

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

# calverthealth

SUMMER 2017

Add  
Color to  
**Your  
Cookout**

Steps to  
Keep Your  
**Bones  
Healthy**

Spotlight on  
**Men's  
Health**

**Becki's  
Weight-loss  
Journey**  
A Family Affair

See Page 14 for More

ON THE COVER  
 Elyse Aikin and her daughter, Emma, 5, of Lusby enjoy an afternoon at Calvert Cliffs State Park.  
 Do you have a photo that depicts a happy, healthy day in Southern Maryland?  
 Submit it to [abrady@cmhlink.org](mailto:abrady@cmhlink.org) for consideration in a future issue.

# A Message from the President

## Committed to Safe Care



As many of you are aware, the opioid epidemic in our region has reached a crisis point. In March, Governor Hogan declared a State of Emergency in response to the opioid dilemma tearing apart communities in Maryland and across the country. As President and CEO of Calvert Health System, I wanted to update you on the initiatives we are taking with our community partners to combat and prevent opioid misuse.

More than 18 months ago, we formed an Opioid Stewardship Task Force dedicated solely to this issue. The multidisciplinary team includes leaders from across our organization as well as local physician practices and the

health department. Recognizing the need for clear direction and supportive informational resources, the task force has put into motion a plan to address the underlying factors that will enable us to achieve success with opioid safety to best help our patients/families and clinical teams.

We have implemented new prescribing guidelines based on best practices and trained the physicians throughout our health system. We developed informational and resource guides for patients and their families to help them better understand their options for pain control. We have also collaborated with local groups and schools to provide education on opioid safety. And, we continue to be actively involved in the local Opioid Intervention Team's work to prepare a strategic response to this complex challenge.

More recently, we instituted a 'Dilaudid-free' emergency department in an effort to significantly reduce the number of serious side effects associated with this very strong opioid. Your health and well-being will always be of the utmost concern. For this reason, our goal is to use equally effective and safer medications to adequately control your pain. While the opioid crisis will not resolve itself overnight, Calvert Health System aims to be part of the solution, not part of the problem. We are your community health system and we are committed to making a difference for you.

Dean Teague, FACHE  
 President and CEO

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**.

*Calvert Memorial Hospital 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 or age.*

*El Hospital Memorial Calvert no discrimina con respecto a la admisión de pacientes, asignación de habitación, servicios al paciente o el empleo por motivos de raza, color, origen nacional, sexo, religión, discapacidad o edad.*

卡尔弗特纪念医院不就接诊病人，房间分配，耐心的服务或歧视 就业种族，肤色，国籍，性别，宗教，残疾或年龄的基础。

# In This Issue

Calvert Health/Summer 2017

## TRENDING TODAY

3 **CMH Construction Update**

## EAT RIGHT

4 **Take Advantage of Summer's Bounty**  
 Where to find fresh, local produce

## MOVE MORE

6 **Get Your Family Moving This Summer**  
 Check out some of Calvert's natural wonders on your next "staycation"

## JUST FOR HER

8 **Keep Your Bones Healthy**  
 Steps you can take to lower your osteoporosis risk

## LIVE WELL

12 **Q&A with Dr. Bic Cung**  
 The biggest concerns in men's health today

14 **Becki's Weight-Loss Journey**  
 Weight loss is a family affair at the Jenkins' household

## IN EVERY ISSUE

10 **When & Where**

16 **New Faces**

18 **Making a Difference**



**EAT RIGHT PG 4** This simple but yummy salsa takes advantage of many of the vegetables available at farm stands and in your grocer's produce section right now.

Calvert Memorial Hospital thanks you in advance for your patience while we work to connect you to a healthier tomorrow.

# What to Expect During Construction

As construction begins at Calvert Memorial Hospital (CMH) later this year, we want to make sure that everyone is aware of the changes that will affect certain areas – such as entrances, waiting areas and parking.

The \$50-million project enabling CMH to convert to private patient rooms is set to break ground in mid-September and take approximately three years to complete. “By 2020, our community will have access to a state-of-the-art facility that allows for enhanced patient safety, patient satisfaction and operational efficiency,” said President and CEO **Dean Teague**.

We’ve taken steps to minimize the impact wherever possible and apologize for any inconvenience you may experience due to the construction.



## KEY CHANGES

The main entrance will close beginning late summer and not re-open until December 2020.

- The Emergency Department (ED) entrance will serve as the entrance to the hospital.
- The Same Day Surgery waiting area will be relocated to the Diagnostic Imaging waiting area. Patients should enter through the ED.
- The hospital gift shop will be relocated to the hospital basement (same level as the cafeteria).

## FOR YOUR CONVENIENCE

- Free valet parking is available Monday through Friday from 9 a.m. to 2 p.m. in front of the Medical Office Building which is close to the ED entrance via outdoor and indoor walkways.
- If you prefer to park your own car, keep an eye out for our guest shuttle to transport you to any building on the hospital campus.
- Volunteers will be available in the ED main entrance to help you find your way.

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



## Fresh and Local

Calvert County farmers' markets are unique, producer-only markets. Each vendor sells seasonal produce raised by local farmers. Most also accept WIC and Senior Farmers Market Nutrition Program vouchers from the Maryland Department of Agriculture.

### Come Visit Our Local Farmers' Markets

**TUESDAYS:** from 3-7 p.m.  
at Calvert Memorial Hospital in Prince Frederick (May-Nov.)

**THURSDAYS:** from 3-6:30 p.m.  
at the Solomons Riverwalk, north of Solomons Pavilion (May-Nov.)

**FRIDAYS:** from 6-9 p.m.  
between 5th and 7th Streets and Bay Avenue in North Beach (May-Oct.)

**SATURDAYS:** from 7:30 a.m.-noon  
at the Calvert County Fairgrounds in Prince Frederick (May-Nov.)

Source: Calvert County Economic Development

*Easy access to fresh fruit and vegetables encourages our community to eat healthier. That's why every Tuesday Calvert Health hosts a farmers' market on the hospital campus.*

# Take Advantage of Summer's Bounty

It's summer in the mid-Atlantic. That means hazy-hot-humid days, early Friday escapes to the beach, lazy weekends on the water and family picnics in the parks.

It also means the vegetable stands are brimming with summer's local bounty throughout Calvert County. Corn so sweet you don't have to cook it. Tomatoes so red and plump you can eat them like apples. Eggplant, zucchini, cucumbers, beans, peppers ... all are local crops that reach their peak in July and August.

