



CalvertHealth



SPECIAL EDITION: OUR CANCER MISSION

A Message from the President



Our Cancer Mission

The advances we see in oncology today would have certainly astounded those who stood at the entrance of the hospital to greet our patients back in 1919. But there is still much hard work ahead. The most recent health needs assessment revealed almost every cancer indicator for which there is a measurement is a concern for Calvert County.

While we are justifiably proud of our entire cancer team and our oncology program, it will take more to meet this pressing need head on. That is our cancer mission – to bring the best oncology care available today to our community. I agree with Dr. Abbott, chair of our Cancer Committee, who said, “We could have no better partner and team leader in this effort than Dr. Theodore Tsangaris, whom CalvertHealth is pleased to welcome as its new Oncology Service Line Director and Chief Medical Officer.”

With Dr. Tsangaris comes more than 30 years of clinical expertise in breast surgery and breast cancer care, garnered through his experiences at such accomplished academic medical centers as Johns Hopkins, Yale, George Washington, Georgetown, and most recently the Thomas Jefferson University Breast Care Center.

We are confident his addition will help us take our cancer program to the next level. This is a significant, important and exciting mission. But it will take all of us working together and pulling together to be successful. There are so many opportunities for people to get involved. We invite you to join us as the future becomes now.

Dean Teague, FACHE
President and CEO

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ON THE COVER

The cover design shows the many facets of CalvertHealth's multidisciplinary cancer program from medical oncology and plastic surgery to genetic testing and targeted therapies.

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

GRAND OPENING

CalvertHealth Marks 100 Years of Caring with New Private Patient Rooms

After nearly two years of construction, CalvertHealth Medical Center welcomed patients and family members into all-private, medical and surgical rooms featuring a safe, calming environment to heal. The opening marked the completion of Phase 1 of the \$51-million expansion and renovation project.

Phase 1 also included a substantial face-lift to the main level. The new space is home to the waiting area for same day surgery, the Steve and Sunny Keithley medical center lobby, the coffee bar, gift shop and chapel.

Renovations have already begun to convert existing double rooms on Levels 2 and 3 to private rooms. Plans also call for an inpatient dialysis unit to be added to the 2nd floor as well as a 14-bed observation unit. The final phase of the project is expected to be finished next year. For more information, visit CalvertHealthMedicine.org/ExpansionUpdates.

The Big Move

After months of detailed planning, patients were moved to private rooms beginning with Level 3, which houses the majority of the hospital's surgical patients. Chief Nursing Officer **Diane Couchman** said, "It was an incredibly coordinated effort requiring the assistance of many departments and clinicians. We have a great team here and seeing how positively the patients are responding to the new rooms is very rewarding."

And respond positively, they did. Each new, all-private room is equipped with a Centrella™ Smart+Bed, a large window to let in natural light, a 49-inch flat-screen TV, a safe in the closet and a sleeper bed for family members to use while supporting the patient's healing process.

"From the initial design to the final furnishings, every decision was thoughtfully considered with the patient's well-being in mind," said President and CEO **Dean Teague**. He also stressed that patients do not pay additional costs for a private room nor any expense related to the project.



Privacy a Huge Benefit

Level 3 Director **Karen Gromacki, RN, BSN** said one of the greatest benefits of the new space, in addition to the natural light and modern feel, is the privacy granted to the patients during multidisciplinary bedside rounding.

"Multidisciplinary rounding is the standard of care for patient-centered care. The new private rooms provide increased communication between the caregivers, the patient and their family members," said Gromacki.

She went on to add, "Effective and efficient communication is invaluable for the delivery of quality patient care and allows the patient to participate in that care. The new patient rooms allow the team to do this at the bedside so that patients can be part of that conversation – and the discussions are now conducted in a much more private atmosphere."



(Above) Board Chair Terri Wolfley and President and CEO Dean Teague cut the ceremonial ribbon at a grand opening celebration held on June 12 surrounded by board members and community contributors to the capital project.

(Top) Alice Henson of St. Leonard was the first patient to be moved to the new patient rooms. "Welcome" gifts were provided to the first 10 patients who were moved.



