



# Healthy Outlook

*Tradition. Quality. Progress.*

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**Need Health Insurance?  
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**CMH Family Birth Center  
ROCKS!**

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*First-time mom Amanda Fles, with son, Noah, who delivered at Calvert Memorial.*



# CMH Birth Center ROCKS

## New Parents Appreciate Personal Care, Supportive Environment

WHETHER YOU'RE EXPECTING YOUR FIRST BABY OR ADDING A NEW LITTLE ONE TO YOUR FAMILY, THE CALVERT MEMORIAL HOSPITAL FAMILY BIRTH CENTER IS COMMITTED TO MAKING YOUR BIRTH EXPERIENCE THE MOST POSITIVE, SATISFYING AND HEALTHY EXPERIENCE POSSIBLE FOR YOU, YOUR NEW BABY AND YOUR ENTIRE FAMILY.

"You can tell the birth center staff love what they do and it comes through in their care," said **Val Willis-Mayer**, who delivered her third daughter there on June 21. (*Seen below with husband, Brian and daughters, Preslee and Madison.*)

The 36-year-old Prince Frederick resident can appreciate the difference because she delivered her second daughter at another hospital and made the decision to return to Calvert Memorial.

"The staff and the nurses (at CMH) treat you like family," she said. "They recognize you in the grocery store and talk to you. It makes you feel more comfortable when it's time to deliver."

### Designed for Your Comfort

From the moment you arrive, the Family Birth Center provides you with many of the comforts of home. The private rooms are warm and inviting – each with its own sleeper chair, well-padded rockers, larger showers and built-in dryers.

New mothers unwind with a complimentary massage and enjoy nutritious snacks of fresh fruit, granola bars and juice from our well-stocked pantry. A board-certified lactation specialist is available to meet with each new mother who chooses to breastfeed.

"It's a well-maintained center," said Willis-Mayer. "It's very clean and that matters to me. I also liked the security with the ID bands and the cameras. It made me feel safe." She went on to add, "I especially liked the postpartum massage and the special dinner for two (she shared with her husband, Brian)."

The Calvert Memorial Hospital Family Birth Center offers women who live in Southern Maryland a unique blend of some of the most advanced technology available coupled with personalized care. "Our goal is to always provide a supportive environment where concerns are heard and choices are honored," said **Holly Dooley**, director of Maternal and Fetal Services at CMH.

"There's no such thing as too many questions," said Dooley. "With 826 deliveries last year, our staff understands what it takes to provide the very best experience for infants, newborns and their families."

According to Dooley, the birth center's highly skilled nursing staff keeps abreast of the latest technology and trends in obstetrics.

"I never felt rushed," said Willis-Mayer. "The nursing staff patiently went over everything and always took the time to answer all of my questions."

CMH has seven full-time obstetricians on its active medical staff with offices in Dunkirk, Prince Frederick and Solomons. To find out more, visit [www.calverthospital.org](http://www.calverthospital.org) or call the toll-free physician referral line at 1-888-906-8773.

Additionally, our pediatric hospitalists provide round-the-clock coverage and are immediately available for emergency deliveries and cesarean sections. (*See related article on page 5.*) We also offer high-risk pregnancy consultations with perinatologist **Dr. Janyne Althaus** from Johns Hopkins Hospital. She visits CMH monthly to provide outreach to high-risk expectant mothers.



*"You can tell the birth center staff love what they do and it comes through in their care," said Val Willis-Mayer, who delivered her third daughter there on June 21.*



*Far left: CMH pediatric hospitalists are available 24/7 to provide newborn care. Here, Dr. Nikisha Smith examines Tyler Conrow as his mother looks on.*

*Left: OB nurse Betty Ellis greets Amanda Fles and son, Noah, at the breastfeeding support group that meets weekly at CMH Family Birth Center.*

## Starting Life Together

After the delivery, your baby will stay in your private room so our nurses can educate the whole family on new baby and mom care. This closeness promotes family bonding and encourages “hands-on” learning in a relaxed environment.

“I loved that Noah roomed with us,” said **Amanda Fles**. “We really felt like we got personal care. The nurses are so compassionate and empathetic. They always called us by name. The hand-offs at shift change were seamless.”

“I wanted to do natural childbirth and they were very supportive of our choice,” said the 30-year-old Lusby resident. “The nurses in labor and delivery were very reassuring. They gave us time alone but were there when we needed them.”

## Preparing for the Big Day

CMH offers a wide variety of classes, programs and services to support expecting and new parents before you deliver, while you’re in the hospital and after you go home. For a complete listing, visit [www.calverthospital.org](http://www.calverthospital.org).

Fles said she and her husband opted for the childbirth class offered on Saturdays. During the class, expectant parents learn about labor and delivery preparation, relaxation and breathing techniques, medication options and breastfeeding.

“I felt like I was as ready as I could be,” said the first-time mom.



*Above: Certified lactation consultant Betty Ellis meets with Danielle Conrow to provide one-on-one instruction in breastfeeding son, Tyler. “Our goal is to give every family the best start possible,” said Ellis.*

“At least, we felt like we knew what was going to happen.”

“I experienced a couple of false alarms,” she recalls with a laugh, “so I got to preview the labor and delivery area.” She and her husband also took an infant CPR class and a tour of the Family Birth Center. “I was really so excited to see all that the hospital has to offer.”

Fles said the breastfeeding education and support provided was very beneficial. Calvert Memorial Hospital offers prenatal instruction in breastfeeding and has certified lactation consultants on staff that provide one-on-one instruction as well as outpatient lactation services for

breastfeeding moms who need assistance after they go home. There is also a free breastfeeding support group that meets weekly at the hospital.

“I loved meeting the new moms in the support group. We met each other for lunch and play dates,” she said. “I couldn’t have kept going without the breastfeeding support group.”

*We welcome your visit as you consider where to deliver your baby, and we would be proud to show you our Family Birth Center. Guided tours are offered the third Sunday of every month at 2 p.m.*

## Bhogte Joins Bay Shore Pediatrics

**DR. CORALYN BHOGTE, A RECENT GRADUATE OF THE CHILDREN'S NATIONAL MEDICAL CENTER RESIDENCY PROGRAM, HAS JOINED BAY SHORE PEDIATRICS.**

The practice, located in Suite 207 of the Calvert Medical Arts Center, combines the latest research and clinical guidelines with gentle, compassionate care for newborns to teens.

She is experienced at providing a broad range of pediatric care including more complex conditions such as asthma and obesity. Additionally, Dr. Bhogte received specialized training in caring for children with mental health problems. "Depression and anxiety is becoming more recognized in children and adolescents," she said. "I feel comfortable in caring for children with these issues."

