

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

# calverthealth

WINTER 2016

Slimmed-Down  
**Seasonal  
Favorites**

Winterize Your  
**Exercise  
Routine**

Stress-Free  
**Holiday  
Strategies**

**Camille  
and  
Richard:**

Moving Forward  
Despite Obstacles



Exercise buddies Julie Cornellier (at left) and Ileana Kerasidis of Dunkirk enjoy a walk around their neighborhood.

Do you have a photo that depicts a happy, healthy day in Southern Maryland? Submit it to [abradycmhlink.org](mailto:abradycmhlink.org) for consideration in a future issue.

# A Message from the President



## An Era of New Beginnings

2017 is only a few weeks away, and for many, the passing of one year to the next ushers in a sense of new purpose ... an era of new beginnings. While each new day provides an opportunity to start anew, I always feel like there is something about this time of year that underscores our desire to do better, to be better.

In an effort to provide as many residents as possible with an opportunity to get healthy this year, we are expanding

our Live Well Challenge and offering it for free. Now is your opportunity to take advantage of the same resources that helped Richard and Camille kick-start their wellness journey.

Last month, we celebrated the aptly named “Great Gatsby Gala – An Era of New Beginnings” to support the Family Birth Center at Calvert Memorial Hospital – where more than 700 births take place each year. I was pleased to see so many members of our community gathered in support of this endeavor, where together, we raised more than \$270,000 to ensure the best possible care for our littlest patients.

I am also proud to announce that our Family Birth Center was recently designated as a Baby-Friendly® birth facility. We are one of only six hospitals in Maryland to receive this prestigious recognition.

I believe that great things are in store for Calvert Health System – and for you – in 2017.

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 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/Winter 2017

## TRENDING TODAY

**3 Get Smart About Antibiotic Use**  
Learn about when they work and the dangers of overuse

## EAT RIGHT

**4 Healthy Recipes for the Holidays**  
Slimmed-down seasonal favorites plus smart substitutions to sip

## MOVE MORE

**6 Winterize Your Exercise Routine**  
Two friends share their game plan for when the temperatures drop

## JUST FOR HER

**8 Managing the Stress of the Holidays**  
Setting realistic expectations, maintaining healthy habits and having a good support system

## LIVE WELL

**10 New Mobile Health Center is Driving Change**  
Regular screenings are an important tool in preventing chronic disease

**14 Camille and Richard Near the Finish Line**  
Hear their insights about the keys to sustained weight loss

## IN EVERY ISSUE

**11 When & Where**

**16 People Matters**

**18 Making a Difference**



HEALTHY RECIPES  
FOR THE HOLIDAYS  
PG 4

# Calling All Parents

## Antibiotics Aren't Always the Answer

### DID YOU KNOW?

Taking antibiotics when they are not needed is fueling an increase in drug-resistant bacteria.

### Incorrect Use Leading to Drug-resistant "Superbugs"

The Centers for Disease Control and Prevention (CDC) has news for you this cold and flu season: antibiotics don't kill viruses. It's a long-

documented medical fact. Antibiotics can only treat illnesses caused by bacteria.

Colds, the flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses – not bacteria. If your child has a viral infection, antibiotics won't help them feel better or get well sooner. In fact, they can even be harmful.

Taking antibiotics when they are not needed is fueling an increase in drug-resistant bacteria, which cause infections that are more difficult (and sometimes even impossible) to cure. Almost all types of bacteria have become less responsive to antibiotic treatment. These "superbugs" can quickly spread to family members, schoolmates and coworkers, and threaten our communities with illnesses that were once easily treated.

Combating antibiotic resistance is a priority for Calvert Health System. A multidisciplinary team oversees the use of antibiotics at Calvert Memorial Hospital to ensure that what is given to patients is effective and safe. The role of the group is to educate, support and advise clinical staff to ensure timely initiation of antibiotics as well as appropriate administration.

Additionally, they monitor antibiotic usage closely to evaluate prescribing practices and provide expertise, as needed. "Every year we look to see what bacteria have caused infections in our patients and if they are resistant to any of our antibiotics," said **Meredith Moody, PharmD**, clinical pharmacy coordinator at CMH. "This information is given to our providers so they can know which antibiotics to start with."



Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		<b>NO</b>
Bronchitis/Chest Cold (in otherwise healthy children and adults)	✓		<b>NO</b>
Whooping Cough		✓	Yes
Flu	✓		<b>NO</b>
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		<b>NO</b>
Fluid in the Middle Ear (otitis media with effusion)	✓		<b>NO</b>
Urinary Tract Infection		✓	Yes

Source: Centers for Disease Control and Prevention

# Healthy for the Holidays

Losing the fat without sacrificing the flavor

Most people enjoy the tried and true classics on the holiday dinner table, but no one likes the added pounds and inches that can come with our favorite seasonal side dishes and sweet treats.

We enlisted local chef **Gwyn Novak** of *No Thyme to Cook* to help us come up with a lighter take on one of our favorite holiday dishes. A special thanks to our readers for weighing-in (*no pun intended*) and letting us know which recipes you wanted to see modified. Here are your favorites slimmed down and simplified to suit both new and experienced cooks alike.

*Now, that's reason to celebrate!*



# smart substitutions

## Sage Stuffing

Courtesy of American Diabetes Association

### Ingredients

30 slices (1-ounce each) day-old whole-grain bread, crusts removed, cut into small cubes  
 1 tablespoon olive oil  
 1 large onion, chopped  
 3 large celery stalks, chopped  
 1/3 cup coarsely chopped walnuts  
 1/2 bunch fresh sage, stems removed, coarsely chopped  
 3 cups hot, low-fat, reduced-sodium chicken broth  
 1 egg, lightly beaten  
 1/2 cup dried cranberries or dried cherries, coarsely chopped  
 Kosher salt and fresh-ground black pepper to taste  
 Paprika

### Instructions

Preheat the oven to 375° F. Add the bread to a large bowl.  
 Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the

walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute.

Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper.

Add the mixture to a large casserole dish and sprinkle with paprika. Bake for about 40-45 minutes or until the top is browned and crusty.

Serves 12

### NUTRITION FACTS

Per 1/2 cup serving: 190 calories, 6 grams fat, 8 grams protein, 5 grams fiber, 28 grams carbohydrates

The winter season is chock full of delicious, seasonal beverages that can lead to added (*and unwanted*) pounds. Use these substitutions to keep your waistline in check this holiday season:

### EGGNOG

**Mix it up.** Fill your glass with half- to three-quarter parts of low-fat or skim milk and one part eggnog. You'll still get the flavor without all the calories.

**Act like a kid.** Take out the alcohol. This simple step will reduce the caloric content.

**Cut the fluff.** Pass on that big dollop of whipped cream to avoid the extra sugar and saturated fat.

**Find an alternative.** This holiday classic has many low-fat or non-dairy versions.

### HOT CHOCOLATE

**Skip the heavy stuff.** If you order hot chocolate at a restaurant or coffee shop, ask that it be made with low-fat or skim milk, and without the whipped cream.

**Do some research.** To make instant hot chocolate at home, look for product packets marked "low-fat/fat-free" or "low-sugar/sugar-free." Be sure to add the mix to low-fat milk, skim milk or hot water.

**Go easy on the toppings.** Use five to eight mini-marshmallows instead of large ones. If using whipped cream, look for low-fat versions and stick to less than one tablespoon.

### APPLE CIDER

**Read the labels.** When buying cider at the store, check its added sugar content. Many products contain added sugars, which can increase your calorie intake and cause weight gain. Choose low-sugar and sugar-free options.

**Do it yourself.** When making cider at home, use unsweetened apple juice and a variety of spices (like cinnamon sticks, cloves, nutmeg and whole cranberries). You'll keep the flavor while cutting calories.

Source: American Heart Association  
 Healthy Holiday Eating Guide

## Sweet Potato Casserole

Courtesy of No Thyme to Cook

### Ingredients

4 large sweet potatoes, peeled & cut into 1-inch chunks  
 1/3 cup maple syrup  
 1/2 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 1/8 teaspoon ground ginger  
 3/4 teaspoon kosher salt  
 1 egg, beaten  
 1 teaspoon vanilla

### Topping

1 tablespoon brown sugar, packed  
 1/4 teaspoon cinnamon  
 1/3 cup chopped pecans  
 1 tablespoon butter, melted

Preheat oven to 350° F

Steam the sweet potatoes until tender – about 20 minutes. Pour out the water and place the sweet potatoes back into the pot. Mash softened sweet potatoes with fork. Pour in the maple syrup followed by the cinnamon, nutmeg, ginger and salt, stirring well. Pour in the egg and mix thoroughly. Pour the sweet potatoes into an attractive casserole/baking dish.

In a separate bowl, combine the brown sugar, cinnamon, pecans and butter. Spread evenly over the top of the sweet potatoes. Bake at 350° for about 40 minutes or until hot and beginning to brown around the edges.

Serves 8

### NUTRITION FACTS

Per 1/2 cup serving: 172 calories, 5.5 grams fat

### DID YOU KNOW?

Sweet potatoes are high in fiber and Vitamin A and the pecans on top provide a healthy amount of monounsaturated fat.

# How to Winterize Your Exercise Routine

Keeping fit can be especially challenging during the winter months. Instead of heading to the gym on a dark, chilly morning, we may be more tempted to cozy up with an extra cup of tea. And when you add extra activities associated with holiday time, putting that Pilates class on your schedule can become even tougher.

Regular exercise is vital to your good health in every season to keep your body and heart strong. Plus, working out can help you maintain a healthy weight – important when you may be indulging in heartier winter foods and seasonal treats.

**Here are some ways to create and maintain your fitness routine when the cold winds blow.**

One terrific method for motivating yourself is to exercise with a buddy, as neighbors and great friends **Julie Cornellier** and **Ileana Kerasidis** do. Most mornings Cornellier, 73, and Kerasidis, 82, meet for a two-mile walk around their neighborhood.

“Ileana is so dedicated that she’ll walk unless it’s pouring. And when someone’s depending on you, you show up,” says Cornellier. “Plus when we’re talking, we’re

# 5 Tips

## For Exercising in Winter

### DID YOU KNOW?

CMH offers FREE walking groups and fitness classes throughout the county. Visit [calverthospital.org/classes](http://calverthospital.org/classes) for more information.

done before we know it.”

The women met through a shared love of gardening and both enjoy being in nature. “Spending regular time outdoors, seeing the animals, birds and plants, is a huge boost psychologically,” Cornellier says.

Kerasidis agrees, adding that her walking habit increases her sense of well-being. “It’s a delight to start each day with a walk—I know that without it I won’t have a good day.”

More recently, the women have begun attending yoga classes together. Cornellier, who took her first class through a Calvert Memorial Hospital fitness program more than 15 years ago, finds the balancing poses especially helpful. “It seems to me that as we get older, balance is even more important,” she says.

Kerasidis, who has also practiced yoga for years, adds “Yoga uses every muscle including the brain. What I love is the sense of freedom—as soon as I sit down, all of the problems and issues I’m thinking about go away.

“Having a good friend to depend on not only helps maintain healthy habits, but makes life better in every way,” Kerasidis continues. “It’s more fun to have someone to share experiences with, someone you relate to—that’s what I’ve found in Julie.”

Plus, Cornellier adds, on a recent vacation with her husband and grandchildren, she enjoyed the benefits of staying fit during long days of sight-seeing. “My grandchildren are 20 and 24 and I was able to walk as long as they could,” she says.

# 1

**Find an exercise buddy.** As Cornellier mentions, having someone depending on you provides accountability. And as Kerasidis says, exercise is often more fun with a friend.

