod contains as much nicotine as one pack of cigarettes and currently the package is not labeled with this information. “Teens and young adults who use these devices can become extremely addicted to the nicotine and are ultimately much more likely to use other tobacco-related products such as traditional cigarettes,” said Patel.

Q *Are there dangerous chemicals in e-cigarettes? Do they result in cancer?*

E-cigarette devices contain more than just harmless water vapor and flavorings. According to a new report from the National Academies of Sciences, Engineering and Medicine, there is **conclusive evidence** that in addition to nicotine, most e-cigarettes contain and emit numerous potentially toxic substances. The liquids used in e-cigarettes are primarily made of substances generally safe for ingestion. The question that researchers are studying is what happens when these substances are heated up, vaporized and inhaled.

A study published in the medical journal *Pediatrics* in March 2018 found at least five cancer causing toxins in the urine of 16-year-olds who inhaled e-cigarette vapor, according to Mehta. “Currently, there is no evidence of short-term carcinogenic impact. However, it will require years of research to understand the long-term impact of these chemicals, especially given the extreme popularity and the young age of the users,” said Patel.

Q *Why is nicotine especially harmful to teens?*

Nicotine is a stimulant, so it speeds up the heart and constricts blood vessels which increases blood pressure—it also gives younger users a buzz or ‘high.’ Scientific evidence suggests that nicotine



exposure during adolescence, a critical window for brain development, may have adverse consequences on decision-making and impulse control, according to Patel. Nicotine also activates areas of the brain affected by alcohol and marijuana.

Minors may be telling their parents that vaping or using e-cigarettes is okay—it’s just water vapor. “The presumption with teens and parents is that e-cigarettes are safe but it is my belief that these electronic devices are the gateway to real cigarettes,” said Mehta.

A study published in the *American Journal of Medicine* found that young adults who use e-cigarettes are more than four times as likely to begin smoking tobacco cigarettes within 18 months as their peers who do not use e-cigarettes, said Mehta.

This trend is already impacting our community. According to a 2016 survey provided by the Calvert County Health Department, prior to the popularity of JUULs and other e-cigarettes, 34.2 percent of high school

students and 18.4 percent of middle school students responded that they had smoked an e-cigarette product at least one day during the 30 days before the survey. Department officials expect those numbers to go up in the next survey.

“Nearly 90 percent of cigarette smoking starts before the age of 18, and these nicotine-containing devices being used by young people have the potential to result in lifelong addiction to tobacco-related products,” said Patel.

At a time when traditional tobacco cigarette smokers are on the decline, and only 9.9 percent of Calvert County high school students and 1 percent of middle school students surveyed identified as smokers, e-cigarette and JUUL use by young people today may lead to an increase in tobacco cigarette smokers and, potentially, an increase in health-related consequences of smoking such as cancer, lung disease and heart disease in the future.

For more information on e-cigarettes, vaping and JUUL, visit CalvertHealthMedicine.org.

MEET THE SPECIALISTS

Arati Patel, MD is part of the cancer team at CalvertHealth Hematology & Oncology. Board certified in medical oncology, she also serves as the director of CHMC’s thoracic health program.



Bhargesh Mehta, MD (pictured far right) is a board-certified pediatrician who has practiced in Calvert County for more than 20 years.

Dedicated in Loving Memory
Thomas and Myrtle Hance



THE LEGACY of THOMAS AND MYRTLE HANCE

Thomas Lloyd Hance Jr. and Myrtle Bettina Hance were born and raised in Calvert County. Graduates of Calvert High School, they married on October 6, 1969. Together, they operated the family excruciating business, Thomas L. Hance Inc.

Myrtle, 65, passed away on July 12, 2009. Thomas, 67, passed away on April 13, 2015. At the time of his death, he left donations to eight different charities that were near and dear to his heart. CalvertHealth Foundation was one of those charities.

They shared a great generosity that impacted hundreds of people in this community.

Thomas and Myrtle have a legacy of true kindness. We are grateful for the blessings they have bestowed upon so many in their beloved community. May we all follow their example and continue to spread kindness to one another.

"How beautiful a day can be when kindness touches it."
George Elliston



Hance Planned Gift Leaves LASTING LEGACY

Emergency Department Waiting
Room Named to Honor Family

During the 39 years they were married, Thomas and Myrtle Hance shared in a quiet generosity that impacted hundreds of people in this community. Without fanfare, Thomas planned his estate and upon his passing, left gifts to CalvertHealth Foundation and seven other charities.

His family made an additional donation to create a special tribute for their parents. Today, the Emergency Department waiting room at CalvertHealth Medical Center is dedicated in loving memory to Thomas and Myrtle Hance.

"It came as no surprise that dad chose to leave a generous gift to our hometown hospital upon his passing," said his daughter, Tracy Hance Atherton (*pictured left with her brother, Tommy*). "This was the place our family came to so many times when we needed it. Tommy and I were born here. When mom broke her leg playing softball, she was treated in the old one-story building. I remember dad holding us up to the window so she could wave at us."