If you love vegetables, now is the perfect time to visit your nearest farmers' market, farm stand or even the garden you planted in your own backyard and load up on summer's bounty.





## Add Color to Your Next Cookout

This simple but yummy salsa takes advantage of many of the vegetables available at farm stands and in your grocer's produce section right now. Eat it as a salad, scoop it up with corn chips, use it to top a burger or as a garnish for steaks, chicken or fish.

### Roasted Corn and Black Bean Salsa

#### SALSA:

- 6 ears of fresh corn, husks on
- 2 medium tomatoes, diced
- 1 large red pepper, diced
- 1-2 jalapeno peppers, seeds removed, minced
- 1 medium red onion, diced
- 1-15 oz. can black beans, well rinsed and drained
- ½ cup chopped cilantro

Heat the grill to medium. Leaving the corn in the husk, cut the silk from the top of the ears using kitchen scissors. Grill the corn in the husks for 15 to 20 minutes, turning every five minutes. Remove from the grill, let cool. Remove husks and cut the corn off the cob into a large bowl.

Add tomato, red pepper, onion, jalapeno pepper and black beans. Mix well. Add cilantro and

dressing and gently toss. Can be served cold or at room temperature.

#### DRESSING:

Whisk together in a small bowl:

- ¼ cup olive oil
- 1 ½ teaspoon ground cumin
- 1 teaspoon chili powder
- ¼ cup fresh lime juice (from 3-4 limes)
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

#### NUTRITION FACTS

Per serving: 2/3 cup – 182 calories, 8 grams fat, 0 cholesterol, 26 grams carbohydrates, 7 grams fiber, 4 grams protein

Chart courtesy of So. Maryland, So Good Farmers' Market Guide. For more information or resources, visit their website at [somalandsogood.com](http://somalandsogood.com).

## HARVEST GUIDE

BY MONTH \*Harvest dates are approximate

TAKE THE GUESSWORK OUT OF FINDING FRESH LOCAL PRODUCTS BY USING THIS HANDY HARVEST GUIDE

TASTE THE GOOD LIFE!

What's in season?

	JAN.	FEB.	MARCH	APRIL	MAY	JUNE	JULY	AUG.	SEP.	OCT.	NOV.	DEC.
Apples												
Blackberries												
Blueberries												
Cherries												
Figs												
Grapes												
Melons												
Peaches												
Pears												
Plums												
Raspberries												
Rhubarb												
Strawberries												
Bedding Plants												
Flowers (Fresh)												
Vegetable Plants												
Christmas Trees												
Asparagus												
Beans (Snap)												
Beans (Lima)												
Beets												
Broccoli												
Cabbage												
Cauliflower												
Corn (Yellow/White)												
Corn (Indian)												
Cucumbers												
Eggplant												
Gourds												
Greens (Cooking)												
Greens (Salad)												
Okra												
Onions												
Peas												
Peppers												
Potatoes												
Potatoes (Sweet)												
Pumpkins												
Spinach												
Squash (Summer)												
Squash (Winter)												
Tomatoes												
Turnips												

# Get Moving on your fun, family staycation!

## Staying home this summer?

Check out some of Calvert's natural wonders from miles of scenic hiking trails to sandy beaches and the majestic cliffs on the Chesapeake Bay. There are lots of great places to discover whether you like to paddle or pedal, fish or hunt fossils.

One of the truly special things about our beautiful county is the many interesting places to walk. Whether it's a stroll with friends, a family outing or a solo journey exploring a new path – it's as simple as putting one foot in front of the other.

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at any time. It's also inexpensive. All you need is a good pair of shoes. To help you get started, Calvert Memorial Hospital developed a walking guide to encourage more local residents to walk as part of a healthy lifestyle. We've

included lots of helpful tips and descriptions of each location with the amenities available. You can download a copy at [www.calverthospital.org/Walking-Guide](http://www.calverthospital.org/Walking-Guide).

## Walk Your Way to Wellness

Twenty miles of public hiking trails in Prince Frederick and Port Republic make **American Chestnut Land Trust** a great place to hike and explore. This park also features organized bird, flower and tree hikes along with spring and fall canoe trips.

If a gentle meander is more your style, head on down to the wooded walking path at the **Annamarie Sculpture Garden & Arts Center** in Dowell and stroll past works of art on loan from the Smithsonian Institution. All ages will enjoy the family friendly events and delightful garden setting.

The 100-acre ecological sanctuary at **Battle Creek Cypress Swamp** in Prince Frederick has a nature trail that features an elevated boardwalk through the woods and swamp area. The nature center has live animals, exhibits and demonstrations.

*Drew Aikin of Lusby and his wife, Elyse and their daughters Blake and Emma, enjoying the playground at Calvert Cliffs State Park.*

The Bayfront park at **Breezy Point Beach & Campground** in Chesapeake Beach features swimming, fishing, picnicking and seasonal camping.

**Biscoe Gray Heritage Farm** in Prince Frederick is a living laboratory to explore the county's rich agricultural heritage. Trails lead visitors around fields, through forests and along the cliff overlooking Battle Creek.

Hike through the 1,460-acre wooded **Calvert Cliffs State Park** to the stunning view of the spectacular cliffs on the Chesapeake Bay. It is a two-mile walk to the beach. The area is ideal for hiking, picnicking, fishing and fossil hunting. There is a large tire playground.

The **Chesapeake Beach Boardwalk** is suitable for walking or jogging. The charming boardwalk offers dazzling sunset views of the Bay.

The **Chesapeake Beach Railway Trail** located behind the water park in Chesapeake Beach offers scenic views of Fishing Creek and hundreds of acres of surrounding marsh and forest. Wildlife is abundant and visitors are often treated to bald eagle sightings.

**Cove Point Park** is a hidden gem in Lusby. This park has a fantastic playground and walking trails, along with multi-purpose sports fields, community pool, tennis courts and picnic areas.

**Dunkirk District Park** in the northern end of the county boasts paved walkways, a skate park and dog park along with basketball and tennis courts.

**Flag Ponds Nature Park** in Lusby includes sandy beaches, freshwater ponds and views of Calvert Cliffs along with fossil hunting. The hiking trails are through the woods, with platforms for observing, a wetlands boardwalk, fishing pier and visitor center with wildlife exhibits.