# 2

**Try something different.** If you’re an outdoor jogger, you might try an elliptical trainer or stepper at the gym when roads are icy. Or change up your routine by swimming laps at the aquatic center or taking a spinning or Zumba class. Don’t have a gym membership? Walk up and down the stairs in your home.

# 3

**Have a backup plan for when your schedule is tight** or the weather isn’t cooperating. If inclement weather or a super-busy week keep you at home in the evenings, have a few fitness videos handy or check out a cable channel with stretching, calisthenics or dance programs. A shorter-than-usual home session is better than skipping a workout altogether.

# 4

**Vary your exercise time.** Walk during your lunch break or use your workplace’s gym instead of exercising in the early morning or evening. An added benefit: you may find that you feel more energized for the last half of the workday.

# 5

**If you’re an outdoor exerciser, make sure you have warm gear and stay hydrated.** Moisture-wicking layers, plus a hat and insulated gloves, will keep you comfortable even when it’s brisk out. And because perspiration evaporates more quickly in the cold, it may seem as if you’re sweating less—but it’s important to drink water before, during and after your workout year-round.



# Managing the Stress of the Holidays

*Picture this scenario:* You've recently moved to a different area of the country and you have a brand-new, demanding job. In just a few weeks your extended family is arriving for Thanksgiving—they are all staying with you and you're still waiting for the furniture you ordered (including beds, dining room table and chairs) to arrive. Plus for the very first time, you'll be cooking a holiday dinner!

It's an exciting and fun time, but a little stressful, says **Stephanie Hung, MD**, a general surgeon in the Calvert Health System, whose holidays include all of these factors.

"It's a lot to juggle, with a new practice, settling into a new area and family coming from three states to celebrate with us," says Dr. Hung. "We're getting in the spirit and

planning how to make everything very festive, but I also joked with my husband that I'm checking what restaurants are open for the holidays."

Even if you're an old hand at hosting family gatherings, the winter holiday season can be challenging. Besides adding many items to your already busy schedule and "to-



♥ STAY ♥  
CONNECTED



## DO THE HOLIDAYS Make You Blue?

**Not feeling merry? You're not alone.** While many people associate the holidays with social gatherings, rituals and happy memories, it can also be a difficult time of the year for those who have lost a loved one, are far from family or worried about finances.

### **Honor Loved Ones You Have Lost**

It's always especially hard to celebrate that first holiday after you've lost someone dear. Consider spending this holiday season reflecting on special memories and how you will honor the person you lost by doing something meaningful in their honor.

### **Stay Connected**

If you're far from family, try creative ways to connect with them like email, videos or Skype. If you find yourself alone, look for local holiday concerts or community events to attend. Find co-workers without holiday plans and have a potluck.

### **Spend Time with Someone in Need**

If you're unable to spend time with loved ones, volunteer your time to a local organization where your smiling face could make someone's day. Helping someone else makes you feel good and can broaden your social relationships.

### **Create a Budget and Stick to It**

Be realistic about what you can afford to spend. The thought behind the gift is way more important than the cost. Spend only what you can afford, and if you don't have the ability to spend anything, bake a treat or offer your time to babysit, help with a chore or run an errand.

do" lists, this time of year comes with lots of expectations for ourselves and others. If you are like many other busy households, the pressure to clean, decorate, plan meals, shop and entertain guests can be overwhelming.

With holiday items appearing in stores as early as September, it's all too easy to believe that if we're super-organized we can do it all. For some people, the pressure to be perfect can even result in feelings of sadness, guilt and anxiety.

Keeping the holidays manageable and fun is possible, and a big part of that is being aware of unrealistic expectations and deciding that this year, you're celebrating your way. A good first step is to decide which holiday rituals and activities are most important to you, and make just a few of them priorities. It's fine to drop something from your list, even if it's a tradition—you may be surprised to find that you and your family have outgrown a usual activity.

Dr. Hung says that one of her favorite coping strategies is to not overcommit so that she builds in time to maintain her healthy habits. "I know that if I feel well, I manage stress better," she explains.

"My goals are to keep some down time in my schedule, continue to eat plenty of fresh fruits and vegetables and still get to the gym regularly." But at the same time, she says, it's important to not be too hard on yourself if you miss an exercise session for a special activity.

"I know that  
if I feel well,  
I manage  
stress better"

Having a good support system is also helpful in diffusing stress. "My husband is my greatest ally, and it is so wonderful to have

someone that I can talk through issues with," says Dr. Hung. "He really is my anchor when things get hectic!"

Finally, as the Disney song says, do your best to "Let It Go." Your loved ones are coming to see you, not admire your enchanting decor or be wowed by your gourmet meals.

"I remind myself that many sources of stress are also blessings," says Dr. Hung. "I have a wonderful job and a wonderful family, and I live in a great place. I'm lucky and I'm thankful for all of it."

# Mobile Health Center Driving Change

“Even though it’s early yet, we’re already seeing that the mobile health center is making a real difference in the lives of real people,” said **Margaret Fowler**, director of community wellness at Calvert Memorial Hospital.

As an example, she pointed to a vascular screening held in October that found abnormal results in nearly 60 percent of the people screened. “Early detection like this can help prevent life-threatening conditions or long-term disabilities,” said Fowler. These people were referred for further testing and follow-up.

Fowler explained that vascular screening helps to detect blockages or plaque buildup that puts a person at risk for stroke. The screening provides a good snapshot of what is going on in the blood vessels.

According to Fowler, the mobile health center will also offer screenings for high blood pressure, cholesterol and diabetes. “These screenings are

important because they allow people to be proactive about their health,” she said. “They provide valuable information for them to take action to prevent chronic disease.”

Additionally, screenings for breast health, lung cancer, skin cancer, bone density, vision and hearing will be available on selected dates in various locations.

## Providing Access to Underserved Areas

The mobile health center hit the road in September and in the first six weeks connected with more than 330 residents at area churches, local schools, health fairs and other community events.