"So much of pediatrics is helping families to anticipate and prepare for what will come next in their lives," she said, "such as development, feeding, school, sleep, growth and safety. I hope to help families navigate each of these steps and when the time comes to ease the transition to an adult healthcare provider."

"My goal when I meet with a new family is to find at least one thing I can do to make a difference in that child's life," Dr. Bhogte said. "I want parents to be active partners in planning their child's care so that we take into account their specific needs and situation."

She went on to add, "I feel a true sense of community with everyone at Bay Shore Pediatrics. They are respectful of the importance and privilege of caring for someone's child and are supportive of continuing to find ways to improve the care we provide."



## New OB/GYN Specialist Joins Calvert Group

**Khadija Dugan, MD**, an OB/GYN specialist with a particular interest in minimally invasive gynecologic surgery, has joined Calvert OB/GYN Associates of Southern Maryland. She will be providing full-time OB/GYN services at the group's Dunkirk and Prince Frederick offices.

Dr. Dugan graduated from the UMDNJ Robert Wood Johnson Medical School in New Jersey in 2008 and went on to complete her OB/GYN residency at Sinai Hospital of Baltimore in 2012. While there, she had extensive exposure to complex surgical cases involving open, laparoscopic and robotic procedures. Additionally, the resident clinic added significantly to her experience with high-risk obstetrics.

"I was always drawn to activities pertaining to women's health," she said. In medical school, she served as director of the Women's Health Outreach Program, a student-run free health clinic. "I love that I can care for my patients throughout their entire life from adolescence through menopause and develop lifelong relationships," she said.

Her special interests include adolescent gynecology and preventive health care as well as contraception management and family planning.



## Shah Associates Adds Cardiologist

Shah Associates is pleased to announce the addition of board-certified cardiologist **Dr. Meena Shah** who specializes in non-invasive imaging. She will see patients in the Prince Frederick office located in Suite 300 in the Calvert Medical Arts Center.

Dr. Shah graduated from the University of Maryland School of Medicine in 2006 and went on to complete her specialty training at Washington Hospital Center and Georgetown University Hospital where she was the chief fellow in the cardiovascular medicine program from 2011-2012. She also has a master's degree in public health. Her special interests include cardiac disease in women and advanced therapy for those with left ventricular dysfunction.

A native of Southern Maryland, Dr. Shah is excited about returning to the community where she grew up. "I want my patients to feel like they are entering into an open partnership," she said, "and that my staff and I are caring and approachable."

She went on to add, "Our goal is to provide comprehensive care but at the same time educate them about their own disease process."



## New Psychiatrist Joins Shah Associates

Board-certified psychiatrist **Dr. Rachna Raisinghani** has joined Shah Associates and will be seeing patients in the Prince Frederick office located in Suite 300 of the Calvert Medical Arts Center. In addition to psychotherapy and medication management, she will provide psychiatric consultations and help to manage patients on the inpatient unit at Calvert Memorial Hospital.

Dr. Raisinghani, who completed a fellowship in psychosomatic medicine, specializes in the management of psychiatric issues in patients with chronic medical conditions such as diabetes, high blood pressure and heart problems. She is also experienced in psychopharmacology and working with geriatric patients. Her special interests include women's mental health and brief psychotherapy.

"In therapy, my goal is to understand the person behind the symptoms," said Dr. Raisinghani. "I look forward to this as an opportunity to form an alliance with my patients."

She went on to add, "When patients come to see me, I want them to feel comfortable sharing their concerns and asking questions. Understanding their condition, is the first step toward feeling empowered and on the path to recovery."

Dr. Raisinghani is a graduate of the Topiwala National Medical College and B.Y.L Nair Hospital in Mumbai, India and went on to complete her residency at the University of Virginia Health System in Charlottesville and her fellowship at Virginia Commonwealth University in Richmond.



## Muthu Joins Patuxent Cardiology Associates

**Dr. Vasundhara Muthu**, who is board certified in internal medicine, has joined Patuxent Cardiology Associates in Huntingtown.

She provides treatment for all aspects of general cardiology including performing cardiac catheterizations. She has a special interest in cardiac imaging and heart failure.

"Women's heart health is another area that holds a special interest for me," she said. "I believe this is an area where we still need to make major improvements in accurately diagnosing and managing the disease as well as educating patients."

Dr. Muthu graduated from Lady Hardinge Medical College in New Delhi, India in 2004 and went on to complete her residency in internal medicine at SUNY Upstate Medical University in Syracuse, NY in 2009 and her fellowship in cardiology there in 2013.

"The program was exceptionally strong clinically with a special focus on direct patient care," she said. "My training also included performing echocardiograms, transesophageal echocardiograms, stress tests and cardiac catheterizations." She is also certified as a registered physician in vascular interpretation.

Dr. Muthu said she chose to become a cardiologist "to help people make healthy lifestyle choices and gain control over their heart health."

She went on to add, "I want my patients to feel comfortable enough to discuss anything regarding their health with me and to ask as many questions as they want."

"When they leave, I want them to feel empowered," she added, "where they feel they can positively impact their health by making the right choices."



## CMH Pediatric Hospitalist Team Expands

Parents will notice some new faces on the pediatric unit at Calvert Memorial Hospital.

**Dr. Deborah Bear** (top) and **Dr. Upendra Mahat** (below) have recently joined the pediatric hospitalist team at CMH. Their role is to provide round-the-clock coverage for sick children who are admitted.

They are on hand seven days a week and are available anywhere in the hospital that a child needs care. Equally important, they are immediately available for emergency deliveries and cesarean sections. The pediatric hospitalist program has been in place at CMH since 2007.

This specialized care is enhanced by the hospital's relationship with Dr. Deborah Hoy of the Georgetown Neonatal Intensive Care Unit, who oversees the program. In her role as medical director, she assures that the pediatric care provided at CMH is based on the latest evidence-based medicine.

Dr. Bear, who works exclusively at the hospital, graduated from The George Washington School of Medicine in Washington, DC in 2010 and went on to complete her internship and residency in pediatrics at the Children's National Medical Center in Washington, DC in 2013. She also has a master's in public health from the George Washington School of Public Health.

Dr. Mahat also works part-time with local pediatrician Dr. Bhargesh Mehta, who has offices in Dunkirk and Prince Frederick. He graduated from Tribhuvan University, Universal College of Medical Sciences in Nepal in 2007 and went on to complete his internship and residency in pediatrics at the Bronx-Lebanon Hospital Center in New York in 2013. His special interests include behavioral and neurodevelopment disorders of children.



## Looking for a Physician?

For more information about these physicians or other practices, please call our toll-free Physician Referral Line at **1-888-906-8773** or visit [www.calverthospital.org](http://www.calverthospital.org).

