



CalvertHealth

Growing
excellence.



SCHOLARSHIPS create
opportunity to reach potential
See story page 18

A Message from the President



*Right care. Right time.
Right place.*

It is no small task to identify, create and deliver health care to the entire community, especially when access to care is difficult for some in our rural area. CalvertHealth works diligently to find new and innovative ways to deliver the care you need when and where you need it. We strive each day to meet the needs of our community and as 2018 progresses, we will continue to invest in ways to be

your community healthcare resource. Mental health needs are on the rise and CalvertHealth is responding with a \$3-million renovation to the medical center's behavioral health unit. Once complete, the unit will contain two unique and separate areas – one to provide care for youth (ages 13-18) and the other to care for adults.

In closing, I'd like to share an excerpt from a letter that I received from the wife of a patient. It drives home a compelling reminder that we are realizing our vision of making a real difference in every life we touch.

Dean Teague, FACHE
President and CEO

“It does take a village to treat and cure cancer. Without the staff at CalvertHealth Medical Center, my husband would not be here. Calvert County depends on you for our care...and you have not disappointed us.”

In This Issue

CALVERTHEALTH MAGAZINE

TRENDING TODAY

- 3 Patients Come First**
Focus on comfort during construction

EAT RIGHT

- 5 Fight Inflammation with Food**
Mediterranean-style diet may help ease joint pain

MOVE MORE

- 6 Spending Time Outdoors**
It does a body good

JUST FOR YOU

- 10 Stressed Out?**
How stress affects our bodies and what we can do to manage it

LIVE WELL

- 12 On the Move with CalvertHealth**
Mobile health center provides peace of mind for young mother

- 14 Meet Chris & Julie: Losing Weight, Getting Healthy Together**

ASK THE SPECIALIST

- 16 Is Genetic Cancer Testing Right for Me?**

IN EVERY ISSUE

- 8 Calendar of Events**
13 New Faces
18 Making a Difference
Scholarship helps student fulfill lifelong dream

ON THE COVER

Surgical Services Director Debbie Rosnage said the scholarship has helped her improve patient safety and outcomes. [Read more on page 18.](#)

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, gender, religion, disability, age 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.

Patients Come First Focus on Safety, Comfort During Construction

“CalvertHealth began planning how to maintain a safe environment for our patients and visitors long before the actual construction started last fall,” said CalvertHealth Chief Operating Officer **Tony Bladen**. When complete, the \$51-million, three-story project will enable CalvertHealth Medical Center (CHMC) to convert to private rooms.

“We have many responsibilities with a project this size but our top priority is keeping patients safe,” stressed Bladen. “Advance planning, effective communication and staff engagement has made all the difference.”

He went on to add, “When you come to the medical center, we want your stay to be as restful as possible, so we meet every week to ensure we stay on top of your needs. Our goal is to figure out how to reduce noise, so our patients can rest and heal.

“Sometimes, we get really creative,” said Bladen. “We work with our staff to see what our best options are and seek input from those on the front lines of taking care of our patients.”

The care team at CHMC remains committed to providing exceptional patient-centered care through construction and beyond.



Volunteer Erin Cain greets and directs a visitor at the Emergency Department entrance.



Enhancing Patient Comfort

Director of Patient and Family Services **Susan Stevens** walks the floors regularly to check on patients. Tent cards and fliers are placed throughout the medical center letting patients know what’s going on with the construction so that everyone has the same information.

“If at any time a patient or family member is uncomfortable with their experience due to the construction, they can contact Patient and Family Services,” she explained, “and we can provide ear plugs, relaxing CDs or when possible, relocate them.”

CalvertHealth’s patient advocates and volunteers are always on hand to help and assist patients to ensure they have the best experience possible during their stay.

Communicating Upcoming Expectations

A project of this size takes an incredible amount of coordination. Construction meetings include Patient and Family Services. “On a regular basis, we’re updated on what to expect,” said Stevens, “and we share this information with staff and patients.”

Additionally, CalvertHealth President & CEO **Dean Teague** has regular meetings with all employees as well as department managers.

Bladen said effective communication has played a key role during construction. “We go through the project step-by-step, discuss the detailed timeline and follow up to make sure we have a clear, concise plan for the next two weeks.”

“The preemptive communication to staff has been critical,” said **Nicole Hedderich**, Director of Quality and Risk Management at CHMC. “We’re able to communicate upcoming expectations to the staff who can share with patients the measures we’ve taken to address any issues.”

CalvertHealth Infection Control Practitioner **Michelle Nation** said, “the meetings provide a good opportunity for us to assess our progress and to look forward to see what we can do better.”

Hedderich and Nation are part of the multidisciplinary team at CalvertHealth that includes administration, infection control, environmental services, life safety, plant operations, security, clinical (nursing/medical staff) and performance improvement as well as patient and family services.

“Before any construction started,” Hedderich said, “we addressed and identified possible scenarios and planned for those, implementing strategies to be proactive.”

Nation said HITT, the contractor for the project, has been very responsive. “Their strong background in health care has made for an effective collaboration. Security has done a great job making sure all of the construction workers wear appropriate badges for proper identification.”

She said there is ongoing monitoring as part of infection control. “For example, I check all of the



Upper image: An aerial image of CHMC prior to construction.



Lower image: What was the main entrance and lobby have been deconstructed to make way for the piles that will support the medical center's new lobby/outpatient concourse and expanded levels two and three.

Follow all the medical center expansion updates! Go to CalvertHealthMedicine.org/ExpansionUpdates for videos and renderings.

construction areas daily to make sure dust is not negatively affecting any patient area.”

Engaging Staff to Be Proactive

According to CalvertHealth Risk Management Coordinator **Coleen Damalouji**, there is an avenue on the health system’s Intranet for staff to report any issues or concerns but there haven’t been any.”

She went on to add, “Three months into the project, I haven’t seen one complaint come through related to the construction.”