Funded by gifts from generous donors, the mobile center offers important access to children and families in Calvert who are underserved. Staffed by nurse practitioners and medical technicians, the 40-foot state-of-the-art medical vehicle features two fully equipped exam rooms and a wheelchair lift.

The mobile health center seeks to remove barriers to help people take better control of their health and wellness. Access to primary and preventive health care is an overwhelming issue for many in our community – especially in North Beach, Prince Frederick and Lusby. A major issue for some is lack of transportation. For others, it is lack of insurance or coverage for certain services like dental care.

Earlier in the fall, the mobile health center provided dental screenings at a center which serves Appeal and Patuxent Elementary Schools. Forty-five children were screened and those who needed further treatment were referred to the hospital’s dental clinic in Lusby.

“The mobile health center is so much more than just a truck,” said Calvert Health System President and CEO **Dean Teague**. “It is a vehicle for change.”

He went on to add, “Providing our community with the best health care is often based on access. We are proud that this mobile health center will bring these critical services to where they are needed most.”



*Donors stand beside the newly purchased Calvert Health System Mobile Health Center. More than \$300,000 was raised by friends and supporters to fund the center.*



Check out our many opportunities for learning and living healthier lives. For a full listing of classes, wellness programs, health screenings and support groups, go to our website. You can register for all classes and events at [calverthospital.org/classes](http://calverthospital.org/classes) unless otherwise noted. Online registration is ongoing.

## ❖ DIABETES EDUCATION

### Diabetes Self-Management Class

Wednesdays 9 a.m.-4 p.m.

KeepWell Center, Classroom 2  
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 RN CDE. Covered by most insurance. Physician referral required. To register, call 410-414-4809.

### Living Well with Diabetes

#### Collaboration between CMH and Calvert County Health Department

Wednesdays 6-8:30 p.m.

January 11- February 15

Harriet E. Brown Community Center,  
Prince Frederick

Thursdays 1-3:30pm

January 12-February 16

Calvert Pines Senior Center,  
Prince Frederick

Taught by a non-medical facilitator, this free six-week self-management workshop provides education for adults with type 2 diabetes and pre-diabetes. Topics include managing symptoms, healthy eating, reading nutrition labels and putting healthy changes into action. Individual assessments, meal plans and meter training are not included in this course. To register, call 410-535-5400, ext. 459.



## ❖ SCREENINGS

### Blood Pressure Screening

January 10 11 a.m.- noon

KeepWell Center

Calvert Memorial Hospital

Free blood pressure screenings.  
Walk-ins are welcome.



### Blood Pressure Screenings

#### Health Ministry

*The following churches in our Health Ministry also offer blood pressure screenings:*

#### Middleham St. Peter's Parish:

The first Wednesday of each month from 9-11 a.m.

First Lutheran (in Huntingtown):

Sunday mornings between services from 9-9:25 a.m.

**Our Lady Star of the Sea:** Third Saturday of the month after 4 p.m. mass and the third Sunday of the month after the 8 a.m. mass and 10:45 a.m. mass.

### Vascular Screening

M-F 8:45 a.m.

(by appointment only)

Outpatient Concourse  
Vascular Lab  
Calvert Memorial Hospital



Free vascular screening at the CMH vascular lab. Call 410-414-4539 to schedule your appointment.

## ❖ HEALTH & WELLNESS

### Freedom from Smoking

An eight-week program that takes you through the quitting process. Call 410-535-5400 x 359 for more information. You may also call 1-800-QUIT-NOW. The Quit Line is open 8 a.m.-midnight, seven days a week.

### NEW! Healthy Weight Loss Challenge FREE for the first time!

January 16 - April 9

Give yourself the gift of wellness in 2017. The 12-week program provides weekly weigh-ins, weight loss tips, goals, optional support group and three months' access to *Vitabot*, an interactive online food journal to provide feedback on your eating habits. All participants must complete initial weigh-in and body composition analysis from January 9-13 between 8 a.m.-4 p.m. at KeepWell Center. Registration required in advance. (Additional details on page 14).

### Weight Loss for Life

Wednesdays 5:30-7 p.m.

January 11- February 22

Patuxent Health Center  
(next to World Gym)  
Prince Frederick



Eight-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 fee / Receive 50% off if you register by January 1 – a \$37.50 value.

### Dinner with the Dietitian

January 12 6-7:30 p.m.

*"How to Make Your New Year's Resolutions Stick"*

February 23 6-7:30 p.m.

*"A Heart Healthy Diet"*

Patuxent Health Center  
(next to World Gym), Prince Frederick

(continued next page)



A registered dietitian provides easy-to-follow nutrition advice for long-term healthy eating. Enjoy a cooking demonstration along with a light dinner. \$10 per person.

## ❖ WOMEN'S HEALTH

### Look Good, Feel Better®

January 10 10:30 a.m.  
February 21 6 p.m.  
March 21 10:30 a.m.

Barefoot Wellness  
445 Main Street, Prince Frederick

**Look Good Feel Better®** is a free nationwide program helping women with appearance-related side effects of cancer treatment. Workshops include instruction in skin care and makeup application; a complimentary makeup tool kit filled with donated products from the cosmetic industry; practical tips and instruction on wigs, head coverings and nail care.

## ❖ SUPPORT GROUPS

### Diabetes Support Group

March 16 6:30-8 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

### Parkinson's Disease Support Group



Third Thursday of the month at 1 p.m.

Harriet E. Brown Community Center  
901 Dares Beach Road, Prince Frederick  
No registration required, walk-ins are welcome.

### Lyme Disease Support Group

First Monday of the month at 6 p.m.

KeepWell Center, Classroom 2  
Calvert Memorial Hospital

## Breast Cancer Support Group

Meets the first Tuesday of each month from 6-7:30 p.m.