# Growing Number Seeking Care at Calvert's Endoscopy Center

## What Our Patients Say



Dr. Haque (above) is associated with Calvert Gastroenterology and specializes in interventional endoscopy.

**“THE MODERN ENDOSCOPY CENTER AT CALVERT MEMORIAL HOSPITAL, ALONG WITH OUR EXPERIENCED TEAM, HAS NO DOUBT CONTRIBUTED TO THE GROWING NUMBER OF PEOPLE IN CALVERT AND THE SURROUNDING COUNTIES SEEKING CARE HERE,” SAID DR. SAAD HAQUE, CHIEF OF THE DIVISION OF GASTROENTEROLOGY AT CMH.**

Located on the main hospital campus, the endoscopy center offers Southern Maryland residents comprehensive individualized care for the evaluation and treatment of a wide range of disorders relating to the digestive system, including both short-term conditions and chronic, lifelong diseases.

Since it opened in 2011, the number of visits there has jumped from 3,046 annually to 3,312 last year and nearly 22 percent of those come from outside of Calvert County. The state-of-the-art center combines experienced clinical expertise with sophisticated, high-definition technology in a soothing environment to ensure privacy and comfort.

In response to the growing demand for gastroenterology services, the hospital has five board-certified GI specialists on its active medical staff. The fellowship-trained gastroenterologists bring a wide range of experience in treating a broad spectrum of patients with both simple and complicated GI disorders. For a complete listing, visit [www.calverthospital.org](http://www.calverthospital.org) or call the toll-free physician referral line at 1-888-906-8773.

“Each patient who walks through our doors is given the benefit of our expertise and experience,” said **Dean Teague**, chief operating officer at CMH. “We are committed to balancing clinical excellence with compassionate care.”

Additionally, the practices themselves are constantly improving their ability to provide the highest possible level of patient care – by pursuing advanced training and introducing new techniques.

For instance, earlier this year **Calvert Gastroenterology** began offering transnasal endoscopy in its Prince Frederick office.

The minimally invasive procedure, which passes an ultra-thin endoscope through the nose, requires no sedation and allows a much quicker recovery than the conventional method through the mouth.

*“I am quite vocal in singing the praises of Calvert Memorial Hospital and the wonderful, caring doctors and nurses,” said Wilma Leidig. A colonoscopy last spring revealed an early-stage tumor that was surgically removed and now the 69-year-old Chesapeake Beach resident is back to quilting and enjoying her eight grandchildren.*

*“Hemorrhoids aren’t something you normally talk about,” said Wanda Snyder, “but I’m happy to tell my friends and customers that after being miserable for 12 years I’m finally pain-free.”*



*“It was so bad sometimes,” said the 48-year-old hairstylist, (seen here with daughter, Jenna.) “I would almost pass out.” The horrible bloating and chronic constipation even caused her to miss work. Now, after a simple banding procedure done in her doctor’s office, the Port Republic resident says she is “ready to do the things I love to do.”*

Her treatment involved four short office visits that included an initial consult. **Calvert Gastroenterology** has used the non-surgical option during the past year to successfully treat some 200 cases with significant patient satisfaction.



## GI Signs You Should Never Ignore

*Board-certified gastroenterologists Dr. Renee Bright and Dr. Dolores Rhodes of Calvert Internal Medicine Group explain what to look for and when to go for help.*

### **When are abdominal pains a red flag?**

When they are persistent, i.e. constant and longer than a day, when they wake you up at night and are associated with nausea, vomiting, poor appetite, fevers or weight loss.

### **How long is too long without going #2?**

For MOST people, it takes food approximately three days to go from mouth to out. Some of us are underachievers and take longer and others are over-achievers and have faster tract records. Constipation is often defined as less than three bowel movements a week. Many people are constipated and most are women. If you have not had a BM after three days, then you can try a laxative. The common types are stimulants like Ex-Lax®, Correctol® or Dulcolax®. They can cramp but usually work for short spells. Also common are magnesium-based products like Phillips® Milk of Magnesia. The newer over-the-counter agent, MiraLAX® has no taste if mixed in a drink and has little side effects. If these do not work after one to two days, then you NEED to contact your doctor.

### **Why do I bloat?**

Bloating is usually due to retained gas in the GI tract. If it goes away by the morning or later in the day – then it's typically gas. Many foods have sugar fillers and additives. Your lower GI tract breaks down sugars and proteins in your foods and that produces gas. The two conditions that may produce excess gas are a stomach infection called H. pylori causing upper gas and celiac disease. If bloating does not go away over the course of a day, then you need to seek attention. The bloating could be due to some type of blockage or even fluid retention in the abdomen.

### **When is weight loss bad?**

Sudden, unexpected, non-intentional weight loss can indicate some type of condition. Seek medical attention for labs and further testing.

### **What if my diarrhea runs on?**

Diarrhea is not a normal state for most people, although there is a group with Irritable Bowel Syndrome (IBS) who often have loose stools in the setting of stressors or foods. If you have “loosey-goosey” stools for over three days, then you need to tell someone. Sudden onset is still often an infection of some type or new medications. However, some do have colon or small bowel ulcer conditions such as ulcerative colitis (*which causes bloody diarrhea*) or Crohn's disease. Warning signs with diarrhea include: bleeding, severe abdominal pains, fevers, weight loss, joint complaints and persistent bloating. Also, if the diarrhea awakes you at night, then that should be explored.

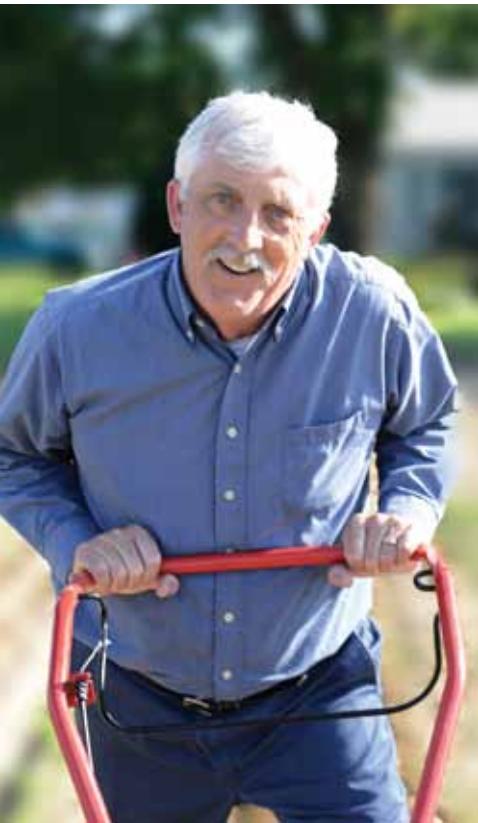
*Dr. Bright (right), who joined CMH in 2001, has received several awards for her teaching and has a special interest in inflammatory bowel disease and the management of viral hepatitis diseases.*