Stevens said, “Our staff is totally engaged and has been very helpful. I see them asking people: ‘Do you need help?’ Can I help you find something?’”

“They are feeling very empowered,” she added, “and want to help whenever they see a need, like giving a heated blanket to someone in a waiting area who is cold.”

When the construction project resulted in the closure of the main entrance and nearby parking, Stevens said extra steps were taken to assist patients and visitors. “We increased guest shuttle hours from 8 a.m. – 2 p.m. and continue to offer

complimentary valet service in front of the medical office building Monday through Friday from 9 a.m. – 2 p.m.”

The Emergency Department (ED) entrance now serves as the main entrance to the medical center. A Patient and Family Services volunteer is on hand to greet patients and visitors and help navigate them wherever they need to go.

In addition to increased signage, brightly colored floor decals direct patients and visitors to areas affected by the new traffic patterns on the first floor such as Same Day Surgery check-in, elevators and restrooms.

Bladen said the staff has also been actively involved in providing feedback on the “mock patient room” to ensure the design is as safe, efficient and comfortable as possible. The room, which was designed as an exact replica of the new ones, gives staff and our Patient Advisory Council the opportunity to evaluate the layout under real-world conditions.

“They looked at everything from the brightness of light fixtures and the placement of outlets to the size and design of the bathrooms,” she said. “X-ray and respiratory brought in equipment to be sure it would move around easily.

Fight Inflammation with Food

Mediterranean-Style Diet May Help EASE PAIN

When you have arthritis or a related condition, getting the right nutrients may help to alleviate pain and inflammation, said CalvertHealth Registered Dietitian **Karen Mohn, RD, LDN**.

According to Mohn, researchers found a diet rich in omega-3 fatty acids, antioxidants and phytochemicals supplies the body with powerful anti-inflammatory nutrients. Many of these foods are commonly part of a Mediterranean-style diet of fish, olive oil, fruits, vegetables, nuts/seeds and beans.

In addition to soothing tender and stiff joints, an anti-inflammatory diet may also be beneficial for heart health, said Mohn. "I suggest trying it for a few weeks and gauge for yourself if your joints are feeling more relieved and less sore."

Get Fishy

At least 3 to 4 ounces twice a week (salmon, tuna, sardines, anchovies and other cold-water fish).

Eat Your Fruits and Veggies

1½ to 2 cups of fruit (blueberries, blackberries, cherries and strawberries) and 2 to 3 cups of veggies (spinach, kale and broccoli) per meal.



Try a Handful of Nuts or Seeds

1.5 ounces (about a handful) of nuts such as walnuts, pine nuts, pistachios or almonds daily.

Break out the Beans

Beans are a low-cost source of fiber, protein, folic acid and magnesium.

Pour on the Olive Oil

Two to three tablespoons per day for cooking or used in salad dressings or other dishes. Extra virgin is less processed and retains more nutrients.

At the same time, Mohn said it is important to cut back on those foods associated with promoting inflammation, such as: sugar, saturated fats (pizza and cheese), trans fats (fast food, fried products and processed snacks) and refined carbohydrates (white flour products, white rice and white potatoes).



Spinach Salad with Strawberry-Poppy Seed Vinaigrette

Nutrient-dense berries add natural sweetness to the dressing and give the salad a wonderful burst of color and flavor.

- 1 – 16 oz. container strawberries (about 20 large), tops removed
- 1 small shallot, finely chopped
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon salt
- Freshly ground pepper
- 1/4 cup extra virgin olive oil
- 1 tablespoon poppy seeds
- 4 ounces baby spinach (about 4 big handfuls)
- 1/2 cup crumbled feta cheese
- 3/4 cup chopped walnuts
- 1/2 small red onion, thinly sliced (optional)

DIRECTIONS

Slice half the strawberries and set them aside for the salad. Remove the hulls from the remaining berries so that only the red parts remain, and coarsely chop.

Place the chopped strawberries, chopped shallot, vinegar, salt and a few grinds of fresh pepper in a blender and blend on high until smooth. Add the oil and poppy seeds and blend again. Taste and add additional seasoning, if needed. Transfer to a serving container.

Place the spinach, feta, walnuts, reserved strawberries and sliced red onion, if desired, in a large bowl. Add vinaigrette (to taste) and toss the spinach salad before serving.

NUTRITION FACTS

4 servings – Per serving: 260 calories, 7 grams protein, 4 grams fiber, 14 grams carbohydrates, 20 grams fat (mostly from "good" fat in walnuts and olive oil).

Source: Arthritis Foundation

MOVE
MORE

Spending time OUTDOORS

.....
IT DOES A BODY GOOD



People who exercise regularly – especially in the fresh air and sunshine – have been shown to be happier in general, have more energy, relax more easily and sleep better.

“I often tell my patients if we had a pill that would do everything for us exercise does, then I believe every one of us would want to start taking that pill,” said **Dr. Charles Bennett**, CalvertHealth Primary Care physician.

Bennett said, “Encouraging and guiding people to pursue a healthy lifestyle is a very important part of preventive health care and is a large portion of what family medicine nurse practitioners and physicians do.”

According to Bennett, adults of all ages, if their physical abilities allow, should set a goal of at least 150 minutes of moderate intensity aerobic activity (e.g. brisk walking) each week. Or, 75 minutes of vigorous intensity aerobic activity each week. In addition, at least two days of muscle strengthening activities per week help overall health and lessen the chance of an injury from a fall.

Reducing Chronic Disease

“Regular physical activity at this level has been proven to have many benefits,” said Bennett. “Exercise has been proven to reduce the chance of heart disease, stroke and diabetes, and it helps with many other chronic conditions such as osteoarthritis, other forms of arthritis and fibromyalgia.”

“For those in middle-age and older, we often wonder what we can do to help our memory and lessen the chance of dementia. Regular exercise has been shown to significantly reduce our risk of dementia,” Bennett said.