Sheldon E. Goldberg Center for Breast Care, Suite 201  
Calvert Medical Arts Building (CMH Campus)

Drop in anytime for support, encouragement and reassurance from other women facing the same challenges and concerns as you. All are welcome, from newly diagnosed to previously diagnosed survivors. Call 410-414-4516 for more information.

## Stroke Support Group

First Wednesday of the month from 5:30-7 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

This stroke support group is open to both stroke caregivers and survivors.

## ❖ HEALTHWISE

### Understanding Your VA Benefits

January 10 Noon-1:30 p.m.

KeepWell Center, Classroom 2  
Calvert Memorial Hospital

If you or your spouse is a United States Veteran, you may be eligible for benefits through the Veteran's Administration. These benefits may include financial payments, long-term care placement, home care benefits, funeral benefits and/or medical equipment. Learn about available benefits, eligibility requirements, how to apply and what documentation is needed from the Director of Veteran Benefits at Charlotte Hall Veteran's Home and experienced social work professionals. For more information on this FREE course call 410-535-0892.

## Understanding Hospice Care: What You Need to Know

February 14 Noon-1:30 p.m.

KeepWell Center, Classroom 2  
Calvert Memorial Hospital

Hospice is an essential option when we think about making choices for personalized care at the end of life. The experienced staff of Calvert Hospice will address the many myths surrounding hospice care and explain the referral process for hospice services, the role of the physician during hospice care, and the best time to begin benefitting from the support hospice caregivers can provide. There will be a lengthy opportunity for Q&A to address individual concerns. For more information on this FREE course call 410-535-0892.

## Difficult News: Helping and Coping

March 14 Noon-1:30 p.m.

KeepWell Center, Classroom 2  
Calvert Memorial Hospital

Many of us don't know what to say or do when someone we care about receives a diagnosis of a serious or terminal illness. Experienced hospice bereavement team members will recommend ways to respond empathetically and supportively by exploring the feelings of fear, loss, and grief that accompany difficult news. A lengthy Q&A session will enable participants to address individual concerns. For more information on this FREE course call 410-535-0892.





## ❖ MATERNITY & FAMILY EDUCATION

### Breastfeeding Support Group

Meets Wednesdays from 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. Come by and talk with other moms and know you're not alone.

### Family Birth Center Tours

Third Sunday of the month at 2 p.m.

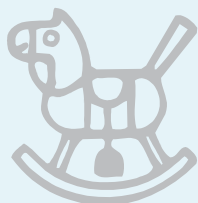
Meet at the Emergency Department  
Calvert Memorial Hospital  
Expectant parents may tour the Family Birth Center in preparation of their baby's arrival. Space is limited so advance registration is encouraged.

### Baby Care Basics

January 11 6:30-8:30 p.m.  
February 8 6:30-8:30 p.m.  
March 8 6:30-8:30 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

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



### Infant CPR

January 9 6 p.m.  
February 13 6 p.m.  
March 13 6 p.m.

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

A great follow-up to Baby Care Basics! New and expectant parents, grandparents and babysitters learn infant CPR (birth-12 months). Led by a certified American Heart Association instructor. \$24 per person.

### ABC's of Breastfeeding

January 11 6:30-8:30 p.m.  
February 8 6:30-8:30 p.m.  
March 8 6:30-8:30 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

Taught by a board certified lactation consultant, this class will give you the knowledge and confidence to initiate and maintain breastfeeding. Topics covered include: anatomy and physiology of the breast and why latching and positioning is so important. We will also address concerns such as milk supply, weight loss and more. Space is limited, advance registration is required. \$40 fee per couple.

### Big Kids & Babies

February 7 6-7:15 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

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.

### Childbirth Education

January 14 9 a.m.-5 p.m.  
February 11 9 a.m.-5 p.m.  
March 11 9 a.m.-5 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breast feeding education and more! The ideal time to take your childbirth class would be 4 to 6 weeks before your delivery date (or any time after your 30th week of pregnancy). \$100 per couple, register under the name of mom-to-be.

### Safe Sitter Class

January 21 9 a.m.-3:15 p.m.  
February 25 9 a.m.-3:15 p.m.  
March 18 9 a.m.-3:15 p.m.

KeepWell Center, Classroom 1  
Calvert Memorial Hospital

Safe Sitter is a medically accurate hands-on program that teaches boys and girls ages 11-14 how to handle emergencies when caring for children. Registration required in advance, \$45 per person.

## ❖ COMMUNITY EVENTS

### Ask the Expert

Onsite health services provided by Calvert Health System at our local senior centers. Call the center closest to you for more information and specific dates and times for services offered:

Southern Pines Senior Center,  
Lusby: 410-586-2748

Calvert Pines Senior Center,  
Prince Frederick: 410-535-4606

North Beach Senior Center,  
North Beach: 410-257-2549

# Camille and Richard

## 2017

### Live Well Challenge

In an effort to help you reach your health and wellness goals, we are combining our Biggest Loser and Live Well Challenges into one Healthy Weight Loss Challenge – and offering it for FREE! That’s right – we said FREE!

#### Here is how it works:

- ✓ Register online by Sunday, January 1
- ✓ Visit the KeepWell Center at CMH January 9-13 so that we can record your starting biometrics
- ✓ The challenge will run January 16-April 9

#### We will supply all the tools you need for a successful journey:

- ✓ A three-month membership to World Gym
- ✓ Access to a personal trainer and nutritionist

Two lucky participants who are willing to share their journey with us will receive program benefits for the remainder of 2017, and anyone else who wants to continue with the program beyond April will be offered the opportunity to do so at 50 percent of the cost.

#### So, let's get lean in 2017!

Contact the KeepWell Center for more information today: Call 410-535-8233.

**Camille:** “No matter how much support you have around you, YOU have to be your primary motivation. You will only go as far as you are willing to go.”

For Camille Miller of Huntingtown (pictured with son, Xavien), the Live Well Challenge has been just that – challenging – but she has pushed through to be a healthier and more active mom for her four children.