Medical Center Takes Strategic Action to Elevate Cancer Care

Prominent Surgical Oncologist to Lead Multidisciplinary Team

“I am really looking forward to being part of this exciting new chapter in cancer care at CalvertHealth,” said renowned breast surgical oncologist **Theodore N. Tsangaris, MD, MBA, FACS**, who joined CalvertHealth as Chief Medical Officer and Program Director, Cancer Center earlier this month. His addition signals a strategic focus and investment of resources in the medical center’s community cancer program.



"I believe we have an opportunity to do something really special here," said Dr. Tsangaris, whose 30-year career in oncology has included leadership roles at some of the nation's most prestigious academic institutions. *(See profile, at right)* "I think we can be as good as anybody and still maintain what makes Calvert so special – and that's the sense of community."

Dr. Tsangaris is very clear about what he describes as the "big idea" for CalvertHealth's cancer program. "I want the people of Southern Maryland to feel if they or a member of their family had cancer there is no other place they need to go for that care." He also wants people who live outside the area to consider coming here, too.

He said he realizes the true value of what he calls the intangible qualities. "At CalvertHealth, somebody is going to come up and ask how you're doing and look at you like you're more than a number in a clinical trial. When you're cared for here, it feels safe. It feels like home."

Building on a Solid Foundation

Dr. Tsangaris is quick to emphasize cancer care at CalvertHealth Medical Center (CHMC) is a team effort. "There's a solid foundation here," he said. "This is a true multidisciplinary program that compares in a positive way to what you would find in an academic cancer center."

Having served as interim medical director of the breast center after the passing of Dr. Sheldon Goldberg in 2011, he is very aware of the "genetics" of CalvertHealth. "The hospital and the people here are committed to outstanding care," said Dr. Tsangaris. "They want this place to be the best it can be and want patients to choose Calvert with confidence."

Coming to CalvertHealth Medical Center at this point in his career is a bold move but one he considered carefully before accepting the challenge. "I believe we have strong potential here," said Dr. Tsangaris. "There's a lot of hard work ahead but to the best of everyone's ability there's also goodwill and commitment."

He went on to add, "Having been on both sides of the fence, I don't fool myself. We can't be MD Anderson or Memorial Sloan Kettering and that's not the job of a community cancer program. But I think we can leave a legacy of a really wonderful cancer program."

His addition as the Chief Medical Officer as well as a strategic leader of the medical center's cancer program has been lauded and embraced as an essential step in CalvertHealth bringing the best contemporary oncology care to a community setting.

Pictured at left are members of CalvertHealth's oncology team: Bilal Ahmed, MD; Arati Patel, MD, breast center medical director; Theodore Tsangaris, MD, MBA, FACS, oncology service line director; Sandra Cassell-Corbin, CRNP, cancer geneticist and Kenneth Abbott, MD, FACS, cancer committee chairman.

MEET

Theodore N. Tsangaris, MD, MBA, FACS

"We live and breathe our specialty," says Dr. Theodore Tsangaris. "But we never forget we're here to care for people." Widely respected as one of the region's most skilled and experienced breast cancer surgeons, Dr. Tsangaris has more than 30 years of clinical expertise in oncology, including leadership positions at some of the nation's top academic medical centers.



"Helping breast cancer patients move past breast cancer and on with their lives is what keeps me motivated," said Dr. Tsangaris, who is a highly-sought-after speaker, lecturer and consultant on breast cancer.

Specializing in nipple-sparing mastectomy, he has co-authored more than 50 peer-reviewed research articles on breast cancer biopsy, diagnosis and treatment, including the *National Comprehensive Cancer Network Clinical Practice Guidelines in Oncology: Breast Cancer Screening and Diagnosis*.

"Breast cancer is very unique to each individual," he said. "How it affects each patient is different – intellectually, emotionally and socially. The most rewarding part of being a breast surgeon is adapting what I do to meet those needs."

For the past six years, he has served as Chief of Breast Surgery at Sidney Kimmel Medical College and Surgical Director of Jefferson Breast Care Center in Philadelphia, a national center noted for its work on the forefront of breast cancer research and treatment.

Before arriving at The Johns Hopkins Hospital in 2002, Dr. Tsangaris served as Associate Chief of Breast Surgery, Director of Breast Center, at Roswell Park Cancer Institute from 1990-1992. He was Chief of Breast Surgery, Director of Breast Center, George Washington University Medical Center from 1993-1997 and Georgetown University Medical Center from 1997-2002. For 10 years, he was Director of the Johns Hopkins Avon Foundation Breast Center and Chief of Breast Surgery at Johns Hopkins University Hospital.