For those who have difficulty with anxiety and depression, regular exercise has been proven to help them deal more effectively with these conditions, according to Bennett. “It is not always easy to find time in our daily lives to devote to exercise, however, the benefits to us in physical, emotional and spiritual ways can be enormous.”

Connecting with Nature

Once people start an exercise plan, moving those activities outdoors and into nature provides additional health benefits. Studies found people who are new to exercise

← *Kylee Scott, 9, left, said the best part of attending summer camp at Flag Ponds Nature Park through the Calvert County Natural Resources Department was immersing herself in nature and getting to explore the marshland along with counselor Sarah Fox, right.*

stuck with their programs longer when they included outdoor activities such as a hike, a kayak trip or a bike ride.

“Over the years, many patients have told me they find exercising outdoors to be more interesting and it helps to maintain their exercise program,” said Bennett.

Residents of Calvert County could not have chosen a better place to live in order to fill a prescription to reconnect with nature.

According to Calvert County Natural Resources Division Chief **Karyn Molines**, the county has more than 5,000 acres for people to explore through parks and recreation areas. There are hiking trails, access for fishing and for those who want to venture out on the water, launches and rentals for canoes and kayaks. More challenging trails are found at the American Chestnut Land Trust at two locations in Prince Frederick.

“The parks are spread out throughout the county with trails through forest, fields, marshland and beaches,” said Calvert Nature Society Executive Director **Anne Sundermann**. For guides to natural areas in Calvert County, visit calvertparks.org.

Encouraging Kids to Play

The American Academy of Pediatrics reports the average 8- to 10-year-old spends nearly eight hours a day with a variety of different media, with older children and teens spending up to 11 hours indoors and sitting down. Researchers using GPS and other devices which tracked the activity of 1,000 children found the children were twice as active when they were outside.

“There are many free and low-cost programs throughout the county to introduce children to the nature that is near where they live,” said Sundermann.

Kylee Scott, 9, of Owings, was among the children participating in outdoor camps in Calvert County last summer. Swimming in the Patuxent River from Kings Landing Park and exploring the marshland at Flag Ponds Nature Park were her favorite



Calvert County has more than 5,000 acres for residents to explore.

activities. “I liked standing in the mud and exploring.” There was time for outdoor play and solitude, and her mother Keya Scott noticed that when her daughter was outside she was more active and fun-loving.

As with beginning any new exercise program, people should consult with their primary care provider. For an up-to-date listing of local providers in CalvertHealth’s Network of Care, visit CalvertHealthMedicine.org.

A number of medical journals list the following as health benefits to spending time and exercising outdoors:

- ✓ Reduces inflammation
- ✓ Boosts immune system
- ✓ Improves short-term memory
- ✓ Restores mental energy
- ✓ Relieves stress
- ✓ Improves concentration
- ✓ Improves mental health

“Spring is a wonderful season to increase your exercise program and appreciate the abundant natural beauty in Southern Maryland.”

– Dr. Charles Bennett

Protect Your Skin: Slip, Slop, Slap

With more than 1 million new cases of skin cancer diagnosed each year protecting your skin is important. “Whenever you are outdoors in the sun, even on an overcast day, you need to protect your skin,” said board-certified dermatologist **Dr. Faris Hawit**.

He offers this easy reminder: “Slip, slop and slap. Slip on a shirt, slop on a broad-spectrum sunblock – even in the winter – and slap on a wide-brimmed hat.” Also, be aware some medications, including antibiotics can make your skin more sensitive to sunlight.

SUNSCREEN DOS AND DON'TS

- Do look for broad-spectrum sunblock with an SPF of at least 30.
- Don't use spray sunblocks on children. Not only might you miss spots, but the spray can contain toxic ingredients that shouldn't be inhaled.
- Don't use makeup as sunscreen. Wear sunscreen under your makeup.
- Do wear sunblock regardless of your skin type.
- Do reapply sunblock every two hours and 15 minutes prior to sun exposure.
- Do wear sunscreen on a cloudy day—clouds do not block all UV rays.
- Do cover up with protective clothing and wear a wide brimmed hat.
- Do seek shade when outdoors and try to time your walks in the early morning and late evening.



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 listings provided 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.

COMMUNITY EVENTS

Health Ministry Team Meeting

April 24 6 p.m.

Calvary Bible Church, Lusby

Learn how a health ministry can benefit your faith organization at our regional Health Ministry Team meeting. Guest speaker Karen Mohn, RD will present Dinner with the Dietician: Cooking with Healthy Oils. A light dinner will be served. Call 410.535.8233 for more information.

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.

HEALTH & WELLNESS

Skin Cancer Screening

May 17 Noon-2 p.m.

Calvert Dermatology,
Medical Arts Building, Suite 200

Free skin cancer screenings presented by Dr. Faris Hawit and Heather Montgomery, CRNP of Calvert Dermatology. Walk-ins are welcome but advance registration online is encouraged.

Freedom from Smoking

An eight-week program that takes you through the quitting process. Call 410.535.5400 x 359 for more information or to register.

Weight Loss for Life

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

April 11 – May 30

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. \$75 per person.

Weight Loss for Life Plus

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

April 11 – May 30

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. \$75 per person.

NEW Meal Planning Workshop: A Beginners Guide to Meal Planning

May 10 6-7:30 p.m.

Patuxent Health Center

Learn how to succeed at meal planning. You'll leave this hands-on workshop with a personalized two week meal plan. \$10 per person.

HEALTHWISE

Heartsaver CPR

May 5 9 a.m.-2 p.m.

Medical Arts Building, Suite 205

Fees apply, advance registration required.

CPR, AED and First Aid

April 14 9 a.m.-2 p.m.

May 19 9 a.m.-2 p.m.

Medical Arts Building, Suite 205

Fees apply, advance registration required.

Family Caregiving: Here and There

April 10 1 – 2:30 p.m.

A special seminar designed to help you make wise decisions for your care recipient, either at home or at a distance. Explore family dynamics, finances, legal concerns, resources and self-care. Experienced patient and family services staff will provide practical tips and strategies to help you save time, money and heartache. Free. To register, please call Calvert Hospice at 410.535.0892.