“The past few months have been going OK,” she said. “It’s still an uphill climb but I’m focused on creating and sustaining good habits.” She continues to eat smaller portions and makes meal planning a priority.

Camille said the Live Well Challenge was better than she expected. “I knew that I would be given certain resources to help me on my weight loss journey, but I didn’t realize how I would be gaining a community of supporters.

“What has been most helpful to me is receiving additional tools to use from professionals in different specialties,” she added. “Each has helped me focus on a different aspect of the battle, whether it was my nutrition, exercise or psychological needs.”

Her favorite part of the Live Well Challenge was being able to take advantage of the free gym membership. “What I liked best was being able to connect with others at the gym and being able to work out whenever my schedule allowed.”

Camille said she believes her perception has changed the most. “I try to look at everything through a positive lens and I am giving myself credit for the small victories both on and off the scale.” For example, she boxes up half her meal when she eats out and only drinks soda as a last resort.

She said she is most proud of improving her cholesterol and blood pressure numbers “because they really help to show me that I am on the right track.”

Moving forward, Camille said she still aspires to reach a scale victory of 100 pounds lost but “I also want to win the war against soda.”

For anyone who is considering taking the Live Well Challenge next year, Camille said, “I would say to try it out no matter where you are in your journey because you will learn something about yourself and how you can improve your health.”

Looking back on her experience, she would advise future participants to remember “that no matter how much support you have around you, YOU have to be your primary motivation. You will only go as far as you are willing to go.”



- ✓ Focus on sustaining good habits.
- ✓ Give yourself credit for small victories.
- ✓ Win the war against soda!

# Moving Forward Despite Obstacles

***Richard: "This has been the longest time I've been consistent with exercising. There have been ups and downs but I overcame those hurdles and I'm proud of that. I ran through the rain."***

It had rained buckets in the week leading up to the 7th Annual Calvert Memorial Hospital Breast Cancer 5K Walk/Run and it was calling for more on race day. But Richard Henrichson said he decided that he was going to get out there come rain or shine.

"I decided not to stress out over time but to have fun. It was exciting to cross the finish line," he said. "It was a nice accomplishment but my long-term goal is to build a healthy lifestyle."

With the Live Well Challenge coming to a close Richard said he's come a long way and learned a lot. "Am I perfect? No. But I'm a lot of more conscious of what I need to do – like planning ahead for healthy snacks and having a water bottle handy."

Richard said the Live Well Challenge was different than what he expected but in a positive way. "This is a more sustainable approach. It's all about starting off with small successes and building healthy habits from there."

He went on to add: "The biggest thing it did for me was to give me the opportunity to take action. It created a point for me to start and to focus on one small step at a time. Also, the support mechanism was amazing!"

The biggest change Richard said for him was building the habit of regular exercise. "I'm actually at a point where I miss not being able to run. I actually look forward to it," he said.

The impact on his blood test numbers has been substantial – with much lower cholesterol and blood sugar than when he started in January. "I appreciate a lot how I am changing my habits."

Looking ahead, Richard said he is committed to maintaining his healthy lifestyle. "I hope my kids see me and are inspired," said the father of five ages 8-21. "I still have a new milestone for myself. Two years from now I want to be able to run a marathon. I need to build a whole lot more on my foundation between now and then. My most important objective is to get out and do it."

Richard said writing the essay for entering the Live Well Challenge was a turning point. "It helped me identify why I want do this, what my goals are and what my motivation is. I would tell future participants to recognize that there will be ups and downs but to remember that success isn't about not having failures. It is instead about getting back up after a bad week and saying to yourself: What can I do to improve and get back in my routine."



- ✓ Create opportunities for success.
- ✓ Focus on one small step at a time.
- ✓ Get out and do it!

## **DID YOU KNOW?**

You can enroll in *Vitabot*, an interactive online food journal to provide feedback on your eating habits.

***Start today!***

Call 410-535-8233 for a free 14-day trial.

## CMH Board Welcomes New Community Members, Doctors

The Calvert Memorial Hospital Board of Directors is pleased to announce the recent appointment of Prince Frederick attorney and real estate broker **Mark J. Davis** and retired educator **Loujeania Johnson** of Port Republic. Composed of volunteers from the community and the hospital's medical staff, the board is responsible for ensuring the health system meets the needs of the community.

"Mark and Loujeania both bring substantial experience in their respective fields as well as extensive community service," said Calvert Health System President and CEO **Dean Teague**. "I am confident that they will make important contributions as we expand to provide new advanced services and technological capabilities to enhance health care for our residents."

Davis said he joined the hospital board because "it gives me the opportunity to give back to the community by supporting an institution which is vital to the well-being of our community." He is a two-time past president of the Calvert County Bar Association and president of the CMH Foundation since



Mark J. Davis



Loujeania Johnson

2014. Davis has also served on the boards of Calvert Hospice, Calvert County Economic Development Committee, the local chamber and The Calverton School.

Johnson said she sees a lot of potential for advancement at

Calvert and wants to be a part of helping the hospital improve health care for her community. She has served in key leadership roles for the Calvert Alliance Against Substance Abuse for the past 10 years. Johnson was also president of the American Legion Auxiliary at Gray Ray Post #220 and has served as an election judge for the county.



Wilfred Ehrmantraut, Jr., MD



Kenneth Abbott, MD



Samuel Foster, MD

The new medical staff members on the hospital board are **Dr. Wilfred Ehrmantraut, Jr.**, chief of staff; **Dr. Kenneth Abbott**, vice chief of staff and **Dr. Samuel Foster**, board representative. They were elected at the medical staff's annual meeting in October.

## Hospital Foundation Names Four New Trustees

The Calvert Memorial Hospital Foundation has named four new trustees. Joining the board are **Dr. Ramona Crowley Goldberg**, **Lisa Garner**, **Sandra Holler** and **Brian Lazarchick**. The members can serve up to two three-year terms. They join 10 other community volunteers who are currently serving.