The Hance gift will go toward the \$51-million expansion project underway at the medical center. When complete, the project will feature private rooms for medical-surgical patients on levels 2 and 3. Studies show patients in private rooms get better sleep and benefit from improved communication with staff. And there's even extra space for visitors and family members whose involvement in patient care results in faster healing.

"This is the standard of care that everyone who visits our hospital deserves," said **Dean Teague**, President and CEO of CalvertHealth.

Parents Had Deep Ties to Community

Thomas's son, Thomas (Tommy) Hance, III, said carrying out his dad's gift was especially meaningful because it made a statement about what mattered most to him in life – helping people.

“This is an incredibly generous and truly impactful gift that will benefit the entire community.”

*- Theresa Johnson
CalvertHealth Foundation*

“By leaving this gift he’s helping the hospital that helps the community,” he said. “And that reaches a lot of people.”

The Hance family has been a part of Calvert County since the 1600s. “Our history goes way back,” said Tommy. “Mom came from a family that didn’t have a whole lot. She was one of six children and our grandfather was a waterman.”

He went on to add, “My dad was a simple man. He never owned a sports car or a boat. He didn’t have a fancy wardrobe.”

Tracy said, “They lived in the house he built in 1973. They still had the kitchen chairs they bought in North Carolina for \$7 a piece.” But they believed in helping people through good times and bad.

A Passion for Giving Back

They were grateful for their many blessings. – lifelong friends, a successful excavating business and an extended family that included seven grandchildren and six great-grandchildren. “If they heard about someone in need, they tried to help however they could,” said Tracy. “It didn’t matter if they knew them.”

She went on to add, “There were some hard times in the company but he was always good to his employees. He had many who had been with the company over 30 years ... one almost 48 years. I think it says a lot about how he treated people.”

Her mom, Myrtle, died at age 65 in 2009. Her dad was 67 when he passed away in 2015. Six months before he died, Thomas Hance had a kidney transplant. Tracy said, “The first thing he said when he woke up was he wanted to get better because he wanted to help people. He was thinking of others even when he was going through a very tough time.”

Tracy, who worked with her dad since she was 11, personally delivered his donation to CalvertHealth Foundation. “I felt like I was doing his work,” she said. “I was proud to do that.”

Tommy said his dad had a personal connection to the recipients of all his planned gifts. “He felt strongly about those he chose.”

Dedication Honors Couple’s Kindness

On April 13 – the third anniversary of their dad’s passing – Tracy and Tommy gathered with friends, family and longtime employees to witness the unveiling of the plaque naming the Emergency Department Waiting Room at CalvertHealth Medical Center in memory of their parent’s extraordinary kindness.

The plaque features a photo of Thomas and Myrtle dancing at Tracy’s wedding. “They were both so happy. It was such a joyous occasion. Tommy and I picked it out together,” she said.

It ends with the quote: *“How beautiful a day can be when kindness touches it.”* – George Elliston

“We wanted to include a message of kindness because they were good to everyone and that’s how we wanted them to be remembered,” said Tracy.

CalvertHealth Foundation Estate Planning Series

The Planned Giving team at CalvertHealth Foundation works with each donor to explore the variety of options available to create a legacy reflective of their wishes. Please feel free to contact the foundation staff at foundation@calverthealthmed.org or call 410.414.4570.

Wednesday, Jan. 16

9-10 a.m.

CalvertHealth Medical Center
Classroom 1

Retirement Planning will feature a discussion led by Mike Cox of Pathway Investment Group. Participants will be given pre- and post-retirement checklists along with information to help make informed choices when evaluating Social Security options, saving for retirement, common mistakes to avoid while planning to retire and things to avoid while in retirement.

Tuesday, Feb. 12

Noon-1 p.m.

CalvertHealth Medical Center
Classrooms 1 and 2

Learn how to create **Family Love Letters** in a seminar presented by Denise Bowman, Attorney at Law, Davis Upton & Palumbo.

These letters, which contain guidance, heartfelt advice and detailed financial information, can help loved ones with tough decisions and tasks during what can be a painful and chaotic time. Participants will be given a workbook to draft and prepare their own Family Love Letter. This written plan is a thoughtful gift to leave family members to help them carry on your legacy.

Both programs are free and open to the public. Pre-registration is appreciated by calling 410.535.8348.



CalvertHealth®

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

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Maryland Relay Service:
800.735.2258

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RESIDENTIAL CUSTOMER

MAMMOGRAMS & MANICURES

Hope
is
always
in
Season



*Tis the Season to Take Care
of Yourself.*

As women we're always busy taking care of others. Our to-do list never gets any shorter. It's time to put you first – by getting your annual mammogram.

Treat yourself like you would treat a loved one. Schedule your screening mammogram at Calvert Medical Imaging Center any Saturday in November, December or January and receive a complimentary tote bag and manicure set.

All of our mammograms are read by specialized breast imagers who exclusively read breast images.

**Call 410.535.4111 to schedule your
screening mammogram today!**