VA Benefits

June 12 1 – 2:30 p.m.

If you or your spouse is a United States Veteran, you may be eligible for benefits through the Veteran's Administration. These benefits may include financial payments, long term care placement, home care benefits, funeral benefits and/or medical equipment. VBA Benefits Representatives from the Veterans Administration will be available for individual consultations. To register and reserve a time, please 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

ABC's of Breastfeeding

April 3 6-8 p.m.
May 1 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

April 21 9 a.m.-4 p.m.
May 12 and 19 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.

Infant CPR

April 9 6-8 p.m.
April 21 9-11 a.m.
May 14 6-8 a.m.

Calvert Medical Arts Building, Suite 205

New and expectant parents, grandparents and babysitters learn infant CPR. \$24 per person.

Safe Sitter

April 21 9 a.m.-3 p.m.
May 19 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.

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.



WANT TO
KNOW
MORE?

For a complete listing of classes and events, please visit our website at:
CalvertHealthMedicine.org/Classes

SAVE THE DATE



CalvertHealth Foundation

BENEFIT GOLF CLASSIC

Monday, May 7, 2018

Old South Country Club | Lothian, MD

Go to CalverthHealthFoundation.org/BenefitGolfClassic for more information

NEW THIS YEAR!



Join us for a fun, non-competitive event from 3 to 5 p.m. The Sip & Swing runs simultaneously with the tournament and starts with a food and wine tasting followed by clinics on your swinging, chipping and putting.

FREE SKIN CANCER SCREENING

Date: May 17, 2018

Time: Noon to 2 p.m.

Place: Calvert Dermatology

Medical Arts Building
Suite 200

Prince Frederick, MD 20678

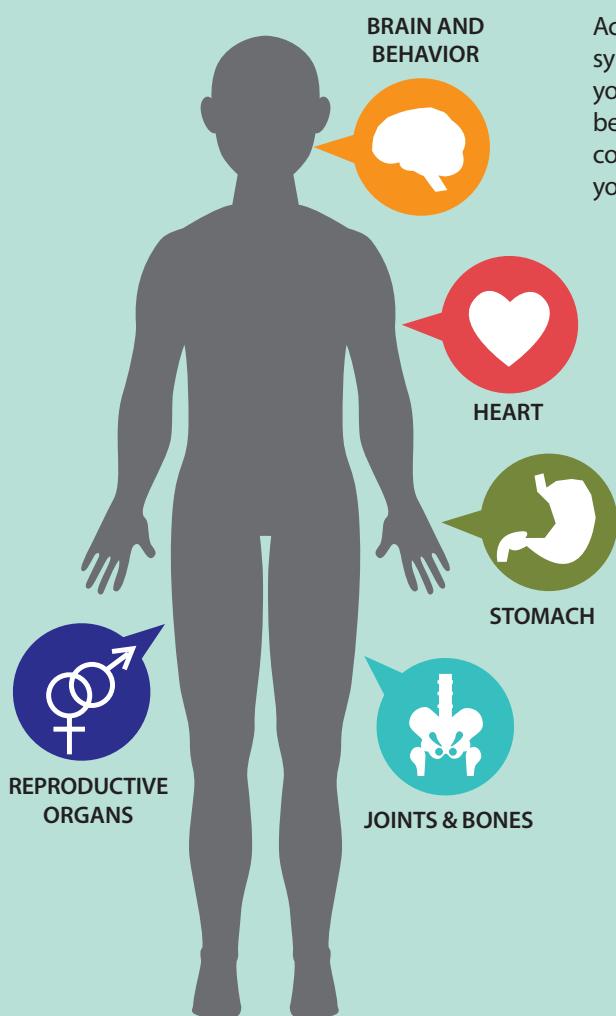
Register online:
CalvertHealthMedicine.org/Classes
or call 410.535.8233

Stressed Out?

What Stress Can Do to our Bodies and How We Can Manage It.

Stress is defined as “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.”

STRESS SYMPTOMS: Effects on Your Body and Behavior



According to the Mayo Clinic, stress symptoms can affect your body, your thoughts and feelings and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them.

Common Effects of Stress on Your Body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems
- Irregular or painful periods

Common Effects of Stress on Your Mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Common Effects of Stress on Your Behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

According to Cardiologist **Dr. Cassius Belfonte**, stress can affect the entire body in ways that may not seem obvious.

Symptoms could be tightness in the shoulders, an upset stomach or changes in diet—those are the outward signs that may bring a person to the doctor’s office. The underlying factor could very well be the body’s reaction to ongoing stress.

Everyone experiences stress at some point in their lives—and it isn’t always a bad thing. The stress of a looming deadline, exam or presentation can be a great motivator. However, events such as divorce and relationship problems, loss of a loved one, loss of a job or other financial problems as well as a hectic lifestyle can create the kind of long-term stress associated with serious health problems.

The Human Body on Stress

Cardiac conditions are often not directly caused by stress, but often stress leads to behaviors such as excessive eating, sleep deprivation and substance abuse that, in turn, can increase the risk of heart disease by causing high blood

APRIL

IS STRESS
AWARENESS
MONTH

TIPS

FOR MANAGING STRESS

GET A GOOD NIGHT'S SLEEP EVERY NIGHT

According to a survey by the American Psychological Association, more than 40 percent of adults said that stress keeps them from getting a good night's sleep. Doctors recommend striving for between seven and eight hours of sleep a night. Try going to bed at the same time each night, and turning off all distractions such as television, computer and phone.

IMPROVE LIFESTYLE CHOICES

Start by making small changes—take a walk during lunch or after dinner, gradually cut out foods that are high in sugar and fat and reduce consumption of alcohol.