What the Data Tells Us

According to the 2017 Community Health Needs Assessment, Calvert County has higher rates than both the U.S. and the state of Maryland for:

- ▶ Breast cancer incidence
- ▶ Prostate cancer deaths
- ▶ Oral cavity and pharynx cancer incidence
- ▶ Breast cancer deaths
- ▶ Melanoma incidence
- ▶ Cervical cancer incidence
- ▶ Lung and bronchus cancer incidence

“At CalvertHealth, somebody is going to come up and ask how you’re doing and look at you like you’re more than a number in a clinical trial. When you’re cared for here, it feels safe. It feels like home.”

- Theodore Tsangaris, MD

“We could have no better partner and team leader in this effort than Dr. Tsangaris,” said CalvertHealth Cancer Committee Chairman **Dr. Kenneth Abbott**. “He has more than 30 years of clinical expertise in breast surgery and breast cancer care, garnered through his experiences at such accomplished academic medical centers as Johns Hopkins, Yale, George Washington, Georgetown, and most recently, the Thomas Jefferson University Breast Care Center.”

Dr. Abbott, who also serves as vice chief of the medical staff, went on to add, “He is the author of numerous journal articles that have moved the science of cancer steadily forward. Nationally recognized as a leader in his specialty, he brings to CalvertHealth a reputation for top quality, dedication to patients, tireless work and academic respectability.

“Having him join our program,” said Dr. Abbott, “is like a sports team signing the number one draft pick. There is much excitement ahead and deservedly so.”

Targeting a Pressing Need

There is no doubt that cancer care in Calvert County is a pressing need. Cancer was identified as a top health need in the 2014 Community Health Needs Assessment. And again in 2017. The most recent assessment revealed almost every cancer indicator for which there is a measurement is a concern for Calvert County. (For the full report, go to: CalvertHealthMedicine.org)

CalvertHealth does the assessment every three years to identify the community’s greatest healthcare needs and to ensure the medical center’s resources are being directed toward opportunities where the most impact can be realized.

“I see CalvertHealth’s role to invest in services that take care of our community,” said **Terri Wolfley**, who chairs the board of directors. “It has been well documented that Calvert County has high rates of breast, prostate, lung and colorectal cancer incidence and mortality.”

Multidisciplinary Approach to Cancer Care



During the past decade, CalvertHealth and the Foundation have invested millions of dollars in the fight against cancer in Calvert – building new facilities like the Sheldon E. Goldberg Center for Breast Care and acquiring cutting-edge technology like lower-dose 3D mammography, which is designed to detect even the most subtle signs of early cancer.

In 2016, CHMC convened a special task force, which resulted in the creation of a dedicated Oncology Service line responsible for coordinating its cancer care efforts with a particular emphasis on those cancers that are seen most often locally.

“An important part of our overall strategy was forming multidisciplinary teams representing numerous specialties to focus on specific tumor sites,” said CalvertHealth Vice President **Kasia Sweeney**, who oversees oncology at CHMC. These multidisciplinary team planning meetings called “tumor conferences” are considered to be an integral part of optimizing patient outcomes.

The decision to pursue someone of Dr. Tsangaris’ caliber is definitely being viewed by CalvertHealth’s leadership as the opportunity to demonstrate its commitment to take its community cancer program to the next level.



“This fits with the mandate by the National Cancer Institute,” said Dr. Tsangaris, “which is quality cancer care should really be kept in the community. People should not have to drive far to access high quality cancer care.”

Marshaling Critical Resources

“There’s a lot of energy being generated by our vision for the cancer program,” said Dr. Tsangaris, “but it’s going to take three things for it be successful – people, philanthropy and partnerships.”

“As Chief Medical Officer, my role is to attract key people to augment the great talent that is already here,” he said. “We need the kind of physicians, nurses and healthcare professionals who are going to help us achieve our mission.”

Equally important in his mind is philanthropy and partnerships. “Frankly, I don’t think anybody, even the big centers, can do what they need to do without the support from the community and from philanthropy and industry. Everybody needs partners to make it work.”