**Hallowing Point Park** in Prince Frederick has a cool playground that's great for children with high energy. There are also paths for walking, jogging and biking in addition to the basketball and tennis courts.

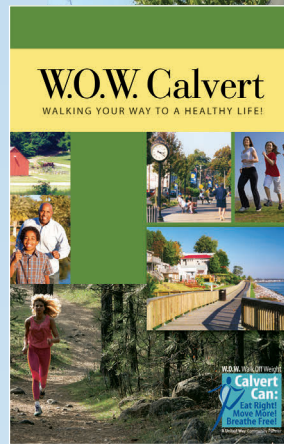
**Jefferson Patterson Park & Museum** in St. Leonard features three trails with lots of educational signs through mixed hardwood forest or open field routes along the Patuxent River. You can walk to a small beach on the river just a couple of hundred yards from the re-created Indian Village. The paved path from the parking area makes it easy to get to the village.

**Kings Landing Park** along the shore of the Patuxent River in Huntingtown has been a family favorite for years. Kayakers, canoeists and fishermen enjoy Kings Landing's access to the river, nearby creeks and marshes. Hiking trails are open and beckon you and your dog for a jaunt. There is also a horse ring and community pool.

Nestled at the northern tip of Calvert is the **North Beach Boardwalk**. Surrounded by the Bay and picturesque gardens it is a great place to run, walk or ride your bike. Two times around and you will have gone 2.5 miles.

Source: 2017 Calvert County Visitors Guide

There are fees associated with some of the activities listed at the above locations. For more detailed information, go to: [www.choosecalvert.com](http://www.choosecalvert.com)



The walking guide is available online. To download your copy go to: [www.calverthospital.org/Walking-Guide](http://www.calverthospital.org/Walking-Guide).



## Benefits of Exercising as a Family

We all know that exercising is an important part of a healthy lifestyle. But did you know that taking part in daily fitness activities as a family has other benefits as well?

- ✓ **Encourages lifelong habits** – For children, actions speak louder than words. So, if they see you do something physically active, they're much more likely to take an interest and pick it up themselves.
- ✓ **Provides extra motivation** – When the people you spend most of your time with are all interested in exercise, the chances that a physical activity will be suggested is much more likely.
- ✓ **Improves communication** – Children seem to be more willing to talk about what is going on in their lives when families are being active together.
- ✓ **Promotes meaningful bonding** – Exercising together helps families to strengthen relationships and build memories. Find activities you can all enjoy together. Your children will appreciate the time you spend with them.

### DID YOU KNOW?

*Get fit for a cause!*

Join the Calvert Memorial Hospital Foundation's 5K on October 14 in Solomons. [CalvertHealthFoundation.org/5K](http://CalvertHealthFoundation.org/5K)

*On top of that, exercising together can be done for little or no cost. Best of all, it's fun!*

Source: Family Time Fitness

# Steps You Can Take to Keep Your Bones Healthy

Osteoporosis is serious and a lot more common than you may think. One in two women will break a bone in her lifetime. The incidence of breaking a bone is greater than that of heart attack, stroke and breast cancer combined, according to the National Osteoporosis Foundation (NOF). Here are a few steps that you can take to help keep your bones healthy.

“There’s a lot women can do to protect their bone health,” said board-certified family medicine physician **Dr. Keyonna Proctor** of Calvert Primary Care. “Maintaining a healthy diet with adequate calcium and Vitamin D is essential.” She also stressed how important it is to reduce your risk factors by avoiding heavy alcohol use and not smoking.

Calcium builds strong bones and the best source is your diet (*see box at right*). You also need Vitamin D to absorb calcium. Good sources of Vitamin D include fatty fish (like tuna and salmon), beef liver, eggs and foods that have been fortified such as orange juice, milk and cereal.

Too much caffeine can interfere with your body’s ability to absorb calcium and heavy alcohol consumption can actually cause bone loss. Salty foods can also cause you to lose calcium and increase bone loss. Whenever you eat processed or canned foods look for low-sodium or no-salt added varieties.

Dr. Proctor went on to add, “Developing a regular exercise regimen that includes weight-bearing exercises becomes even more vital as women age.” You’ll get the most benefit if you vary the types of activities you do – which will make it more interesting, too.

It turns out the old saying “use it or lose it” applies here. According to the National Institutes of Health (NIH), weight-bearing exercises such as weight lifting (also called resistance training) and activities you do standing up – like walking, hiking, jogging, playing tennis and dancing – are excellent ways to build bone density. A minimum of 30 minutes of activity on most days of the week helps result in stronger, denser bones.

## How Big of a Concern Is Osteoporosis?

According to Dr. Proctor, osteoporosis is a major concern because of the impact it can have later in a person’s life. The NOF reports that six months after a hip fracture, only 15 percent of patients can walk across a room unaided and that annually one quarter of the nearly 300,000 patients with hip fractures end up in nursing homes with half of those never regaining previous function. Additionally, 24 percent of hip fracture patients 50 years of age and over die in the year following the fracture. The cost to patients, their families and the healthcare system is \$19 billion annually.

## DID YOU KNOW?

Osteoporosis screenings are offered quarterly on Calvert’s Mobile Health Center. Call 410-535-8233 for information.



## Bone Health Changes As You Age

The stronger your bones are in your twenties and thirties, the better off you'll be when you reach the age at which bone density begins to decline. So, young women need to make bone health a priority to help prevent osteoporosis later in life.

Bones go through a constant process of loss and regrowth. As we age, bone loss is greater. In adolescence, bone is formed faster than it is broken down. In early adulthood, the amount of bone formed is equivalent to the amount that is broken down, but in midlife the process begins to reverse and the bone is broken down faster than it is made.

So what can be done? Dr. Proctor said, "It is possible to improve bone density with lifestyle changes that reduce the risk of osteoporosis and sometimes medications, if needed."

### Osteoporosis Is Manageable

Although there is no cure for osteoporosis, Dr. Proctor said, "The goal of treatment and management is to stop and/or decrease the rate of bone loss and to limit the risk of bone fractures."

A bone density test is the best way to diagnose osteoporosis and determine a treatment plan. It can check your bone strength and tell whether you are likely to break a bone. The test is also used to see if treatments are making your bones stronger.

"Every woman should have a bone density test at the age of 65," said Dr. Proctor. "Younger women who are at high risk for fractures should be screened earlier."