MAKE TIME FOR HOBBIES

"I'm already busy 24-7, how can a hobby make my life less stressful?" Studies show that hobbies such as knitting, needlepoint and sewing, as well as building models, woodworking and drawing, are seeing a revival that is linked to their stress reduction benefits. Being able to slow down, concentrate on a single task, and take a break from everyday tasks, can be relaxing.

PRACTICE POSITIVE THINKING

We can't avoid stress, but according to the Mayo Clinic, having a good attitude is proven to reduce it. Positive thinking that comes with being optimistic is a key component to managing stress and is associated with health benefits. The good news is that through practice, positive thinking can become a habit.

TALK TO YOUR PRIMARY CARE DOCTOR

If you're worried about how stress may be affecting your health, reach out to your primary care physician.

pressure, high cholesterol and arterial damage, according to Belfonte.

In addition to the cardiovascular system, stress affects the nervous system which in turn raises blood pressure and changes the digestive process by boosting glucose levels in the bloodstream.

The musculoskeletal system reacts to stress through tightening muscles as a way of guarding against injury. Long-term muscle tension is associated with migraine headaches, back and neck pain.

In the respiratory system, stress can make it harder to breathe for people with asthma or lung disease or cause hyperventilation that can bring on a panic attack.

Hormones that are released in the endocrine system during stress prepare the body to react to danger by producing more glucose—blood sugar—for energy. For some people, that extra blood sugar can lead to diabetes.

The gastrointestinal system under stress can cause heartburn or acid reflux, nausea and the development of stomach ulcers, and can affect how well you digest food and how fast that food moves through your body.



www.stressinamerica.org

Talking to Your Doctor about Stress

"In addition to describing symptoms, doctors want to know what stressful events are taking place in your life—the underlying problem to your health issue could be stress," said Belfonte.

"When faced with a patient with new cardiovascular symptoms, I inquire about their job, sleep patterns and any new stressors at home. Symptoms of stress can often mimic cardiovascular disease and hence it is helpful when patients elaborate on their stressors," said Belfonte. He continued, "Palpitations and chest pains could be the result of a stressful situation such as a divorce, death in the family or moving to a new home. It is, however, important to discuss any cardiovascular symptoms with your doctor and not assume it is due to stress solely."

MEET THE DOCTOR

Cassius Belfonte, MD is a board-certified cardiologist with Calvert Internal Medicine Group in Prince Frederick. He also holds board-certifications in internal medicine and cardiovascular imaging. For more information on Dr. Belfonte or any of the cardiologist affiliated with CalvertHealth, go to: CalvertHealthMedicine.org.



SERVICES PROVIDED

- ✓ Primary care services
- ✓ Navigation to appropriate care, if needed
- ✓ Preventive screenings for skin, lung & prostate cancers
- ✓ Blood pressure screening
- ✓ Weight checks
- ✓ Wound checks
- ✓ Breast exams (no mammograms)
- ✓ Review and explanation of medications
- ✓ Education on diabetes, cholesterol and high blood pressure

ON THE MOVE with CalvertHealth

Mobile Health Services Provide Peace of Mind for Young Mother

Stephanie Pulsinelli, 28, of Lusby, was worried about a lump she felt on her breast. A mother of a young child, she knew she shouldn't wait to find out if what she felt was serious.

Having seen a flyer at the Southern Community Center in Lusby, Pulsinelli knew the CalvertHealth Mobile Health Center would be arriving during a time that fit her work schedule and although she didn't know what to expect or what kind of services they provided, she thought it would be a good starting point.

"I was hoping someone [at the mobile health center] would be able to ease my mind – as a parent, I was worried about being able to care for my child," Pulsinelli said. She was pleasantly surprised.

"Inside, it was a miniature doctor's office. I had one short piece of paper to fill out and I was able to bring my daughter into the room with me," said Pulsinelli.

She was examined by **Morgan Brissette, DNP, CRNP** with the CalvertHealth Mobile Health Center.

Within 15 minutes of her arrival, she was given a referral for an ultrasound and 3D mammogram and the number to a nurse navigator at the **CalvertHealth Sheldon E. Goldberg Center for Breast Care** at CalvertHealth Medical Center in Prince Frederick. Her ultrasound was in three days and her appointment to go over the results was a week later.

"I was relieved to find out the lump was nothing to worry about," Pulsinelli said. "I put all of my energy into taking care of my daughter and I don't always do a good job of taking care of myself. It is nice to know there is a place I can go, right in my community, where I get help when I need it."

Pulsinelli said she will be following up with breast exams every six months when she goes for her routine OB/GYN visit and she was advised that she will not require mammograms until after age 40.

"Providing peace of mind for our patients is important to CalvertHealth, and it is why we work hard to see medical care is made available in every corner of the county through the mobile health center," said Brissette. "What I love about the mobile center is that we can do it all – right here. We see people of all ages. If we can't diagnose or fix the problem right then, we can fast-track them through the CalvertHealth Network of Care."



CALENDAR

MOBILE HEALTH MONDAYS

Second Monday of the Month:**North Beach Senior Center**

9010 Chesapeake Avenue, North Beach, 1-3 p.m.

Third Monday of the Month:**Calvert Library Southern Branch**

13920 H. G. Trueman Road, Lusby, 11 a.m. – 1 p.m.

Fourth Monday of the Month:**Calvert Pines Senior Center**

405 West Dares Beach Road, Prince Frederick, 1-3 p.m.

For a complete listing of Mobile Health Center destinations, go to: CalvertHealthMedicine.org/MobileHealthCenter

The 40-foot, state-of-the art medical vehicle features two fully-equipped exam rooms and wheelchair lift. Purchased with funds from the 2015 CalvertHealth Foundation Harvest Ball, it has traveled more than 2,700 miles since then, seeing more than 500 patients at locations throughout the county including Community Life Center/SMILE, Southern Pines Senior Center and Southern Branch Library in Lusby, St. John Vianney Church, Silverwood Farms Community Center, Yardley Hill Community Center and Calvert Pines Senior Center in Prince Frederick, at Chesapeake Cares Food Pantry, Huntingtown United Methodist Church, First Lutheran Church and Emmanuel Baptist Church in Huntingtown, St. Anthony's Food Pantry and North Beach Senior Center in North Beach.