According to **Theresa Johnson**, who oversees the CalvertHealth Foundation, “We’ve already seen the dramatic impact our donors can make in this area. Their generous contributions have provided many essential resources needed by our cancer program.” *(See related story, page 19)*

For his part, Dr. Tsangaris knows it will take many hearts, hands and minds pulling together and working together to translate Calvert’s big idea into reality. But he is optimistic. “It’s not just about one person. This is a significant, important and exciting mission. There are so many opportunities for people to get involved. I think they will want to be part of it.”



(Upper left) Hundreds of local residents have benefitted from CalvertHealth’s lung screening program that was created in 2017. The goal is to detect this deadly disease before symptoms can appear when treatment can be more effective.

(Above) CalvertHealth Vice President Kasia Sweeney, who oversees oncology at CHMC, works closely with Dr. Theodore Tsangaris, the new oncology program director.





GET TO KNOW DR. KENNETH ABBOTT

Follow this link to learn more about his commitment to caring for his neighbors.





Targeted Therapies Offer Promise for Treating Lymphoma

“It is an exciting time in the field of lymphoma,” said board-certified medical oncologist **Dr. Bilal Ahmed** with CalvertHealth Hematology & Oncology. “We are able to cure many patients even with aggressive lymphomas using targeted therapies, immunotherapies and new combinations of existing drugs. There’s a lot of optimism in this area.”

Recently, Dr. Ahmed sat down to answer some of the most frequently asked questions about lymphoma, including the different types, what to watch for and how research is finding better ways to treat it with fewer side effects.

Q What is lymphoma?

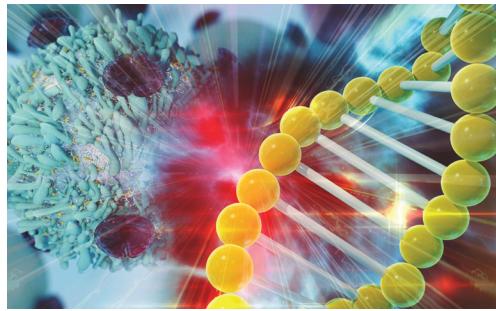
Lymphoma is cancer that begins in the infection-fighting cells of the immune system, called *lymphocytes*. These cells are in the lymph nodes, spleen, thymus, bone marrow and are stationed all across the body to fight infection. Usually, most lymphoma patients will notice swelling in a lymph node in the neck or groin that doesn't go away.

Q What are the different types of lymphoma?

There are two main types: *Hodgkin's* and *Non-Hodgkin's* (most people with lymphoma have this type). Both kinds of lymphoma involve different types of lymphocyte cells. Hodgkin's is a very treatable lymphoma with a 90 percent cure rate. Non-Hodgkin's (NHL) is basically a conglomerate of a number of lymphomas that are divided into aggressive and non-aggressive types. Treatment can vary depending on the type of lymphoma and its stage. I have patients with NHL who have been under observation for 10 years without requiring any treatment. It is more like a chronic condition where we monitor it closely.

Q How common is lymphoma?

We see more cases of lymphoma each year. It is the fifth most common cancer diagnosed with some 74,000 new cases in the United States each year. Although it is found in all age groups, lymphoma strikes adolescents 15-19 more than any other kind of cancer. Lymphoma is also common in people over 55. As our population ages, the incidence of lymphoma increases.



DID YOU KNOW ?

CalvertHealthMedicine.org/CancerCare is an online resource for patients and families about treatment options and resources available.

Q *What are the first signs of lymphoma?*

In addition to swelling of the lymph nodes, lymphoma can also cause what we call B symptoms that affect the whole body such as night sweats, unintentional weight loss and fever. Many of these symptoms can also be warning signs of other illnesses. So, see your doctor to find out for sure if you have lymphoma.

Q *What's new in lymphoma treatment?*

The main treatments for lymphoma are chemotherapy, radiation, targeted therapy and immunotherapy. In the past 10 years, we have moved away from chemotherapy and concentrated more on targeted therapy and immunotherapy. Usually, treatment is determined by the kind of lymphoma, the molecular profile of the lymphoma and the age of the patient. Through something called “*next generation sequencing*” we’re able to personalize treatment based on the gene changes found in the patient’s lymphoma cells.