Treatment for osteoporosis includes a balanced diet rich in calcium and Vitamin D, an exercise plan, a healthy lifestyle and medications, if needed. In order for your medicine to work, it's important to exercise regularly and make sure you get the recommended amount of calcium and Vitamin D every day from foods and or supplements. It is recommended that postmenopausal women should have 1,300-1,500 mg of calcium daily.

According to the NOF, about half of osteoporosis-related fractures can be prevented with appropriate treatment.

## MEET THE DOCTOR



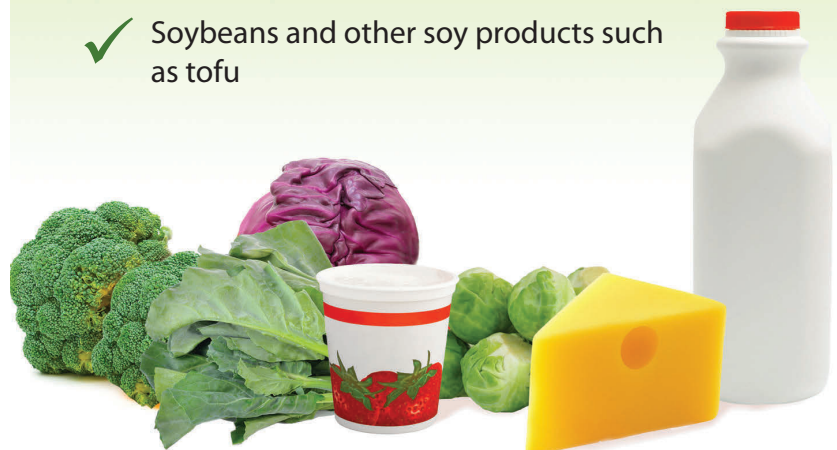
**Keyonna Proctor, DO**, is a board-certified family medicine physician with Calvert Primary Care. Dr. Proctor sees patients of all ages in our Lusby and Solomons offices. She has a particular interest in the management of chronic diseases.

# FOODS

## Good for Your Bones

### *Good sources of calcium include:*

- ✓ Dairy products like milk, cheese or yogurt (lactose-free products still have calcium included)
- ✓ Canned fish with soft bones such as sardines and salmon
- ✓ Green leafy vegetables such as broccoli, cabbage, Brussel sprouts, collard greens and kale
- ✓ Fortified breakfast foods such as orange juice, milk and cereal
- ✓ Brazil nuts and almonds
- ✓ Soybeans and other soy products such as tofu



Calvert Memorial Hospital 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 any of the events listed here, please call the KeepWell Center at 410-535-8233.



## ❖ DIABETES EDUCATION

### Diabetes Self-Management Class

Wednesdays 9 a.m.-4 p.m.  
TCU Activity Room, 4th Floor  
Calvert Memorial Hospital

Taught by certified diabetic educators, this comprehensive one-day course includes individual meal planning, meter training, health assessment, goal setting and follow up by a registered nurse and certified diabetic educator. Covered by most insurance. Physician referral required. To register, call 410-414-4809.

### Diabetes Prevention Program

Led by a Certified Lifestyle Coach, this program is designed for those with pre-diabetes to help prevent or delay Type II diabetes. Learn to eat healthy, add physical activity to your life, manage stress and stay motivated. Day and evening classes, call 410-535-5400 x357 for more information or to register.

### Living Well with Diabetes

Join an interactive workshop for adults with Type II diabetes or pre-diabetes. Set your own goals, make a step-by-step plan to improve your health and life. Topics include healthy eating, managing symptoms, decision-making and stress management. Led by trained facilitators. Day and evening classes available. Call 410-535-5400 x 459 for more information or to register.

## ❖ SCREENINGS

### Blood Pressure Screenings

The KeepWell Center at CMH:  
The second Tuesday of the month  
from 11 a.m.-noon.

Middleham and St. Peter's Parish Hall:  
The second Wednesday of each month  
from 10 a.m.-noon at SMILE.

Huntingtown UMC every Sunday and  
Tuesday from 10 a.m.-noon.

### Vascular Screening

M-F 8:45 a.m.  
(by appointment only)

Outpatient Concourse Vascular Lab  
Calvert Memorial Hospital



Call 410-414-4539  
to schedule your  
appointment.

## ❖ HEALTH AND WELLNESS

### 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.



### Dinner with the Dietitian

August 10 6-7:30 p.m.  
"Meal Planning Made Easy"

September 14 6-7:30 p.m.  
"Key Vitamins and Minerals for Good  
Health"

Patuxent Health Center  
(next to World Gym)  
Prince Frederick

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

### Weight Loss for Life and Weight Loss for Life Plus



Wednesdays 5:30-7 p.m.  
July 26-August 30

Patuxent Health Center  
(next to World Gym)  
Prince Frederick

Six-week session  
blends nutritional  
education with a  
registered dietitian  
and group fitness instruction to help you  
learn how to lose weight and keep it off.  
\$75 per person.



## ❖ SUPPORT GROUPS

A variety of support groups are available  
for diabetes, Parkinson's disease, Lyme  
disease, breast cancer, general cancer  
and stroke. Call 410-535-8233 for times  
and locations.

## ❖HEALTHWISE

### Heartsaver CPR

August 26 9 a.m.-2 p.m.

Calvert Medical Arts Center, Suite 205  
CMH Campus, Prince Frederick

This class is designed to meet the needs of child care providers, kayak and small craft instructors, boat captains and crew, hunting and fishing guides or new babysitters. Skills taught include CPR and relief of choking for adults, children and infants.

### Understanding Hospice and Palliative Care: What You Need to Know

July 18 Noon-1:30 p.m.

Calvert Hospice staff will address the myths surrounding hospice care and explain the referral process for hospice services, the role of the physician, and the best time to call hospice to access the support hospice provides. Free.

To register, call Calvert Hospice at 410-535-0892.



### Understanding Advance Directives

August 8 Noon-1:30 p.m.

Rosemary Keffler, Esquire, from Delaney & Keffler, LLC, will explain advance directives and the importance of making decisions about personal preferences regarding medical treatment and care. Free.

To register, call Calvert Hospice at 410-535-0892.

### Mental Health Later in Life

September 12 Noon-1:30

Kim Burton, director of Older Adult Programs from the Mental Health Association of Maryland, will provide information about behavioral health issues later in life, how to engage in conversations that promote support, prevention, early intervention, treatment, and recovery. Free.