"Although locations are being added, we want to establish a regular schedule so that people will know where to go and when to expect the center," Brissette said.

Margaret Fowler, director of community wellness for CalvertHealth, said, "Providing wellness is a key part of our mission. Through health screenings like high blood pressure, cholesterol, and diabetes, the mobile health center is able to help identify and target health risks." She continued, "Early detection of potential and existing medical conditions allows for more effective treatment and supports overall health."

The mobile center has day and evening hours at locations in Solomons, Lusby, Prince Frederick, Huntingtown and North Beach. Call 410.535.8233 or visit CalvertHealthMedicine.org/MobileHealthCenter for the most up-to-date schedule.

Cardella Joins CalvertHealth Primary Care

Board-certified family medicine physician **Amanda Cardella, DO** has joined CalvertHealth Primary Care in Prince Frederick in Suite 111 of the Calvert Medical Office Building in Prince Frederick. She is trained to diagnose, treat and manage a wide range of medical conditions for every member of the family – from babies, children and adolescents to adults and the elderly.

Dr. Cardella has a special interest in preventive health and chronic care diseases. "I see preventive health as an opportunity to help my patients help themselves, to get to know them and to provide opportunities to stay well. I want to inspire my patients to actively seek health."

It was her time in the military that fostered her interest in medicine. "I was looking for a way to serve my community after leaving that very rewarding career." She served five years in the U.S. Army, including a deployment to Afghanistan and eight years in the Army National Guard.

Dr. Cardella graduated from Rowan University School of Osteopathic Medicine in New Jersey in 2014 and completed her residency there in 2017. She is also board certified in Osteopathic Manipulative Treatment, which involves using the hands to stretch, apply gentle pressure and resistance to diagnose, treat or prevent illness or injury.



Calvert Dermatology Welcomes Montgomery

Board-certified nurse practitioner **Heather Montgomery, CRNP** is part of the Calvert Dermatology team. Her office is located in Suite 200 of the Calvert Medical Arts Building in Prince Frederick.

She joined Dr. Faris Hawit and now routinely provides care for chronic and acute skin problems such as rashes, new skin growths, alopecia (hair loss), acne, warts and cysts. She also provides comprehensive skin cancer checks.

"My philosophy of care is to provide exceptional dermatologic care with a personalized and compassionate approach," she said. "I want our patients to feel their needs have been addressed and we have listened to all of their dermatologic concerns."

Montgomery has more than 16 years of experience in health care. She received her bachelor's degree in nursing from Towson University in 1997 and went on to complete her master's degree in nursing from The Catholic University of America in 2002. She is a member of The National Academy of Dermatology Nurse Practitioners.

Calvert Dermatology specializes in the diagnosis, treatment and prevention of skin cancer using both Mohs Surgery as well as leading evidence-based therapies. They also perform micro needling for acne scarring, ear lobe repair and the removal of moles.





CALVERTHEALTH
GET LEAN IN 2018
Healthy Weight Loss Challenge

Meet Chris and Julie Smart or “Poppy” and “Mom-Mom” as Camden and Colby like to call them. They raise grass-fed cattle and free-range chickens on a 150-acre farm in Huntingtown. He works the night shift and does carpentry jobs on the side. She has her hands full with two lively grandkids, ages 3 and 5, during the week.

Healthy Weight Loss
CHALLENGE

**Chris
 &
 Julie**

Losing Weight Getting Healthy Together

In January, they signed up for CalvertHealth’s Get Lean in 2018 Healthy Weight Loss Challenge. The 12-week program focuses on helping participants create lasting behavior changes in the area of fitness and nutrition. In the past five years, CalvertHealth has helped 429 local residents lose 849 pounds.

According to CalvertHealth Community Wellness Director **Margaret Fowler**, 77.2 percent of adults in Calvert County are overweight or obese. Statewide the rate is 65 percent. “Losing weight can significantly reduce your risk of developing lifestyle-related disease such as diabetes, stroke, heart disease and cancer. This is one health risk factor every individual has the power to change and is why CalvertHealth offers free and low-cost nutritional and fitness programs.”



In the past five years, CalvertHealth has helped 429 local residents lose 849 pounds.

To begin, each participant completes a biometric health screening that measures height, weight and body mass index. There are weekly weigh-ins. A special three-month discounted World Gym membership is offered to provide an opportunity for participants to engage in more physical activity.

Additionally, CalvertHealth provides a monthly talk on wellness topics and a weekly support group is available. Along the way, weekly emails offer practical fitness and nutrition tips to help participants build healthy habits.

“We’ve done the weight loss program twice,” said Julie. “The first time, we did the whole 12 weeks. The second time we didn’t stick with it as well. We do better when we do it together.”

This time, they’re committed. And they’ve agreed to let us follow them on their journey to lose weight and get healthy.

Finding the Right Motivation

Julie’s motivation to lose weight can be summed up in one word – family.

“I have my two grandkids every day and I’m tired all the time,” she said. “I want to have more energy to do things with them,” said the 53-year-old grandmother.

She went on to add, “My dad died when I was 5, and my mom passed when I was 13. I want to be around a long time for them. Yes, I want to lose weight but I also want to get healthier.

“They are outside kids and they want to play,” Julie said. “They are my real motivation. My 5-year-old granddaughter, Colby, already has this summer planned with play dates and going to the pool.”

Chris, who is 57, honestly admits signing up for the weight-loss program “was probably her idea more than mine” but he’s on board and wants to be supportive.

“Ideally, I’d like to weigh 200 pounds but that’s shooting for the stars,” he said. “If I lose 50 pounds, I’d

Julie’s motivation to lose weight can be summed up in one word – family.



be happy. I think I’d feel a lot better and move a lot easier.”