One of the most exciting drugs that research has come up with is what we call a *BTK inhibitor*. It has enabled lymphoma doctors to treat people with very little side effects, especially older patients who have other chronic conditions. Today, I saw a patient who is 90-years-old, who had a very aggressive NHL. She took a pill once a day for six months and now her PET scan shows she is in remission and has

a very good chance for being cured. A few years ago, when we didn’t have these targeted treatments, this patient would have gone into hospice care.

Now, that immunotherapy has come into the mix I would not be surprised within the next five to 10 years if most lymphomas are cured with targeted treatment. Even now, we cure a lot of these stage 4 lymphomas. One that has shown encouraging results in clinical trials is CAR T-Cell therapy. In this treatment, immune cells called T-cells are removed from the patient’s blood and altered in the lab so they will attack the cancer cells.

Q *How is collaboration enhancing patient care?*

My job is to get the best care for my patients. So, I try to collaborate with the top cancer centers in the country to come up with treatment plans. Most often I work with Johns Hopkins or MD Anderson (Cancer Center). Our goal is for them to get treatment close to home while ensuring they are receiving the highest quality of care.



GET TO KNOW DR. BILAL AHMED



Follow this link to learn more about his passion for community cancer care.



GET TO KNOW SANDRA CASSELL-CORBIN



Follow this link to learn more about her expertise as a cancer geneticist.



How GENETIC TESTING Benefits Treatment

One of the biggest advancements and areas of research is targeting genetic mutations for treatment. “That’s state-of-the-art medicine to target the cancer to cut off its pathways, which leads to fewer complications and less side effects,” said **Sandra Cassell-Corbin, CRNP** of CalvertHealth Hematology & Oncology.

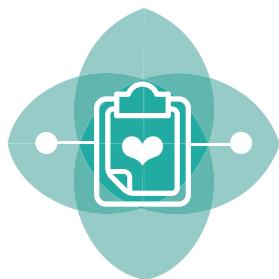
Cassell-Corbin has more than 30 years of experience in cancer care and specializes in genetic testing. She is the only full-time genetic counselor in Southern Maryland. She can help assess your risk, explain your options and address how the results can impact your care.

Predictive testing is used to look for inherited gene mutations that might put a person at a higher risk of getting certain kinds of cancer.

If you test positive, a genetic counselor can discuss the best ways to help manage your risk. CalvertHealth’s high-risk clinics are designed as an additional resource for patients who are at increased risk for cancer, providing added surveillance, management and education on risk-reducing strategies.

CalvertHealth is proud to offer full-time genetic counseling and testing services to our community.

To find out if cancer genetic testing is right for you, call 410.414.4717.



Navigators Play Pivotal Role in Cancer Patient Care

Few things hit harder than a cancer diagnosis. “At that moment, you’re in shock and you feel like your world is just falling apart,” said **Shannon Rodbell**. “The navigator was the one person who was able to help me put it back together and direct me in a way that made sense.”

“With the help of these amazing navigators, my family and I were able to focus on what was so very important ...each other.”

*– Renee Sbrocco,
breast cancer survivor
(pictured top right)*

The 46-year-old mother of three had lost her own mother to breast cancer in 1984 when she was 11. When Rodbell was diagnosed last year after a routine yearly mammogram, her daughter was 11. “Hearing those words brought it all back to me,” she said. “You feel like you’re unable to move and unable to think about what to do next.

“I remember calling my sister to tell her and I couldn’t even say I was just diagnosed with breast cancer,” said the Prince Frederick resident. “I couldn’t even get the words out of my mouth.”

She said the navigator at the CalvertHealth Sheldon E. Goldberg Center for Breast Care helped guide her every step of the way. “I feel the role of the navigator is pivotal,” said board-certified medical oncologist **Dr. Arati Patel**, who is medical director at the breast center. “They are instrumental in keeping patients on track and overcoming barriers.”

Rodbell (*at left*) went on to have her breast surgery, reconstruction and chemotherapy at CalvertHealth Medical Center and radiation therapy at Chesapeake Potomac Regional Cancer Center (CPRCC) in Charlotte Hall. CPRCC partners with the breast center to provide both external and internal radiation therapy for the treatment of breast cancer.

‘I Felt So Supported’

“I was immediately connected with the navigator,” said Rodbell. “She was very personable and easy to talk to. She always took the time to explain everything to me so I could understand.”