To register, call Calvert Hospice at 410-535-0892.

## ❖MATERNITY & FAMILY EDUCATION

### Childbirth Education

August 19 9 a.m.-5 p.m.  
September 16 9 a.m.-5 p.m.

CMH Boardroom (basement level)  
Calvert Memorial Hospital

Includes labor and delivery preparation, relaxation and breathing techniques, medication options and more! The ideal time to take this class is 4-6 weeks prior to delivery (or any time after your 30th week of pregnancy). \$100 per couple.

### Breastfeeding Support Group

Wednesdays 1:30-3:30 p.m.

Family Birth Center  
Calvert Memorial Hospital

Breastfeeding support group for moms and babies facilitated by a board-certified lactation consultant. Infant scale is available for weighing baby.

### Family Birth Center Tours

Third Sunday of the month at 2 p.m.

Expectant parents tour the Family Birth Center ahead of their baby's arrival. Space is limited so advance registration is encouraged. Meet at the CMH Emergency Department.

### Baby Care Basics

August 9 6:30-8:30 p.m.  
September 13 6:30-8:30 p.m.

Patuxent Health Center  
(next to World Gym)  
Prince Frederick



A pediatrician and registered nurse offer a comprehensive overview of baby care for new and expectant parents (and grandparents). Please note there is no CPR training in this course. Advance registration is required. \$40 fee per couple.



### Big Kids & Babies

August 7 4:15-5 p.m.

Patuxent Health Center  
(next to World Gym)  
Prince Frederick

Designed to prepare children ages 3-5 for the arrival of a new sibling. Includes a video presentation and a birth center tour. Class recommended within the first seven months of pregnancy. \$12 per child, free to families delivering at CMH.

### Infant CPR

July 22 9 a.m.-noon  
August 14 6-9 p.m.  
September 11 6-9 p.m.  
September 23 9 a.m.-noon

Calvert Medical Arts Building, Suite 205  
CMH Campus, Prince Frederick

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

## ❖COMMUNITY EVENTS

### Health Ministry Team Meeting

July 27 5:30-7:30 p.m.  
Patuxent Health Center  
August 24 5:30-7:30 p.m.  
Huntingtown United Methodist Church

In honor of Men's Health Month, we sat down with Dr. Cung to talk about the state of men's health today.

Q&A

with  
Bic Nhu Cung, MD



Anne Arundel Urology  
Medical Director of Urological Cancers at  
Calvert Memorial Hospital

**Q** *Calvert Health: What do you think are some of the biggest concerns for men's health today?*

*Bic Cung, MD:* I think the biggest issue with men's health is not any specific disease per se, but the lack of health maintenance in general. Many men don't have a primary care provider which means they are not keeping up with preventative healthcare services. It's probably true of all men, but becomes especially important as you get older and the disease spectrum is a bit more severe. There are only so many things that a man of 30 is at risk for, but when you're 55 or 60 – things are a bit more pressing.

The top causes of morbidity and mortality in men over 50 are heart disease, hypertension, stroke, suicide, lung cancer and prostate cancer. There is a clear and well-documented association between unhealthy behaviors – obesity, unhealthy diet, inactivity and smoking – and heart disease, high cholesterol, high blood pressure and stroke. Many of these diseases are preventable or at least the risk can be mitigated by prevention, screening and living healthier.

Living healthier can mean modifying your behavior and changing some environmental risk factors. You can eat healthy foods. You can lead an active life. You can choose not to smoke. You can drink alcohol and sodas in moderation. You can minimize your exposure to environmental toxins.

**Q** *CH: As a urologist, which of those concerns impact your patients the most?*

*BC:* Actually, smoking and obesity. Smoking is the number one cause of both bladder and kidney cancers. I know that is surprising to many people. A lot of people walk into my office with hematuria (blood in the urine) and are confused when I start asking about smoking. When I talk to my patients about losing weight, being more active and stopping smoking, it's not just about their overall health – it's about their urologic health.

#### MEET THE DOCTOR

Dr. Bic Cung is a board-certified urologist with Anne Arundel Urology. Their local offices are in Suite 215 of the Calvert Medical Office Building next to the hospital. They treat the full range of urological conditions for men, women and children including urologic oncology.

**Q** *CH: Since you've been practicing here in Calvert, have you noticed any trends in men's health in terms of specific diseases that seem to be more prevalent here, for example?*

**BC:** Anecdotally, I have noticed that patients here tend to present a bit later with urologic conditions. Bladder cancer, for example. The most common presentation is the presence of blood in the urine or hematuria. Most patients see blood in their urine one time and they go to the doctor, generally, their primary, and we might find an infection or a small polyp. We treat it immediately and it's all good. Here at Calvert, I tend to see patients who have been bleeding for six months and when they finally come in, we find a huge mass and the health consequences are more dire. Again, a lot of men ignore their health. They don't see a primary care provider on a regular basis so they don't have the normal screenings to catch problems early.

**Q** *CH: What other urological concerns should men be on the lookout for?*

**BC:** Any kind of urination problems – difficulty urinating, urgency to urinate, having to urinate frequently, feeling the need to urinate but not producing much or not feeling relief when you do urinate, obviously blood in the urine. These symptoms are indications of a possible infection or kidney or bladder tumor. Erectile dysfunction is also fairly common and something that is highly treatable. Or if you are experiencing back pain and having trouble urinating, that could be an indication of kidney stones. These are all reasons to see your primary care provider or a urologist.

**Q** *CH: What diseases of the urinary system are men more susceptible to than women?*

**BC:** Interestingly, we tend to see more bladder and kidney cancers in men. Remember, smoking is the number one cause of bladder and kidney cancers. We also can link environmental toxins to bladder and kidney cancers, which men tend to be more exposed to through their work – industrial chemicals, things like that.

**Q** *CH: What can our readers do to help the men in their lives when it comes to staying healthy and getting screened?*

**BC:** Encourage the men in your life to take stock of their health, listen to their bodies and go to their primary care provider for annual checkups. They need to talk with their primary care physician about their risk factors for any disease and decide what screenings are appropriate and at what age. It may make a difference. It just might save his life.

**Q** *CH: You recently signed on as the head of our new Urological Cancer program here at Calvert Memorial. What can you tell us about your plans for the program?*

**BC:** I'm really excited about this. We opened our practice here last July in order to see our Calvert patients close to home rather than in our office in Annapolis, so this new program is a great extension to our local service offerings.