Five years ago, he got down to 185 pounds for his oldest son’s wedding. “It was the hardest thing I ever did to lose that weight but I’ve slowly gained it all back.”

His three sons who regularly work out give him a hard time about the extra weight. “My middle son is a body builder and my 55-year-old brother competes in triathlons. I can try. And, if it takes me a while longer, then it does.”

Making Small Changes to Start

Chris works the midnight – 8 a.m. shift. When he comes home in the morning, Julie said they enjoy a healthy breakfast like oatmeal and blueberries.

“My wife does all the cooking,” he said, “so we’ve been having a lot of salad, chicken and lean beef.” He’s made other changes as well. “Instead of two helpings, I’ve cut back to one. I’m trying to stay away from fried foods and taking fresh fruit to work to snack on.”

Snacks can be a healthy way to help fight off hunger pains and fuel



your body between meals. Good options include yogurt, fresh fruit, string cheese, nuts, granola bars, healthy smoothies in a bottle and pretzels.

For lunch, they’ll often have a salad with lots of veggies and homemade soup. “I like to make crab soup or vegetable beef. I can my own tomatoes, so I’m cutting out all that sodium.”

Julie has given up soda and is trying to drink only water. Chris prefers drinking plain iced tea. She said he has a hard time sleeping during the day and usually goes to bed between 4-5 p.m.

In February, she signed up to attend water aerobics three times a week with a girlfriend. “I plan to take the kids when the weather is nice to walk on the boardwalk in North Beach.”

Something as simple as a daily brisk walk can help you maintain a healthy weight. As a general goal, aim for at least 30 minutes. If you can’t set aside that much time, try for 10-15 minutes sessions throughout the day. It’s OK to start slowly – especially, if you haven’t been exercising regularly.

Julie said she likes the weekly weigh-ins. “It helps hold me accountable. I’m just really ready for it. I was so uncomfortable in my clothes.”

She went on to add, “I can honestly say with just the small changes I’ve made, I’m already sleeping better at night and I have more energy in the morning.”



Is Genetic Cancer Testing Right for me?

DID YOU KNOW?

CalvertHealth has a full-time **GENETIC COUNSELOR** on staff. For an appointment, please call 410.414.4717.

Genetic testing can play an important role in a patient's personalized cancer treatment program. A genetic counselor can help assess your risk, explain your options and address how the results can impact your care. Recently, we sat down with certified genetic counselor **Sandra Cassell-Corbin, CRNP** to discuss some of the most frequently asked questions about genetic testing.

MEET THE SPECIALIST

Board-certified oncology nurse practitioner **Sandra Cassell-Corbin, CRNP** of CalvertHealth Hematology & Oncology has more than 30 years of experience in cancer care and specializes in genetic testing. She oversees the high-risk breast and lung clinics at CalvertHealth Medical Center. These programs provide patient education and counseling, assist with referrals and help coordinate follow-up care.



Q *Who needs genetic testing?*

While the majority of cancer is not inherited, in some cases cancer can be associated with a change in a person's gene or DNA. This broken gene can be passed down through generations, significantly increasing cancer risk in some cases.

Genetic testing may be recommended for people who have had certain kinds of cancer or patterns of cancer in their family. These red flags include:

- ✓ *Cancer at an early age* – 50 years or younger
- ✓ *Certain rare cancers* – such as male and triple negative breast cancer or ovarian cancer
- ✓ *Multiple cancers* – multiple members within the family may have cancer or one individual may have multiple cancers

Q *What will genetic testing tell me?*

It's important to understand how useful testing may be for you before you do it. A genetic counselor can explain what to expect, tell you about the pros and cons of the test, what the results might mean and what your options are. Predictive genetic testing is used to look for inherited gene mutations that might put a person at higher risk of getting certain kinds of cancer. Testing after a person has been diagnosed with cancer can sometimes give information on a patient's prognosis and whether certain types of treatment might be useful.

Q *Why is genetic testing important?*

If you test positive, a genetic counselor can discuss the best ways to help manage your cancer risk. These may include lifestyle changes, like losing weight; increased surveillance (watching for signs and symptoms of cancer); medicines to reduce your cancer risk or even preventive surgery.

CalvertHealth's high-risk clinics are designed as an additional resource for patients who are at increased risk for cancer, providing added surveillance, management and education on risk-reducing strategies.

Q *How does it benefit my treatment?*

One of the biggest advancements and areas of research is in targeting genetic mutations for treatment. One example is BRCA-associated tumors in metastatic breast and ovarian cancer. We now have specific drug treatments that may provide added benefit to breast cancer patients with this specific gene mutation.

CalvertHealth is proud to offer full-time genetic counseling and testing services to our community. To find out if cancer genetic testing is right for you, call **410.414.4717**.

INFORMATION IS POWER: Making Her Own Choices

Women are empowered today more than ever. Advances in medicine bring new and important options to patients when making choices for their overall health and wellness. One possible option available for certain women at high risk of breast cancer is genetic testing.

Paulette Ager, from Bryantown in Charles County, has a long family history of breast cancer – her mother and both maternal aunts had breast cancer at a young age. Due to her increased risk factors, she began receiving screening mammograms in her late 30s. Over the years, Ager had to deal with many of her screenings coming back with abnormalities. The stress weighed heavily on her, but luckily each time she followed up, the results would come back fine.

In January 2014, when Ager was called back in for an abnormality found during her routine screening, she thought, "It's going to be fine." But this time calcifications were found in her breast and a biopsy was scheduled. A few weeks later, she received the call that she had breast cancer. She was 45 at the time with a husband and teenage son at home.

Ager was referred to the Sheldon E. Goldberg Center for Breast Care at CalvertHealth. It was there she learned about undergoing genetic testing to determine if her cancer could be connected to a gene mutation carried in her family. She met with genetic counselor Sandra Corbin who tested her for the gene mutations that can put you at higher risk for breast and other cancers. According to Corbin, even if you already have breast cancer, it is important to know if you have a mutation because that may mean you are also at higher risk for other types of cancer and added surveillance or preventive strategies may be helpful. Additionally, the information may affect your treatment recommendations and there is a possibility your children could inherit the mutation.