*Dr. Rhodes (far right), who joined the active medical staff in 2011, trained for a year with world-renowned Dr. Peter Cotton for advanced endoscopic biliary and pancreatic techniques.*



# Quitting for Good

When you're ready to stop, there's free help



**BILL SKINNER GAVE HIMSELF THE BEST CHRISTMAS PRESENT LAST YEAR – HE QUIT SMOKING. IT WAS NOT THE FIRST TIME HE HAS TRIED BUT HE SAYS IT'S DEFINITELY THE LAST. "IF THERE'S ONE THING I'VE LEARNED FOR SURE," SAID THE 59-YEAR-OLD PORT REPUBLIC RESIDENT, "YOU CAN'T HAVE THAT FIRST CIGARETTE."**

The Calvert native remembers sneaking outside to grab a puff in the third grade. At one point, he was up to 2½ packs a day. Once, he quit for 390 days but then lost a dear friend and relapsed. His wife of 25 years quit four years ago and he really wanted to be smoke-free, too.

## Wellness Coaching Works

Skinner freely admits that quitting was rough but with the help of Wellbutrin® and the nicotine patch plus the

support of Calvert Memorial Hospital's wellness coach he got through the hardest days. "Mary (Bahen) was a big push for me" he said. "She was a big inspiration."

"If I can do it, anybody can" said Skinner who's worked at CMH since 1983. "I have a lot more energy now. I can mow the whole yard without taking a break. If you can breathe, you can walk faster."

CMH Nurse Educator **Mary Bahen** is empathetic because she knows how it feels. She quit herself in 2007 when the hospital campus went smoke-free but had smoked up to two packs off and on for up to 20 years.

"I don't judge them. It's a very intense addiction," she said. "They really have to want to quit for themselves. They can't think they can cheat. It has to be all or nothing."

When Bahen reviews lab results with hospital employees, she uses the opportunity to talk about the impact of smoking. "It affects every organ in their body," she said. "And then I say, when you're ready to quit, come back and I'll help you."

**Angi Mori** said she initially quit to lower her insurance rates but was amazed at the difference it made in her cholesterol level. "I was on the verge of having to take medication," said the 49-year-old mother of two. "I was so excited by the results of my blood work. My total was down to 178."

She also said that having a wellness coach was a big help. "Mary has been so supportive," said Mori. "I do feel lucky that I have someone like her to talk to."



*Left: Angi Mori says that having a wellness coach at work has been a very positive influence.*

*It is time to say goodbye to you.  
I hate the way you make me feel.  
I don't want to hide anymore to have  
a cigarette. I don't want to think about  
you. I don't want to smell like you.  
I want to be a non-smoker.  
I always want to be able to breathe deeply.  
I want to dance at my grandchildren's  
wedding. It would really make my  
family happy.  
I want to feel good about me. My life  
is really wonderful and I can live  
without you.  
Oh, I'll miss you but you are really  
not my friend. You are an insidious,  
temporary pleasure that has long been  
my nemesis. Goodbye...gdh*

*The quit letter written by another former smoker spells out why she kicked the habit.*

## Getting Help to Quit

The Calvert County Health Department regularly offers free day and evening, individual and group smoking cessation sessions in Prince Frederick. Based upon grant funding, free cessation products are also provided for those who attend. For more information, call **410-535-5400, ext. 359**.

Additionally, the Maryland Tobacco Quitline (**1-800-QUIT-NOW**) provides FREE telephone counseling to Marylanders 13 and older to help them quit tobacco. Services are available 24/7 in English, Spanish and other languages. Learn more at [www.smokingstopshere.com](http://www.smokingstopshere.com) or call **1-800-784-8669**.

# New Leadership at Calvert Memorial Hospital



## Pestaner Appointed Behavioral Health Unit Director

**Mitzi Pestaner, RN, JD, LLM** has joined Calvert Memorial Hospital as director of the hospital's behavioral health unit. She has worked as a psychiatric nurse since 1993 including at an acute care unit at the University of Maryland Medical Center and on the mobile treatment team in Cecil County.

In addition to her bachelor's in nursing, she has a law degree and is currently pursuing a master's in nursing leadership. "I find the hospital's partnership with the community particularly appealing," she said. "We continually strive to enhance our services to ensure that all our patients receive optimal quality care."

CMH offers comprehensive behavioral health services for individuals and families. In addition to 24-hour crisis intervention services in its emergency department, the hospital provides inpatient care, adolescent day treatment (for ages 13 and older) and adult day treatment services. "Our team is extremely experienced," she said, "and each member does not hesitate to advocate for the patient in a collaborative manner."

## Twigg to Head Care Coordination at CMH

**Karen Twigg, BSN, RN, CMCN** has been named director of care coordination and integration at Calvert Memorial Hospital. She is a Certified



Managed Care Nurse and has over 25 years of healthcare experience. She comes to us from Chester River Hospital Center where she was senior director of quality and safety management since 2010.

"Karen is a results-oriented individual who wants to develop a community approach

to care management," said **Susan Dohony**, chief quality officer at CMH. "She is a patient advocate and possesses a well-rounded experience level in health care from direct patient care in various settings to management and community volunteer work."

She went on to add, "Her challenge will be to further develop, enhance and grow our *Transition to Home* program – helping patients to stay out of the acute care setting and become more engaged in safely managing their chronic conditions like diabetes and respiratory disease at home."

"My impression of the case management team at Calvert Memorial Hospital," said Twigg, "is that they are a strong, dynamic team, which is focused on patients receiving optimal care in the optimal setting."

## Bennighoff named HIM director

**Brian Bennighoff, RHIA, CTR** has been named director of health information management and privacy officer at Calvert Memorial



Hospital. His experience includes over 20 years in health care and 15 plus years in HIM applications. He is also knowledgeable about many health-care regulatory requirements including federal privacy rules under the Health Insurance Portability and Accountability Act (HIPAA).

Bennighoff is credentialed as a Registered Health Information Administrator (RHIA) and a Certified Tumor Registrar (CTR). He earned his bachelors in health information management from the University of Pittsburgh.

He has installed and tested network and web applications at various client sites as well as internal IT. Since 2007, Bennighoff worked as a program manager in the Falls Church office of 3M Health Information Systems working with the Department of Defense.

"I chose to come to CMH because it has great community closeness," he said. "I am looking forward to working with the CMH team to assist with progressing to the next level of meaningful use."

## Haynie Named Director of Medical/Surgical Services

**Karin Traci Haynie, MS, MSN, RN** has been appointed the director of medical/surgical services at Calvert Memorial Hospital. She comes to us with over 23 years of management experience and 12 years' experience in critical care and emergency nursing. She has also taught nursing in associate degree programs.