The treatment of any cancer is typically a multidisciplinary effort and the process can be very bewildering for the patient. Urologists, medical oncologists, radiation oncologists, surgeons, multiple appointments to schedule, multiple tests to undergo, big scary words being thrown

## INTRODUCING Yvette Johnson, Nurse Navigator, Urological Cancers

**Yvette Johnson, RN, BSN** has a long history of being a care coordinator and patient

advocate. As part of a multidisciplinary team, Yvette will provide support and education for patients and their families, assist with managing the complexity of their cancer diagnosis

and overcoming any barriers so that they can make informed decisions about their care. "Hearing that you have cancer can be overwhelming, and then you are faced with the challenge of finding your way through a very complex healthcare system. As the nurse navigator, I help patients figure out where to go and what to do, understand their treatment plans, provide support and help them every step of the way."



around. It's just a lot for the patient and their loved ones to take in. We recently added a nurse navigator to help our patients with all that. **Yvette Johnson, RN** will work specifically with Calvert's urological cancer patients to help guide them through the process.

I've also met with all the medical and radiation oncologists in the area to assess exactly what we can do here from a treatment perspective and what we need to do in Annapolis. The good news is that we can do all the ancillary treatments here – imaging, radiation, chemotherapy – as well as many of the surgical procedures. Being able to get really good care close to home means less disruption to the patient. That's why we came here to begin with.



In the spring issue of *Calvert Health* magazine, we introduced you to Becki Jenkins, 51, of Lusby. After years of struggling with her weight, Becki decided it was time to make a change. Recently, we caught up with Becki 12 weeks into her weight-loss journey to see how she was progressing.

## Becki's Journey to Health A Family Affair

### What eating plan are you following?

I've been monitoring my food intake based upon the recommended dietary standards. Every day, I try to eat 2-3 servings of fruit, 1-3 servings of whole grains, 1-2 servings of protein and I eat an unlimited amount of vegetables. I LOVE veggies! No calorie counting for me, just normal servings – not super-size servings. I've worked really hard not to focus on calories and fat, but just healthy, whole foods and portion control. I'm trying to change my relationship with food and create a new normal – not just lose a few pounds now and then go back to how I was eating.

### Have you struggled with anything or felt deprived?

There have been some challenges along the way. Week one presented me with the realization that I have a very real emotional attachment to chocolate and cheese. Cheese was easy because there are so many low-fat options. I can still have cheese every day as long as I choose a low-fat or fat-free option. Chocolate has been, frustratingly so, a real challenge on a few occasions. Chocolate is the go-to when I am stressed. Fortunately, I found some alternatives that do just fine. Peppermint patties (small ones) are made with dark chocolate and I can have three without ruining what I am trying to do (just not every day). Weight Watchers® has a super duper chocolaty

*Pictured opposite: Getting healthy is a family affair for the Jenkins family. Becki, pictured (far left), with her brother, Bailey, sister-in-law, Sonya, niece, Meagan and the family dog, Coco.*

*Inset far left: Becki regularly walks the family dog, Coco, around her Lusby neighborhood. At first, Becki needed the aid of a walking stick (see below) to get up some of the hills but now handles them with ease. Coco has lost 8 pounds since walking with Becki.*

“midget brownie” – that’s what I call it because it’s so small – but it’s delicious! Now that I know I can have chocolate I don’t crave it and find I am eating less and less of it.

## Are you exercising regularly?

I try to exercise at least six out of seven days a week. At first, I was going to the gym regularly, but it just wasn’t for me. I prefer walking outdoors with our family dog or using the punching bag we installed in our new home gym. At first, I had a really hard time walking up the hills, so I made myself a walking stick. Now, when I walk, folks always stop me and ask about my walking stick and how they can get one.

## You’ve lost 20 pounds! Do you feel any differently?

My knees, back and hips hurt less and less every day. I learned that for every one pound of extra weight we put on, that it is equal to four pounds per square inch of additional pressure on our joints. Crazy, right? What amazing bodies we have – what they can withstand or put up with from us! I’m also no longer pre-diabetic or have to use the CPAP machine to sleep at night. And my primary care physician has taken me off both of my blood pressure medications. That was an amazing

feeling! Our bodies are categorized by our body fat – underweight, normal, overweight, obese or morbidly obese. I’m going to keep working until I get to a normal, healthy weight.

## Who supports you and helps keep you accountable?

Thankfully, I have a great support system! My family and the KeepWell Center staff, along with my general practitioner, have all given me the encouragement and tools to keep going until I meet my goal! I couldn’t be more blessed! The best part is that we are all losing weight and getting healthier. Even Coco, the dog, has lost 8 pounds!



## Root Vegetable Medley

Recipe courtesy of Sonya Jenkins (Becki’s sister-in-law)

- 1 butternut squash, peeled and cubed
- 3 sweet potatoes, cubed
- 2 rutabagas, peeled and cubed
- 1 lb. Brussel sprouts, trim ends and halve
- 1 large purple onion, cut into bite-size pieces
- ¼ cup dried cranberries (optional)
- ½ cup pecan halves (optional)
- ¼ cup olive oil
- 3 tablespoons balsamic vinegar
- ½ teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon caraway powder (optional)

Place all of the cut vegetables, cranberries and pecans in a large bowl. In a smaller bowl, combine olive oil, balsamic vinegar and spices (for a more intense flavor, double the amount of spices). Pour the spice mixture over the vegetables and mix until coated. Line a baking sheet with parchment paper and distribute vegetables in a single layer.

Pre-heat oven to 425 degrees and roast vegetables for 20-25 minutes, or until they are slightly brown.

### NUTRITION FACTS

1/3 cup serving - 76 calories, 3 grams fat, 0 cholesterol, 12 grams carbohydrate, 2.5 grams fiber, 3 grams protein

SIGNS  
of  
SUCCESS!

### BEGINNING STATISTICS

- 1) Weight: 283
- 2) BMI: 45.7
- 3) Two blood pressure medications
- 4) Using CPAP machine
- 5) Pre-diabetic

### 12-WEEK MARK STATISTICS

- 1) Weight : 263
- 2) BMI: 41.7
- 3) Off both blood pressure medications
- 4) Off CPAP machine
- 5) No longer pre-diabetic

## AXIS Healthcare Group Enhances Behavioral Health Services at Calvert

AXIS Healthcare Group has joined the behavioral health team at Calvert Memorial Hospital and its president **Dr. Harry Gill, MD, PhD** has been named medical director for the program. He replaces Dr. Dipak Shah who has served in that role since 2007.