Although Ager's results came back negative for a mutation, she appreciated the opportunity to be tested. "It was an easy process and Sandy was great," said Ager. She continued, "I was grateful this service was offered close to home."

Dr. Arati Patel, medical director for the Center for Breast Care said, "The field of genetic testing for hereditary cancers is rapidly evolving, resulting in more comprehensive information than we've ever had before. This testing is having a positive impact on patient care and medical decision-making. Although there are various avenues for testing, we strongly encourage patients to meet with a certified genetic counselor who can help them understand the process and what steps to take based on your results." **For more information on genetic counseling at CalvertHealth, call 410.414.4700.**

Paulette Ager and her mother, pictured above, are both breast cancer survivors.



Pursuing Their PASSION

Scholarship Helps Student Fulfill Lifelong Dream



“Receiving the scholarship from CalvertHealth Foundation helped me pursue the career that I’ve always dreamed about,” said **Glenn Jones**, (*Pictured with wife, Kelsey*), who graduated from medical school in May and is now doing his residency in pediatrics at University of Maryland Medical Center.

“I am indescribably grateful to be part of this profession.”
– Glenn Jones,
pediatrics resident

Jones, a 2009 Patuxent High School graduate, received the E. Anne Spitzer, MD Memorial Scholarship from 2014-2016. It was created in 1988 with funding by friends, family and the Calvert Medical Society in honor of the late family physician. The funds continue to provide ongoing financial support for the scholarship.

“The expenses of an undergraduate degree and medical school get overwhelming pretty fast,” said Jones, “and being able to have that extra help made me breathe a bit easier.”

Early Interest In Medicine

His interest in medicine began at an early age. “I was inspired by my family doctor and the doctors at Calvert who took care of my family when one of us was sick.”

Jones said he felt drawn to the caregiving process. “When I saw how medicine could bring hope to people,” he said, “I knew I wanted to spend my life providing that for other families.”

Pediatrics Was ‘Best Fit’

He went on to add, “At the University of Maryland School of Medicine, I

thoroughly enjoyed every rotation from obstetrics to surgery but in reflecting on what area is the best fit for me, my six weeks in pediatrics stands out.

“I loved reassuring mothers in the emergency room that their child’s rash was nothing to worry about, or watching happy, healthy kids grow and develop at their well-child visits.

“I’m still deciding if I will practice as a general pediatrician or if I will specialize,” said Jones, “but I’m definitely interested in practicing in a rural setting.

“I learned so much during my training but I also discovered how learning is truly a lifelong pursuit,” he added, “a journey toward understanding that I will take for the rest of my career.”

Calvert County high school graduates who have been accepted into an accredited medical school may apply for the E. Anne Spitzer, MD Memorial Scholarship. The application deadline is April 30. For information, visit: CalvertHealthFoundation.org or call the foundation office at 410.414.4570.



DID YOU KNOW?
CalvertHealth Foundation has awarded **400 allied health scholarships** totaling more than \$525,000 to area students.

Nursing Scholarship Benefits Patient Care

“Many of my classes are geared toward improving patient safety and outcomes,” said **Debbie Rosnage, RN**, director of surgical services at CalvertHealth Medical Center, who is pursuing her master’s degree in nursing leadership.

“The healthcare environment is ever changing and it is imperative that we stay current with what is considered best practice,” Rosnage said, “so we can provide the safest possible care for our patients.”

She received an allied health scholarship from the CalvertHealth Foundation in 2017. Since the program began in 1991, it has awarded more than \$525,000 to more than 400 students in Calvert, Charles, St. Mary’s and Anne Arundel counties who are pursuing higher education in an allied health field. Recipients are not required to repay the foundation or work for CalvertHealth.

Rosnage, who has been with CHMC since 1999, was promoted to director of the department in 2012. Her areas of responsibility include the same day surgery and post anesthesia units along with the OR, endoscopy, pre-admission testing and, central sterile processing and pain management. She oversees a staff of 73 and seven operating rooms that handle some 4,100 surgeries annually.

Building Leadership Skills

“The nursing leadership program at Drexel University is preparing me to be a more effective leader,” said Rosnage. She credits the scholarship with giving her the opportunity to continuously take classes. “Without it, it would take me much longer to complete the program.”

“Making a difference in the lives of patients is absolutely the most rewarding experience.”
- *Debbie Rosnage, RN*

Last year, she received the hospital’s Beacon Award, presented annually to the department leader who exemplifies outstanding leadership skills. She was nominated for the award by three members of her team.

Although she was extremely honored, Rosnage attributed the award to the skill and dedication of her team members. “I felt it was a reflection of all their hard work.”

Creating A Positive Experience

Rosnage said the best part of her day is watching the physicians and her team members care for patients as if they were their own family. “I receive many letters, phone calls and surveys from patients stating what a positive experience they had at our hospital.”

She went on to add, “Knowing we were able to help someone turn a stressful experience into a positive one is extremely rewarding.”

“It is a privilege to be a part of CalvertHealth Medical Center where community members can stay close to

their loved ones and receive care in a comfortable and caring environment.” To find out more about the allied health scholarship offered by CalvertHealth Foundation, visit: CalvertHealthFoundation.org or call the foundation office at 410.414.4570. The application deadline is April 30.



CalvertHealth[®]

100 Hospital Road, Prince Frederick, MD 20678
CalvertHealthMedicine.org

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

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*The day brings together members of the community
dedicated to advancing health care at CalvertHealth.*

Proceeds from the 29th annual tournament will be used to create modern, patient-centered, family-friendly spaces for patients needing behavioral health services. With mental health needs on the rise, CalvertHealth is responding with a \$3 million renovation to the medical center's behavioral health unit.

Join us in helping our community in need.



Donate at CalvertHealthFoundation.org
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