Rodbell said she also appreciated how much help the navigator provided in coordinating her appointments. “I feel

we’re lucky to have what we have here,” she said. “I would highly recommend Calvert to anyone who needs breast care.”





'You're in Good Hands'

"I am an experienced oncology nurse and I needed a navigator," said **Renee Sbrocco** (*above*), who was diagnosed with breast cancer at 52 after a routine yearly mammogram in 2018. "I just crumbled right there. Those are the last words you ever want to hear.

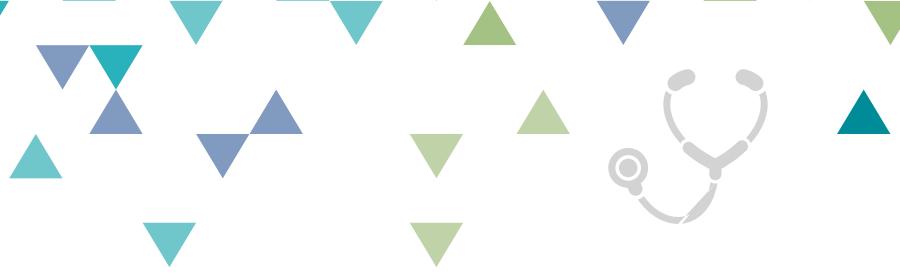
"I don't even think I took a breath before someone was holding me," said Sbrocco. "I was led into the office of the nurse navigator. We called my husband together. She took over when I couldn't even speak. She allowed me to be human, which is what I needed to do.

"I think the navigator is critical," she added. "They are the one-on-one contact person, resource person, educator and communicator to help patients and their families understand their treatment options, tests, procedures and whatever else they need help with throughout the entire course of their treatment.

"As a patient, you're only concerned with survival," said Sbrocco. "The support and guidance from these exceptional navigators allowed me to walk away from my nursing role ... to be scared, to cry, to ask questions, to lean on and to be comforted." She chose to have her breast surgery and reconstruction at CalvertHealth Medical Center but did not need chemotherapy.

"I felt safe and secure knowing I was in very good hands," she said. "From the very first moment, I felt the gift the CalvertHealth family is so capable of giving ... excellent health care with an empathetic approach. Every single person I encountered treated me with the utmost dignity and respect."

Sbrocco said one of the biggest takeaways from her experience is realizing the importance of the navigator. "For us to be able to have that resource for our community is huge," she said. "Some say the road to recovery is paved with positive thinking ... I believe you can't have positive thinking unless you are surrounded by positive support and great care."



MEET OUR NAVIGATORS

Oncology financial navigator **Tracy Delahay** (*top*) is the newest member of CalvertHealth Medical Center's team of navigators. She works closely with patients and family members to help ease any worries or concerns about treatment costs and insurance processing.

Delahay, who came on board earlier this summer, said she understands the distress some patients may feel about financial issues. "I am here to help alleviate that burden as much as possible," she said. "I want our patients to feel comfortable and confident knowing I will do everything I can to help them."

For patients who are underinsured or have no oncology-related coverage, Delahay can help identify assistance programs or connect patients with other resources to help reduce their out-of-pocket responsibility.

The other members of the team are **Megan Hance, RN** (*at right*) who joined the breast center in 2018 and **Diana Lewis, RN, BSN, OCN** (*below*), who has been working with breast and thoracic patients since 2017.

Hance brings broad experience and expertise to the program, including six years as an oncology nurse with CalvertHealth Hematology & Oncology. "Working with these providers has given me insight as to how treatment plans are developed. I feel this is especially beneficial in my role as breast care navigator," she said.

Her philosophy of care is all about patient empowerment. "I want our patients to feel at ease and comfortable speaking with me," she said. "It's important for them to know I am here for them. I want them to feel informed about their care decisions and to know they are part of the team."

Lewis said the navigators are readily available to provide reassurance and support. "When a person is diagnosed with any form of cancer, they are immediately overwhelmed with their diagnosis," she said. "That's why I'm here. To help navigate them and offer the support they need to get through this.