“We would like to thank **Dr. Dipak Shah** for his many years of service as medical director and are happy that he plans to stay in the community and provide outpatient services,” said **Diane Couchman**, vice president for clinical services and chief nursing officer at CMH.

AXIS provides psychiatric services to a number of community hospitals in our region. “We’re looking forward to using the experience and knowledge we’ve gained in working with other community hospitals to enhance and grow the behavioral health program at CMH,” said Dr. Gill.

“We’re pleased to have AXIS join Calvert Memorial Hospital,” said Couchman. “Their diverse experience will reinforce the strength of our behavioral health program.”

She said their addition means that Calvert Memorial will be able to take a larger scope of patients with more diagnoses. “Dr. Gill will also be taking an active role in working with our physicians in the Emergency Department for those patients that come in for behavioral health concerns.”

Dr. Gill said the group specializes in behavioral unit management, program development and implementation as well as recruiting and training. “Our goal is to assess the current program and develop and implement treatment plans to make it even more effective by focusing on the nature of this community and developing services that meet the needs of local residents.”

The Kensington-based group includes board-certified psychiatrists, along with psychotherapists, psychiatric nurse practitioners and physician assistants. They will provide 24-hour coverage at CMH, according to **Dr. Mike Brooks**, vice president for medical affairs at the hospital.

### ABOUT Dr. Gill

Board-certified psychiatrist **Dr. Harry Gill, MD, PhD** has

been named medical director of behavioral health services at Calvert Memorial Hospital. He holds a double major in neuroscience and cognitive psychology from Iowa State

University. His continued interest in quality of care as well as providing optimal care to patients needing psychiatric care led to him to establish AXIS Healthcare Group in 2008 where he currently serves as president.

Dr. Gill specializes in a variety of mental health issues affecting adolescents and adults including anxiety disorders, adolescent psychiatry, eating disorders, geriatric psychiatry, memory disorders, mood disorders such as depression or bipolar disorders, obsessive-compulsive disorder, schizophrenia and post-traumatic stress disorder.



## Calvert Behavioral Health Program Focused on Community

*Calvert Memorial Hospital offers a broad range of behavioral health services for adults and adolescents.*

The CMH behavioral health program includes a 14-bed inpatient unit, day treatment programs and emergency psychiatric services for those coming through the hospital’s emergency department for mental health reasons.

Our day treatment programs provide intensive, short-term care and are designed to provide a transition from inpatient care and prevent re-hospitalization.

The inpatient unit operates 24 hours a day. Services include individual therapy, group therapy, family or couples therapy, supportive therapy and education on illness, treatment, coping skills and relapse prevention.

“We are proud of our behavioral health unit and want to make it even better,” said **Diane Couchman**, vice president for clinical services at CMH. “AXIS supports our commitment to meeting community needs and our patient-centered focus. We look forward to collaborating with them.”



## Calvert Physician Associates Welcomes Abbott

After 16 years in private practice, board-certified hematologist and medical oncologist **Dr. Kenneth Abbott**, formerly of Calvert Oncology Associates, has joined CPA's Calvert Hematology and Oncology practice. He joins **Dr. Bilal Ahmed** and **Dr. Arati Patel** in providing care for patients with blood disorders and those undergoing treatment for a full range of cancers.



Dr. Abbott joined the active medical staff at Calvert Memorial Hospital in 2001 and currently serves as medical director of the hospital's infusion therapy center. He also chairs the CMH Cancer Committee. Dr. Abbott is a member of the multidisciplinary team at the Sheldon E. Goldberg Center for Breast Care at CMH and actively participates in tumor board conferences.

He has seen great gains in the treatment of cancer over the past 25 years. "We have made remarkable progress in treatment options for so many cancers. People are living longer now and with a much better quality of life after a cancer diagnosis. We hear the words 'I had cancer,' not 'I have cancer,' far more frequently now."



## Cook Joins Calvert Primary Care

Certified Family Nurse Practitioner **Kimberly Cook, CRNP** has joined Calvert Primary Care. She sees patients primarily in the Solomons location but is in the Lusby office one day a week. Cook, who has been in nursing for more than 30 years, provides personalized health care

for the whole family including health screenings, preventive medicine, complete physicals and well woman exams.

She started her career as a licensed practical nurse at St. Mary's Hospital in Leonardtown; quickly advancing to obtain her associate's and bachelor's degrees in nursing and ultimately her master's from the University of Maryland in Baltimore and her certification as a family nurse practitioner in 2004.

"I always knew I wanted to go into nursing," she said. "I'm the oldest of four, so nurturing is something that just comes naturally to me." Her approachable style is especially appealing to young women. "I'm a little more laid back so they feel very comfortable with me." Cook said she works with her patients to help them lead healthier lifestyles and wherever possible, eliminate medications.

## Advanced Orthopaedic Specialists Welcomes Blank

Orthopedic surgeon **Dr. Elizabeth Blank** has joined **Dr. Bryan Herron** of **Advanced Orthopaedic Specialists** in Prince Frederick. She specializes in shoulder and knee procedures and has a special interest in sports medicine.

She graduated from Penn State College of Medicine in 2006 and went on to complete her orthopedic surgical training with an emphasis on trauma at William Beaumont Army Medical Center in El Paso, TX in 2011.

"Orthopedic problems can have a significant impact on someone's life and helping people find the right treatment or management option is very rewarding," said Dr. Blank.

She has a special affinity for younger patients suffering with hip pain—having been a patient herself at a time when there weren't a lot of great treatment options. "I do enjoy working with these patients especially to find and understand their diagnosis as much as possible."

She went on to add, "My philosophy of care is to be as direct as possible with my patients about their diagnosis and treatment plan. I enjoy going over imaging studies with them so they can see what is causing their symptoms.

"I like to outline all the possible treatment options," said Dr. Blank. "If they are undecided, I encourage them to research them more before deciding what will work best for them."



# Rising Star Program

## Recognizing the Power of Youth Philanthropy

This summer the Calvert Memorial Hospital Foundation will kick off a dynamic Rising Star program that provides an avenue to recognize local youth whose contributions to CMH are making a difference in our community.