"These individuals bring special talents to the foundation board," said CMH Foundation Executive Director **Theresa Johnson**. "Some have worked with the hospital and its foundation for years while others are new to the county and bring a fresh perspective."

She went on to add, "It's an exciting time for the hospital and I'm thrilled they're willing to be a part of this effort to fulfill our goals over the next few years."

Since the foundation was established in 1989, it has generated more than \$8 million in philanthropic support for the hospital. Most recently, it helped fund state-of-the-art diagnostic imaging technology at CMH and a mobile health center that will bring essential primary care and dental services to underserved areas of our community.

Dr. Crowley Goldberg recently retired after a 44-year career as an educator. She frequently donates her talents as a soloist to benefit local charitable endeavors including the College



Ramona Crowley Goldberg



Lisa Garner



Sandra Holler



Brian Lazarchick

of Southern Maryland, Calvert Hospice and the hospital. She has been a dedicated advocate for the breast center named for her late husband Dr. Sheldon E. Goldberg at CMH.

Garner, owner of Garner Exteriors in Dunkirk, is passionate about community service and brings extensive fundraising and event planning experience. She has served on the hospital's ball committee since 2011 and co-chaired the black tie gala this year. She has also been active with the Southern Anne Arundel Chamber of Commerce, Calvert Hospice, the Chesapeake Bay Grady White Club and United Way.

A longtime local resident and great-grandmother, Holler has expertise in education, mental health and the juvenile justice system. She is currently a court-approved mediator for Southern Maryland. Her many volunteer activities include the Calvert County Library, Calvert Hospice, the Festival of Trees and the Calvert County Juvenile Drug Court.

Lazarchick is a certified safety professional and is currently

managing director of Safety and Technical Training at SMECO. A decorated veteran, he retired from the Air Force in 2007 and went on to earn his bachelor's and master's degrees in occupational safety and health.



## Bladen Promoted to COO

**Tony Bladen** has been promoted to chief operating officer of Calvert Memorial Hospital. He joined the hospital leadership team in 2011 after an impressive 30-year career with the FBI. In this role, Bladen will be responsible for leading the day-to-day operations of the hospital and overseeing key service lines including nursing, professional and support services, human resources, clinical services, performance improvement, risk management and information services.



“Tony is an innovative, results-oriented executive who brings wide-ranging leadership experience to this position,” said **Dean Teague**, president and CEO of the health system. “I believe his strong history of relationship-building and focus on customer service will enable us to continually enhance the patient experience and the quality of care we provide.”

Bladen said, “I have been living in Calvert County for several decades and have seen the county transform and evolve. I wanted to shift from serving my nation to serving my community. Over the past five years, I have gained a tremendous respect for the leaders, workforce and physicians of the Calvert Health System. They are dedicated, compassionate and invested in providing safe, quality care for our community.”

Looking ahead, he said: “I’m excited to be part of the team overseeing the project to convert the hospital to all private rooms.” Hospital leaders say the renovation will allow for greater privacy for patients and increased efficiency of care.



## McPheeters Joins Calvert Primary Care

Certified Family Nurse Practitioner **Christy McPheeters** has joined Calvert Primary Care Prince Frederick. She has 11 years of nursing experience in a wide array of clinical settings including family

medicine, urgent care, labor and delivery and infusion therapy. She sees patients of all ages and specializes in the management of chronic diseases such as hypertension, diabetes and high cholesterol.

She developed her interest in medicine and her passion for chronic disease management at a very young age while helping a family member deal with diabetes. She is board certified as a Family Nurse Practitioner and earned her master’s in nursing at the University of Cincinnati.

“What’s important to me,” she said, “is to develop an ongoing relationship with my patients and provide them the level of care they deserve while helping them live healthy lives.”

## Southern Maryland Oral Surgery Opens New Office

Southern Maryland Oral Surgery has opened a second office in Calvert County. The new office in Prince Frederick will be staffed by oral and maxillofacial surgeons **Kamran Raja, DMD, MD** and **Clay Kim, DDS, MD**. They provide the full scope of oral and maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. Early next year, the practice will move to Suite 104 of the Marrick Building.

Dr. Raja is board certified in oral and maxillofacial surgery. He graduated magna cum laude from Boston University Goldman School of Dental Medicine, earning his doctorate in dental medicine. Most recently, he earned his medical degree from the University of Maryland School of Medicine. He trained in general surgery and oral and maxillofacial surgery at the University of Maryland Medical Center, the R. Adams Cowley Shock Trauma Center and Sinai Hospital in Baltimore.

His background includes research experience and training at the National Cancer Institute and the National Institute of Dental and Craniofacial Research where he has published in numerous peer-reviewed journals.

Dr. Kim graduated from Columbia University College of Dental Medicine in New York, earning his doctorate in dental surgery. He went on to earn his medical degree from Drexel University School of Medicine in Philadelphia and trained in general surgery and oral and maxillofacial surgery at Allegheny General Hospital in Pittsburgh. His past experience includes wisdom tooth extraction, dental implants, maxillofacial trauma, corrective jaw surgery and TMJ.

The group has another office in Dunkirk and also includes **Dr. Amro Shihabi** and **Dr. Lane Knight**. Both are board certified in oral and maxillofacial surgery. Dr. Shihabi is fellowship trained in maxillofacial oncology and microvascular reconstruction. Dr. Knight has special interests in dental implants, pathology and trauma.



*Kamran Raja, DMD, MD*



*Clay Kim, DDS, MD*



*Amro Shihabi, MD*



*Lane Knight, MD*

# New Birth Center Technology Promotes Safety, Bonding

The 28th Annual Calvert Memorial Hospital Foundation Harvest Ball raised more than \$270,000 to help purchase new technology for the birth center that will provide an extra layer of safety for the babies delivered there and allow for better family bonding.



“The new technology is going to help with whatever we have to do to get mom and baby the best care in the safest way possible.”