"Traci is well suited to provide excellent leadership and clinical oversight for the two largest inpatient units in the hospital," said **Diane Couchman**, vice president of patient care services at CMH. "As a major in the Army Reserve, she brings a great deal of knowledge and experience in logistics, planning and resource coordination."

As a member of the U.S. Army Reserve, Haynie served in both Iraq and Kuwait. Most recently, she was the Battalion Executive Officer of the U.S. Army Reserve in Baltimore and was responsible for seven units in four states.

"As a new resident in Calvert County, I wanted to add my leadership and nursing experience to help prepare others for the future challenges of health care," said Haynie.

She went on to add, "I have found the nursing leadership at CMH to be a strong, collaborative team that understands how important it is to nurture and grow nurses to meet these challenges."





# 3D Imaging Raises the Bar on Early Breast Cancer Detection

**THE CENTER FOR BREAST CARE AT CALVERT MEMORIAL HOSPITAL IS PLEASED TO ANNOUNCE THAT ITS IMAGING PARTNER, CALVERT MEDICAL IMAGING CENTER, IS ADDING 3D BREAST MAMMOGRAPHY – A CUTTING-EDGE TECHNOLOGY THAT CAN DETECT EVEN THE MOST SUBTLE SIGNS OF EARLY CANCER.**

Statistics indicate one in eight women will develop breast cancer sometime in her lifetime. The stage at which breast cancer is detected influences a woman's chance of survival. If detected early, the five-year survival rate is 98 percent.

CMIC provides breast-imaging services for the breast center and is located on the lower level of the same building. A separate women's suite, located adjacent to the breast care navigator's office, caters to the comfort and privacy of their female patients.

"We're very excited that our breast center will have this new screening and diagnostic tool," said CMH President and CEO **Jim Xinis**. "We're committed to leading the way in breast care in Southern Maryland and our radiologists strongly believe that 3D will significantly benefit our patients."

"We're all very impressed with it," said Johns Hopkins breast imaging specialist **Dr. Nagi Khouri**, who has been using the same technology at Johns Hopkins for the past four months. Dr. Khouri also directs Calvert's breast imaging program.

A team of Johns Hopkins breast imaging specialists interprets the studies performed at the Center for Breast Care at CMH. They collaborate with the breast center's multidisciplinary team to plan patient care.

Additionally, CMIC is installing a dedicated breast ultrasound that will increase access, reduce wait times and provide superior imaging for making diagnoses and performing biopsies. The center also features a state-of-the-art PET/CT scanner and digital mammography as well as breast MRI and stereotactic biopsy.

*CMH breast care navigator Mary Lingeback (at right) discusses a mammogram with CMIC radiologist Dr. Robin Nuskind.*



## CMIC Welcomes New Imaging Specialists

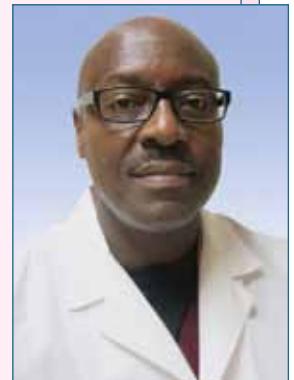
*Calvert Medical Imaging Center is pleased to welcome diagnostic radiologists Dr. Antonio Nelson and Dr. Robin Nuskind to their team of imaging specialists. CMIC is affiliated with American Radiology Services (ARS).*

**Dr. Nelson** (*top right*), who has been with ARS since 2003, will serve as medical director at the Prince Frederick facility. He has over 18 years' experience in diagnostic radiology. He comes to us from University of Maryland Chester River Hospital Center, where he served as Chief of Radiology for the past eight years.

Rated the Eastern Shore's "Top Doc in Radiology" by his peers for four consecutive years from 2007-2011, Dr. Nelson has a special interest in breast imaging and recently completed training in the interpretation of 3D imaging of the breast.

**Dr. Nuskind** (*below right*) has practiced in Annapolis for 20 years and served as the medical director of the ARS office in Annapolis. For the last 12 years, her interest and expertise has been breast and women's imaging.

She is director of breast imaging for ARS and chair of the Mammography Quality Assurance Committee. At CMIC, she works closely with the breast imaging specialists from Johns Hopkins to ensure continuity of care for patients.



*Johns Hopkins breast imaging specialist Dr. Nagi Khouri is director of breast imaging at the Center for Breast Care at CMH. Recently, he sat down to discuss 3D mammography (also called “breast tomosynthesis”).*

**What is a 3D mammography breast exam?**

During the 3D part of the exam, the X-ray arm sweeps in a slight arc over the breast, taking multiple breast images. Then a computer produces a 3D (three-dimensional) image of your breast tissue in one millimeter slices, providing greater visibility for the radiologist to see breast detail in a way never before possible.

**Why is there a need for 3D mammography breast exams?**

With 2D mammography including digital (*which most places today use*), images are obtained in two planes which has limitations. Ten to 40 percent of cancers may not be seen on screening mammograms, more so with women with dense breasts. Also, about 12-15 percent of women will be called back for additional imaging. Fortunately, most of these call-back visits turn out to be negative but still create added anxiety.

**What are the benefits?**

3D mammography is particularly beneficial for women with dense breasts because it allows us to see through the overlapping tissue much more clearly. More importantly, radiologists are able to see lesions of the breast better and tomosynthesis will allow a greater rate of detection of cancer – an estimated 20 percent better than 2D only. Additionally, the call-back rate is much lower – at least 30 percent lower.

**What should I expect during the 3D mammography exam?**

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram. The patient is standing with the breast compressed. No additional compression is required. The X-ray arm moves in an arc over the top and bottom of the breast and takes a few more seconds for each view.

**Is the radiation dose higher?**

Very low-dose X-ray is used during the 3D exam. The radiation dose is about the same as a full mammogram and well within the acceptable range allowed by FDA safety standards.

As with many new technologies, insurance does not yet reimburse for 3D imaging although there are many large studies showing an increase in accuracy when mammography is performed with 3D over 2D alone. Patients choosing to have the additional 3D imaging will be required to pay a \$75 fee out of pocket. Dr. Khouri said, “I don’t have any reservation myself to tell a woman – that yes, it is worth it.”