Congratulations to

**Samantha Walling**

*Recipient of the first  
Rising Star Award!*

To learn more, call 410-414-4570  
or visit  
[CalvertHealthFoundation.org/  
Rising Star](http://CalvertHealthFoundation.org/RisingStar)

“Our goal is to reach out to the next generation of community leaders and encourage them to support the hospital,” said **Brian Martin**, who is chairing the effort with fellow Foundation board member **Brian Lazarchick**.

“Our young people possess such a strong commitment to giving back and we want to foster that.”

Martin went on to add, “Their drive and passion are an example to their peers and we want to empower them to use their voice for making a positive impact in a meaningful way.”

In the past two years alone, local youth have raised more than \$5,000 for hospital programs and services such as the Sheldon E. Goldberg Center for Breast Care at CMH. These donors include Barstow Elementary School, Calvert High School (volleyball team, girls basketball team and field hockey team), The Calverton School, Huntingtown Elementary School, Huntingtown High School, Northern High School (girls soccer team), Our

Lady Star of the Sea School, Patuxent High School, Windy Hill Elementary School and Samantha Walling, who sold pot holders at her family’s yard sale.

### Promoting Sense of Community

“I am excited to be involved with Rising Star because of its focus on our youth,” said Martin, who is a familiar face to many families in the community having coached soccer for more than a decade with Parks and Recreation leagues and more recently the varsity team at Huntingtown High School.

“Programs like Rising Star are so important because they help youth realize they are a part of something bigger,” he added. “For any community to thrive, we need to involve our youth in something that will channel their creativity and energy for the common good.”

Martin said it also offers local youth a wonderful opportunity to build their leadership skills.



*The Calvert Cavaliers girls basketball team (right) raised funds at their home game against Leonardtown to benefit the Sheldon E. Goldberg Breast Center at CMH. The Northern Patriots girls soccer team (above) also held a bake sale for the breast center.*



“Rising Star gives them something to hang their hat on and be proud of it.”

Since 1989, the Foundation has played a critical role in raising funds to support the growth of Calvert Memorial Hospital as an essential resource for health care in our community. Each year, CMH serves more than 140,000 residents.

According to Martin, the Foundation is distributing information packets about the Rising Star program to local schools and youth organizations. Additionally, he said, a kick-off is planned for July 17-21 at the CSA/Bermuda Soccer Camp at Huntingtown High School. Martin and his sons, Robert and Marcus, will be manning a table during the soccer camp to answer questions about the Rising Star program.

The program is open to youth organizations or individuals 18 or younger. The Foundation plans to recognize the Rising Stars through social media and in the Calvert Health annual

report. Additionally, honorees will receive an invitation to the exclusive Rising Star Appreciation Event to be held annually to recognize and celebrate their contributions. There will be an opportunity for the honorees to meet the Foundation Board of Trustees, the President and CEO of Calvert Health System and take a VIP tour of the hospital.

A “North Star” will be selected each year from among the “Rising Stars” for special recognition. “This group or person will be chosen for having gone above and beyond in terms of effort and spirit,” said **Theresa Johnson**, who oversees the Foundation.

She went on to add, “Today’s youth are involved more than ever in giving back to our community. At Calvert Health, we want to foster that spirit and acknowledge their contributions. We’re excited to be able to showcase their accomplishments.”

## Marcella Named to Foundation Board

Owings resident and retired educator **Anne Marie Marcella** has been named to the Calvert Memorial Hospital Foundation Board of Trustees. She joins 12 other community volunteers who are currently serving. Members can serve up to two three-year terms.



As vice president of Calvert Health System’s Volunteer Services, Marcella represents the organization’s 196 members, who last year volunteered 21,862 hours – a fiscal savings of more than a quarter of a million dollars based on a \$15 hourly wage. Additionally, the volunteers gave the hospital their largest gift ever, donating \$100,000.

“It’s an honor to have Anne Marie serve on the Foundation,” said **Theresa Johnson**, associate vice president for corporate communication and philanthropy. “Our volunteers provide support to the hospital in so many ways and their efforts are vital to the health system.”

A few months after she moved to Calvert County in 2014, Marcella said she decided to volunteer at the hospital. “It made me feel part of the community,” she said. “It was also a great way for me to get to know people and feel like I was making a difference.”

She went on to add, “Volunteering is a passion of mine. I always feel like I get more out of the experience than I give.” Her other duties include helping out at the information desk in the main hospital lobby and serving as CMH’s representative to the Maryland Association of Hospital Auxiliaries.

As vice president, she recently reviewed and updated the hospital’s volunteer services manual. She also keeps busy looking for fundraising activities, new vendors and ideas for the gift shop as well as recruiting new volunteers. “Serving on the board has been a wonderful learning experience,” she said. “There are lots of challenges and I’m really enjoying that, too.” If you are interested in volunteering, contact Susan Stevens at [SStevens@cmhlink.org](mailto:SStevens@cmhlink.org).



Calvert Health System  
**Calvert Memorial Hospital**  
*Tradition. Quality. Progress.*  
 100 Hospital Road, Prince Frederick, MD 20678  
[www.calverthospital.org](http://www.calverthospital.org)

Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Baltimore, MD  
 Permit No.269

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

**Calvert Health Line:**  
**888-906-8773**

**Maryland Relay Service:**  
**800-735-2258**

RESIDENTIAL CUSTOMER



*Coming to a  
 Neighborhood Near You!*

Our Mobile Health Center travels to underserved areas of the community to bring essential primary care services, dental, prevention and wellness programs to residents who may not have easy access to traditional health care.

**Check out the Mobile Health Center at One of Our Ongoing Regular Visits**

<b>Every 3rd Tuesday</b> <i>(July 18, August 15, September 19)</i>	Prince Frederick	Veterans Van/Walmart	10 a.m.- 2 p.m.
<b>Every 2nd Wednesday</b> <i>(August 9, September 13)</i>	Lusby	Life Center	10 a.m.-2 p.m.

The Community Wellness staff is planning future visits to area Head Start centers and partnering with local youth groups and schools to offer health checkups and sports physicals. We are also developing a program designed to meet the health needs of our Spanish speaking population.

**For more information on the Mobile Health Center, visit [calverthospital.org](http://calverthospital.org) or call the KeepWell Center at 410-535-8233.**