"Whether it's additional equipment at home, referrals for other specialists or teaching about their particular diagnosis and care plan," said Lewis. "It's a lot for anyone to take in. By answering questions and coordinating next steps, we can help lessen their anxiety." **See CalvertHealthMedicine.org/CancerCare.**





The Journey Forward After CANCER

Survivorship Care Plans Engage Patients in Their Own Health

Basically, a survivorship care plan is a map of where you're going from here and what you're going to do to get there," said Robin, who lives on a small farm in Valley Lee in St. Mary's County and welcomed her first grandson earlier this year. The 58-year-old mother of two is a breast cancer survivor.

Robin (*last name withheld for privacy*) received her survivorship care plan when she completed her treatment at CalvertHealth Medical Center (CHMC) in November. "It's helpful to be able to refer to that before you make a call or an appointment," she said. "It helps me make sure I'm staying on track."

One of the things she appreciates most about the survivorship care plan is how it is tailored to her specific situation and her specific needs. "To have it in black and white and to be able to hold it in my hand," she said, "that's a very big deal to me."

'It Makes Me More Aware'

She went on to add, "I feel it makes me more aware of what I need to pay attention to and what the next steps are."

"I think having the plan helps you move forward," said Robin. "It puts it all in perspective and makes you feel – I can do

this. I like to call it: *transitioning into my new normal.*"

Living on a farm, Robin said she has always eaten lots of fresh produce in season and gotten plenty of exercise. Today, meditation is also helping her to be more mindful. "I'm taking time out to breathe," she said. "I have this bracelet I wear that says: *Let not your heart be troubled. Be not afraid. Be still.*' I like to say it out loud to remind myself."

'It's a Living Program'

According to **Dr. Arati Patel**, board-certified medical oncologist with CalvertHealth Hematology & Oncology, survivorship care plans came into mainstream use in 2006. "The Institute of Medicine recognized the growing number of people surviving cancer and wanted to implement an approach to effectively address prevention, surveillance and coordination among the providers."

Today, there are an estimated 14 million cancer survivors in the United States – men and women of all ages that have received various treatments for different types of cancer. "To address the unique needs of our cancer survivors requires a highly coordinated group of skilled individuals working directly with our patients and loved ones," said Dr. Patel.

"The care plan represents a living program for them, customized to meet their individual needs," she said. "For example, a breast cancer survivor might be told to get 30 minutes of exercise five days a week."

"Having a survivorship care plan helps you move forward."

– Robin, Valley Lee



According to Dr. Patel, survivorship care plans are endorsed by all the major oncology groups including the American Society of Clinical Oncologists, the American College of Surgeons Commission on Cancer, the National Accreditation Program for Breast Centers and the National Comprehensive Cancer Network, an alliance of leading cancer centers devoted to patient care, research and education.

'You Feel More In Charge'

"Having the survivorship care plan to look at or to refer back to makes you feel more in charge of what's really going on and not so lost in the process," said **Jennifer Rowland**, an 8th grade math teacher from Charles County. The 39-year-old mother of one is a head and neck cancer survivor.

She had three rounds of chemotherapy at CHMC and seven weeks of radiation therapy at Chesapeake Potomac Regional Cancer Center (CPRCC) in Waldorf to destroy the tumor found in her right tonsil. "When you're going through treatment, it's kind of overwhelming with so much information coming at you. It's a lot to absorb," said Rowland.

"The survivorship plan lays it all out for you in a way you can understand," she added. "It's nice to have it all right there in one place. And I can share it with my family members and we can all understand what the plan is from here on out. You know what you need to do and what's best."

'I'm Listening to Myself'

"Dr. Patel helped me see I need to focus on taking care of me," said Rowland. "The (survivorship care) plan has made me more mindful of my body and not putting things off ... I really need to think of me and what does my body need."

She went on to add, "As a mom, you get caught up taking care of everybody else. I've learned how to ask for help and to let things go."



What is a SURVIVORSHIP CARE PLAN?



Survivorship care plans are an integral part of a cancer survivor's follow-up care. Each plan is created by the oncology team and includes a detailed summary of the patient's treatment, cancer diagnosis and stage, therapies received such as surgery, chemotherapy and radiation, a schedule for surveillance testing to monitor for recurrence and contact information for all providers.

The care plan includes specific healthy lifestyle strategies such as nutrition, physical fitness and stress reduction. In addition, there are recommendations to address side effects that can occur as a result of the various treatments such as fatigue, neuropathy, lymphedema and memory loss.