**Center for Breast Care  
at CMH and  
Calvert Medical  
Imaging Center  
present**

**m&m  
fridays**



**Schedule your screening  
mammogram on a Friday  
in October and relax with  
a free 15-minute seated  
massage.**

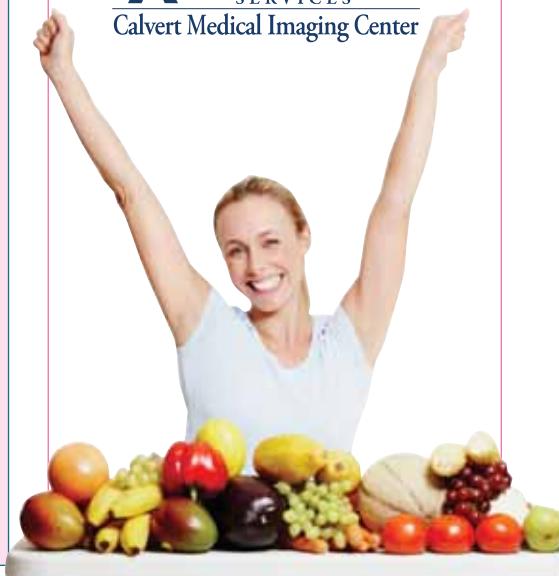
All screening mammograms performed at CMIC use the latest digital imaging technology and are read by breast imaging specialists.

Call **410-414-4700** to schedule your appointment!

**For more information visit  
[www.calverthospital.org](http://www.calverthospital.org).**

 **Center for Breast Care**  
at Calvert Memorial Hospital

 **AMERICAN RADIOLOGY  
SERVICES**  
Calvert Medical Imaging Center



# What Does That Leg Pain Really Mean?

**JOHN METTAM RECALLS HAVING SOME LEG PAIN WHEN HE WALKED BUT IT STOPPED WHEN HE SAT DOWN. HE ATTRIBUTED IT TO WORKING AT A DESK ALL DAY AND A LACK OF EXERCISE. THEN CAME THE DAY HE COULD BARELY MAKE IT FROM THE PARKING GARAGE TO HIS OFFICE.**

The 65-year-old budget analyst who lives in Ridge in St. Mary's County saw his primary care physician who referred him to the Center for Vascular Care at Calvert Memorial Hospital. The center, which opened in 2007, is a collaborative effort with Washington Hospital Center that brings the region's top vascular surgeons to our community.

Turns out the intermittent pain Mettam was feeling was "*claudication*" – a common symptom of peripheral arterial disease or PAD which results from the buildup of plaque or fatty deposits in the arteries. His condition was complicated

by his diabetes. "I was diagnosed with type 2 at age 30. My father, grandfather and both brothers also have it," he explained. "When you're diabetic, your blood vessels are continuing to narrow. So, it's like an ongoing battle."

Diagnostic testing revealed he had a blockage behind his left knee. "That's when I realized I wasn't going to be able to rub some magic cream on it and make it go away," said Mettam. He discussed his treatment options with **Dr. Frederick Beavers** and elected to go with bypass surgery because even though it meant a more difficult recuperation it offered a more long-term solution.

"Dr. Beavers explained all of my options and what to expect in great detail," said Mettam. "He doesn't pull any punches but I like that because then you feel confident."

While the surgery was performed at Washington Hospital Center, Mettam said he was able to have his initial consultation, diagnostic testing and follow-up care at CMH. "I could pretty much do everything there (at Calvert)," he said. "I even had an angiogram there and a touch-up on my bypass in June."

He went on to add, "It's just great that they have the vascular center at Calvert (Memorial) and that they have some of the best doctors around staffing it. If you want somebody to fix you up, they're the people to see."

**Dr. Beavers**, who is director of endovascular surgery at Washington Hospital Center, heads up the Center for Vascular Care at Calvert Memorial Hospital. The CMH team also includes vascular surgeons **Dr. James Salander** and **Dr. Paul Foley, III**. They are joined by certified nurse practitioner **Donna Norris**, who has 26 years of cardiovascular nursing experience. Vascular surgeon **Dr. Nancy Clark**,

## PAD Risk Factors You Can Control

- ✓ **Stop smoking:** Smokers may have four times the risk of PAD than nonsmokers.
- ✓ **Reduce your weight:** People with a Body Mass Index (BMI) of 25 or higher are more likely to develop heart disease and stroke even if they have no other risk factors.
- ✓ **Manage your blood sugar levels:** Having diabetes puts you at greater risk of developing PAD as well as other cardiovascular diseases.
- ✓ **Get moving:** Physical activity increases the distance that people with PAD can walk without pain and also helps decrease the risk of heart attack or stroke.
- ✓ **Manage your cholesterol levels:** High cholesterol contributes to the build-up of plaque in the arteries, which can significantly reduce the blood's flow.
- ✓ **Control your blood pressure:** It's sometimes called "the silent killer" because it has no symptoms.

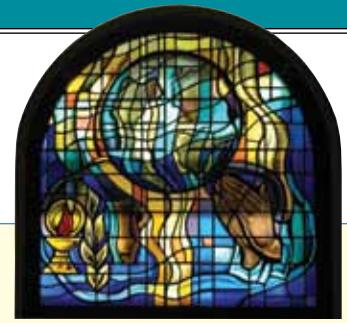
**You can choose more than one target to improve!**

who directs the hospital's wound care program, also sees patients two days per week at the vascular center.

"For the first month after surgery, I was basically limited to watching the grass grow," he said with a laugh. "But since then the pain has gotten a lot better and even though I'm not 100 percent, I try to do a little more every day."

The Center for Vascular Care, located in Suite 213 of the Calvert Medical Office Building (*next to the hospital*), commonly sees patients for dialysis access, carotid disease, lower extremity peripheral arterial disease, aortic and thoracic aneurysms and renal stenosis. **For more information, call 410-414-2790.**





# Health Ministry Network Provides Vital Lifeline to the Community

**KEITH BUTLER LIKED PARTICIPATING IN THE WEIGHT-LOSS CHALLENGE AT HIS CHURCH. HE LEARNED A LOT ABOUT HEALTHY EATING, IT WAS CONVENIENT, THE SUPPORT SYSTEM KEPT HIM MOTIVATED AND BEST OF ALL IT WORKED – HE LOST 49 POUNDS IN EIGHT WEEKS.**

“I know I have a long way to go,” said the 52-year-old Chesapeake Beach resident, “but it’s a start.”

Butler joined 42 others at Bethel Way of the Cross Church in Huntingtown for weekly weigh-ins and nutritional talks presented as part of the health ministry program supported by Calvert Memorial Hospital. Together, they lost over 143 pounds.

In 2006, eight churches joined with CMH to form the Health Ministry Team Network.

Today, with 25 participating churches, the network is a vital component of the hospital’s outreach efforts to promote prevention and wellness. Through the partnership, Calvert

Memorial provides resources and training to area church volunteers who in turn bring health information and important screenings to those in need.

Last year alone, the Health Ministry Team Network hosted eight community health fairs that reached some 312 people and offered 72 monthly blood pressure screenings, which served over 567 people.