– Dr. Barbara Estes, *chairman of OB/GYN*

Proceeds from *The Great Gatsby Ball - An Era of New Beginnings* will go toward another Panda® infant warmer (pictured at left), fetal monitor, portable infant monitor and updated nurse call system as well as renovations to the center to provide a more comfortable experience for patients and their families.

“The Family Birth Center is at the heart of where life begins,” said Calvert Health System President and CEO **Dean Teague**. “As the father of a beautiful daughter, I know how critically important it is to provide the best quality of care for our community.”

Teague went on to add, “It’s a big responsibility, and that’s why we demand the best for our patients and community members. Technology is constantly changing, so that’s why we are constantly improving.”

According to **Dr. Barbara Estes**, who chairs the OB/GYN department at Calvert, the new technology gives the staff the ability to provide mom and baby great care in the safest way possible.

“No one plans to have an emergency C-section,” she said, “but it happens and you have to be able to take care of that.” Dr. Estes, who has been on staff since 1997, gave birth to her son at CMH.

## Staff Make Birth Center Special

Estes, who has delivered more than 2,500 babies, said she believes the staff at Calvert is what makes the birth center special. “The most important part of this unit is the people.”

She went on to add, “These are the nurses that I trust with my own patients. As far as I’m concerned, my patients are my babies.”

First-time father **Enrico Lubrano** of North Beach whose son Vincent was born a month premature said the staff made him feel very comfortable. “It’s a scary experience, of course, being a first-time father, but having nurses at Calvert that can help you feel comfortable and make you feel like it’s not your first time, it’s a good thing.”

He went on to add, “At certain times, I was panicking because I didn’t know what to do. I was like: how do I swaddle, how do I do this and how do I do that? They taught me step-by-step, slowly.



**The 28th Annual Harvest Ball Committee:**

**Back row, left to right: Jean Kenney Combs, Sophie Trahan Kiesow, Diane Gebicke, Dana Rose, Cindy Parlett, Deborah Keir, Terri Wolfley, Theresa Johnson and Wendy Cox**

**Front row, left to right: Kathy Dickinson, Lisa Garner (Co-Chair), Maria Lubrano (Co-Chair) and Mickie Frazer**

They were very patient with me. Anytime I needed anything, I pushed a button.

The baby’s mother, **Angelina Grello**, said the birth center staff made her feel safe and comfortable. “It’s like you’re at home. Almost like you’re with family.”

**Lindsey and Donovan Harris** of Lusby, who had twin girls in March at Calvert, also described the staff as very responsive and attentive to their needs. “They came in the room so quickly when I needed anything. They were fantastic,” she said.

**Early Bonding Benefits Baby’s Well-Being**

An important aspect of the new technology, said **Holly Dooley**, director of maternal health services at Calvert Memorial, is that it allows the staff to provide intensive care for newborns that need it while staying at the mother’s bedside. Previously, the staff would have to move the baby to the nursery to provide additional monitoring and interventions.

Dooley said that evidence-based research shows there are definite benefits to having mom and baby skin-to-skin as soon as they can. “It allows for better bonding,” she said. “By being skin-to-skin the baby’s temperature and heart rate is better regulated. They are more calm.”

“If for some reason, mom is unable to do this right away,” Dooley said. “We absolutely will have the dad skin-to-skin with the baby and the dads think it’s fantastic. Some are hesitant at first but they end up loving it.”

Having the baby close by also helps mom learn baby’s hunger cues, which helps facilitate breastfeeding, Dooley added.

She said the updated nurse call system will allow for the nurses to be notified immediately and automatically if the patient needs them, resulting in more prompt care. With the prior system, the call was answered by the unit secretary and then relayed to the nurse, adding another step.

**Local OB/GYN Group Joins Calvert Women’s Center**

In November, the providers with Calvert OB/GYN Associates of Southern Maryland joined with the Calvert Women’s Center. For patients, the move is seamless. They will still call the same phone number to see the same doctor in the same location. However, the larger practice provides local women with more flexibility in making appointments for routine care such as well-woman checkups.

Another advantage for patients is access to a secure electronic portal to manage their care. The portal allows women to communicate with their healthcare team, review lab results and request medication refills.

The Calvert Women’s Center, which has offices in Dunkirk, Prince Frederick and Solomons now includes **Dr. Barbara Estes, Dr. Michelle Johnson, Dr. Hilary Ginter** and **Women’s Health Nurse Practitioner (WHNP) Deborah Davis** in addition to **Dr. Aparajita Mahata, Dr. Ranette Marshall** and **Dr. Mitra Nassirae**.

The providers in the two practices had been sharing emergency call schedules for over a year and said the decision to join together was a natural progression. “We hope to have all of our expectant moms see each of the doctors,” said Dr. Estes, “so that in the event they go into labor when a different doctor is on call, the face they see will be familiar.”

*Pictured (l-r) are Dr. Mitra Nassirae, Dr. Ranette Marshall, Dr. Michelle Johnson, Dr. Barbara Estes (seated), Nurse Practitioner Deborah Davis, Dr. Aparajita Mahata and Dr. Hilary Ginter of the Calvert Women’s Center.*



“When mom and baby are able to remain together skin-to-skin, this promotes better bonding as a family unit.”

- *Holly Dooley, director, maternal health services*



Calvert Health System  
**Calvert Memorial Hospital**  
*Tradition. Quality. Progress.*

100 Hospital Road, Prince Frederick, MD 20678  
[www.calverthospital.org](http://www.calverthospital.org)

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

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

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

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

RESIDENTIAL CUSTOMER

# Calvert Health Outpatient Rehabilitation

## Physical and Occupational Therapy

Getting you back to what matters most.



Our experienced physical and occupational therapists will help you achieve maximum function and success at home, work or play – we will help you get where you want to be!

**Call 410-535-8180 today!**

For a detailed listing of benefits and services, go to:  
[www.calverthospital.org/outpatientrehab](http://www.calverthospital.org/outpatientrehab)