“I consider these blood pressure screenings to be the cornerstone of our program,” said **Mary Bahen** (shown above), who coordinates the Health Ministry Team Network at CMH.

“Each encounter gives our representative an opportunity to form an interpersonal relationship with their members,” she said. “At the same time, they perform an informal, individual assessment and provide any health information or referral needed.”

**Dale Yoe** who volunteers at Middleham /St. Peters Parish agrees. “This is a valuable service,” she said. “We’re giving these

people life-saving information and they really appreciate it.” She estimates about 40 people regularly come to the blood pressure screening they offer the second Wednesday of each month.

Additionally, health ministry volunteers present regular talks on important health issues like diabetes, nutrition and exercise. “By educating individuals within their own congregations about how to achieve good health,” Bahen said, “they’re creating a culture of wellness and ultimately improving health outcomes.”

Bahen said she believes the health ministry is effective because the information is presented in a comfortable setting by people they trust.

According to Bahen, collaborative partnerships have provided valuable resources and helped the health ministry reach a greater number of people. For instance, Suburban Hospital provided clinical blood pressure kits and scales that enabled them to initiate blood pressure screenings and weigh-ins at participating churches.

“We’ve also partnered with the Calvert County Health Department to bring colon cancer awareness and smoking cessation programs to the churches,” she said. “We also joined with the Concerned Black Women of Calvert County to provide health education specific to African-American women.”

***For more information about Calvert Memorial Hospital’s Health Ministry Team Network, please call 410-414-4574.***

*“I love what I do, said Ginger Sauer of Crossroad Christian Church, “but I am just the tool to do the outreach to help others to become more healthy.”*



*Health ministry nurse Diane Sewell meets with Keith Butler at church.*



# Land of Oz Comes Alive at CMH Foundation Ball

It's time to get excited because this party is going to be over the rainbow. Based on the timeless classic the Wizard of Oz, the 25th Annual Calvert Memorial Hospital Foundation Harvest Ball set for Saturday, Nov. 9 at the Show Place Arena in Upper Marlboro will be a charming blend of fantasy and fun.

Plan to take your special someone for an enchanted evening where dreams really do come true. "The Harvest Ball committee has certainly pulled out all the stops to make this year extra special," said Foundation Director **Dixie Miller**. From the dazzling decorations by **Hargrove** to a gourmet dinner **Ken Upton** designed to impress the most discerning palate, you'll know you're not in Kansas anymore.

Guests will follow the yellow brick road through the silent auction, which will feature a large array of exceptional items and unique services. Then with a click of your heels the dining area will be transformed into a glittering Emerald City. Back by popular demand is the band *NightLife*, who will be entertaining the crowd for an evening that is sure to live up to its reputation as the premier social event in Calvert County.

Miller said the foundation is honored to have former state **Senator Bernie Fowler, Sr.** as the honorary chair for this year's ball. He is joined by **Cindy Parlett** and **Karen O'Brien** who are serving as event co-chairs. Both women are members of the ball committee and serve on the CMH Foundation Board of Trustees.

The annual charity gala is the single most significant and successful fundraising event for the hospital. Since it began 24 years ago, the ball has raised over \$1.3 million for medical technology and equipment at CMH. Proceeds from this event will help purchase an interactive patient education system at the hospital.

"We're excited about the new technology," said CMH President and CEO **Jim Xinis**, "because when coupled with a new discharge process and follow-up home visits by our new *Transition to Home* nurses it will help us better prepare our patients to stay healthy long after they leave our care."

The ball is open to the community and anyone is welcome to attend. The cost is \$475 per couple and \$250 per person and includes a cocktail reception and open bar in addition to a sit-down dinner. Tickets can be purchased online at [www.calverthospital.org](http://www.calverthospital.org) or by calling the Foundation at 410-535-8178 or 410-414-4570. Visa, MasterCard



and American Express are accepted. Upon purchasing tickets, your names will be added to a guest list. No tickets are mailed.

The ball committee is actively seeking other local businesses that are interested in helping to sponsor the ball. "Sponsorships play a vital role in achieving our overall fundraising goal," said Miller. "They also offer a phenomenal opportunity to showcase your business while supporting a worthy cause."

"We want to recognize **Curtis Investment Group** along with **Chesapeake Beach Resort & Spa**, **Mamma Lucia's Restaurant** and **Wilson & Parlett** that have already committed their support," she said, "as well as **American Radiology Services/Calvert Medical Imaging Center**, **Calvert Internal Medicine Group**, **Constellation Nuclear Energy Group (CENG)**, **Dickinson Jewelers**, **Hargrove**, **Emergency Medicine Associates**, **Garner Exteriors**, **Sunny and Steve Keithley, Associates in Radiation Medicine**, **Physicians Inpatient Care Specialists**, **Plan B Technologies**, **Winegardner Automotive Group** and **Dr. and Mrs. John Saunders** with **Alan Wilson** and **Dr. Steven Peters**."



"I couldn't be more pleased to serve as the honorary chair for this year's ball," said former state Senator **Bernie Fowler, Sr.** "Good health is everything and when you support the hospital, you're supporting an organization that fosters the good habits that are the key to improving your quality of life."

A picture of vitality at 89, the lifelong public servant knows the value of good health. At six-feet he weighs in at a trim 155. Every morning (except Sunday) he does 200 push-ups along with knee exercises, some stretching and a 15-minute jog on the treadmill.

Calvert was the second poorest county in the state when he served as assistant hospital administrator from 1956 to 1967. Back then, the hospital was housed in a single-story brick building with five doctors on staff. "Every time I drive by the new campus," he said, "it warms my heart to know that when you go there you're in good hands."

Sen. Fowler credits the hospital's board made up of volunteers from the community with having the dedication and vision to transform Calvert Memorial from its humble beginnings into Southern Maryland's premier healthcare provider.

# Foundation NEWS



## Why I Give

For **Harold "J.R." Kahl**, giving back to the community is just part of who he is. Now retired, the former banker and longtime county resident is a big advocate of the philosophy that a strong community depends on people giving back in one form or another — either through volunteering or serving on the board or providing financial support.

"Without the community, a local business isn't going to be successful," said the St. Leonard resident. "That's why it's so important for business to be

involved and to be prepared to make a contribution to the community in return. It's what makes the community tick."

Kahl has more personal reasons for supporting the Sheldon E. Goldberg Center for Breast Care at Calvert Memorial Hospital. "I think almost everybody's life has been touched by breast cancer in some way," he added. His wife, Ronnie, a breast cancer survivor since 1999, was treated by Dr. Goldberg. "Our support of the center was really a tribute to all of his fine work."

If you're looking for the opportunity to make a meaningful difference, please visit [www.calverthospital.org](http://www.calverthospital.org) to learn more about how the CMH Foundation is supporting the hospital's mission to improve the lives of your family, friends and neighbors in our community.

## Golf Benefit Raises Over \$60,000 For Urgent Care

A chilly start gave way to sunny skies as 156 players competed for top honors at Calvert Memorial Hospital Foundation's 24th Annual Golf Classic on May 20 at Old South Country Club in Lothian. The popular charity event raised over \$60,000 to help equip the new urgent care center that CMH is developing for Prince Frederick.

CMH President and CEO **Jim Xinis** says the new urgent care center will make it easier for residents in the central area of the county to access these services. It is also expected to help reduce waiting times in the hospital's emergency department.

Tournament co-chairs **Pat Petricko** and **Jay Fowler** expressed their pleasure with the outstanding turnout. After all of the golf, the players made their way back for a delicious dinner and the awards presentation. Xinis extended special thanks to breakfast sponsors **Nell Chaney** and the **Old South Women's Golf Group**, lunch sponsors **Pat Petricko/REMAX 100** and **Wanda DeBord of Title Max** and dinner sponsor **RICOH**. He also thanked Hole in One sponsors **All American Harley Davidson**, **Bayside Auto Group**, **Dickinson Jewelers** and **Winegardner Auto Group**.

During his remarks, Xinis also recognized **Mike Cox**, a foundation board member who joined the golf committee this year and led the way with a Master's Club sponsorship from **Calvert Wealth Management**.

He went on to add, "We would also like to thank all of our generous Ryder Club sponsors, including **AAA Transport**, **Leach Wallace**, **MedStar Health**, **Networking Concepts** and **Ober, Kaler, Grimes and Shriver**. Additionally, there were 12 Open Tournament sponsors, including **American Radiology Services**, **Atkinson Heating A/C & Refrigeration**, **Compu Dynamics**, **Crothall**, **Emergency Medicine Associates**, **KPMG**, **Marathon Capital Management**, **Medline Industries**, **NextGen**, **ROI Companies**, **SunTrust Bank** and **Wilmot Sanz Architects**." He gave a special shout out to **Rob Sauls** from **Capital Foods** who sponsored sunglasses as this year's gift to the golfers.



*Pictured above: Robert Salta, Shawn Salta, Jason Linville and Bonnie Lucas of the DM Group took first place in Division II.*

## Foundation Awards Scholarships



Since 1991, the Calvert Memorial Hospital Foundation has awarded scholarships totaling close to \$373,000 to area students enrolled in allied health studies. This year, 16 students received \$30,000 in scholarships.

Recipients for 2013 included 10 students from Calvert, three from St. Mary's, two from Anne Arundel and one from Charles. Twelve are pursuing a degree in nursing and the others are studying radiography, physical and occupational therapy.

The winners are **Linsey Alvey** of Owings, **Melissa Cavin** of Port Republic, **Kristen Mills** of St. Leonard, **Janelle Sommerville** of Loveville and **Kelci Therres** of Hughesville who are attending the College of Southern Maryland; **Andrea Beckman** of Leonardtown who is attending the University of Maryland Baltimore County; **Teresa Farrell** of Avenue who is attending Prince George's Community College; **Clancey Heim** of Dunkirk and **John Richey** of Davidsonville who are attending Towson University; **Danica Oak** of Dunkirk and **Alexis Smith** and **Samantha McGuigan** of Lusby who are attending Stevenson University; **Tyler Michael** of St. Leonard who is attending Saint Francis University; **Michaela Miller** of Huntingtown who is attending Messiah College; **Bridgette Wishiewski** of Huntingtown who is attending Mount St. Mary's University and **Jamie Wood** of Friendship who is attending the University of Maryland.

Recipients are not required to repay the Foundation or accept employment at CMH. To obtain an application, call the Foundation office at **410-535-8178** or download the form at [www.calverthospital.org](http://www.calverthospital.org).



# Calvert Memorial Hospital

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## RESIDENTIAL CUSTOMER

# Getting the Word Out

## Community Outreach Key to Educating, Enrolling Uninsured

**Calvert Memorial Hospital wants the community to understand what resources are available to them under the Affordable Care Act. That is why CMH is helping to get the word out to the nearly 31,000 residents in Southern Maryland who have no health insurance.**

“Our mission has always been to do all that we can to make sure that everyone in our community has access to quality health care that is affordable,” said CMH President, **Jim Xinis**. “The new exchange will give many residents who have not been able to obtain health insurance in the past new options.”

Calvert Healthcare Solutions is heading up outreach efforts focused on educating and enrolling those without health coverage in the tri-county region. CHS is one of six organizations chosen in Maryland to help consumers navigate the state-based insurance exchange set up as a result of the Affordable Care Act.

“Naturally, people will have a lot questions about what’s out there,” said **Michael Shaw**, executive director of Calvert Healthcare Solutions. “Our role is to connect them with the resources available to assist them.”

He went on to add, “To do that, we are hiring additional staff to provide one-on-one assistance to those who need help determining their eligibility and comparing coverage options.”

Shaw said raising public awareness will be a critical factor. That’s why Calvert Healthcare Solutions is teaming up with Walden Sierra in St. Mary’s and Health Partners, Inc. and Greater Baden Medical Services in Charles to make education and enrollment services more accessible to the residents in those areas.

“The key to the success of this program,” said Shaw, “will be providing community members access to enrollment opportunities whether they are at the health department, social services or elsewhere in the community.”



### FREQUENTLY ASKED QUESTIONS:

#### **Who is eligible to enroll?**

Anyone up to age 64 who is not in a government health insurance program, such as Medicaid or Medicare, and does not have access to an affordable plan at work, can enroll in a commercial plan offered through the Maryland State Benefit Exchange. Additionally, there are federal subsidies available to individuals and families who make up to four times the federal poverty level to help pay the cost.

#### **When is it time to sign up?**

Open enrollment begins October 1, 2013 and lasts through March 30, 2014.



#### **Where can I go to find out more?**

**In Calvert: Calvert Healthcare Solutions**  
Phone: 443-404-5761 / [www.calverthealthcare.org](http://www.calverthealthcare.org)

**In Charles: Health Partners, Inc.**  
Phone: 301-645-3556 / [www.healthpartnersinc.org](http://www.healthpartnersinc.org)

**Greater Baden Medical Services**  
Phone: 301-888-2233 / [www.gbms.org](http://www.gbms.org)

**In St. Mary's: Walden Sierra**  
Phone: 301-997-1300 x 807 / [www.waldensierra.org](http://www.waldensierra.org)

#### **Why is this important?**

There are a huge number of people who can get coverage this way and can get significant help. Call today to find out more about the options available to you.

To learn more, call the CHS toll-free helpline at **1-855-339-3007**