"A survivorship care plan is very patient-focused," said board-certified medical oncologist **Dr. Arati Patel**. "It is a systematic approach that can have a tremendous positive impact on a cancer survivor's quality of life. Additionally, any provider that cares for this individual can refer back to their survivorship care plan for information and recommendations."

She went on to add, "Most importantly, the survivorship care plan engages the patient in their own health. It helps them understand their disease, recognize what their future risks are and guides them on how they can help themselves."

When she completed her treatment in December and was declared disease-free, Rowland said she asked her husband for one thing. "I told him I wanted us to go back to The Grand Hotel on Mackinac Island in Michigan ... we had our honeymoon there and I wanted us to go as a family."

In July, Rowland and her husband, Jim, and their three-year-old son, John, dressed up for a fancy five-course dinner. (See photo at left) "It was a big night for us and a great way to celebrate."



GET TO KNOW DR. ARATI PATEL



Follow this link to learn more about her integrated, holistic approach to oncology care.





Trim Your Cancer Risk with Healthy Eating, Regular Exercise

Sometimes the best medicine to reduce the risk of cancer isn't medicine at all. According to the Centers for Disease Control and Prevention (CDC), 30 to 40 percent of all cancers can be prevented by lifestyle and dietary measures alone.

What are "Lifestyle and Dietary Measures?"

- Keeping a healthy weight
- Avoiding tobacco and non-tobacco e-cigarettes
- Limiting the amount of alcohol you drink
- Protecting your skin from ultraviolet rays and not using a tanning bed
- Moving more, through exercise or activities such as walking or gardening

Eating too much food is one of the main risk factors for cancer according to the National Institutes of Health (NIH). In a recent cancer prevention study, overweight or obesity accounted for 14 percent of all cancer deaths in men and 20 percent in women. Links were found between obesity and higher death rates for the following cancers: esophagus, colon and rectum, liver, gallbladder, pancreas, kidney, stomach, prostate, breast, uterus, cervix and ovary.

According to the American Institute for Cancer Research (AICR), being a healthy weight is one of the most important ways to protect yourself against 12 types of cancer. To find your Body/Mass/Index (BMI), which helps to track a healthy weight, visit CDC.org, which has an adult BMI calculator that allows you to type in your height and weight and does the math for you.

What Foods to Avoid

Diets that can cause cancer are those diets that lead to obesity. Certain foods, which are low in nutrients, yet high in sugars and refined flour products, low in fiber, contain red meat, or are high in certain fats, can not only lead to heart disease and diabetes, but can also lead to cancers.

✓ **Cutting down on foods that are high in fat and sugar** means you are less likely to gain weight. Being a healthy weight can reduce your risk of cancer.

✓ **Limiting sugar-sweetened drinks** helps to prevent weight gain, which reduces your cancer risk.

✓ **Limiting your intake of red meat and processed meat** to three portions or less a week (12-18 oz cooked weight) can protect against colorectal cancer.

Building a Cancer-Prevention Diet

Eating lots of fruits and vegetables in their most natural form will lower cancer risk. Your aim should be to build your diet around a variety of *antioxidant-rich fruits and vegetables, nuts, beans, whole grains and healthy fats*.

Plant-based foods are rich in nutrients known as antioxidants that boost your immune system and help protect against cancer cells. These include: vegetables containing carotenoids, such as carrots, Brussels sprouts and squash; non-starchy vegetables, such as broccoli, spinach and beans; foods high in vitamin C such as oranges, berries, peas, bell peppers and dark greens; and foods high in lycopene, such as tomatoes, guava and watermelon.

Fiber, also called roughage, is found in fruit, vegetables and whole grains and keeps

your digestive system healthy. It also helps cancer-causing compounds move through your digestive tract before they can create harm.

Eating a diet high in fat increases your risk for many types of cancer, however, healthy fats may protect against cancer.

Aim to replace saturated fats with unsaturated fats like those from fish, olive oil, nuts and avocados. Omega-3 fatty acids found in salmon, tuna and flaxseeds can fight inflammation and support brain and heart health.

Cut down on sugar and refined carbs. Instead of sugary soft drinks, sweetened cereals, white bread, pasta and processed foods like pizza opt for unrefined whole grains like whole wheat or multigrain bread, brown rice, barley, quinoa, bran cereal, oatmeal and non-starchy vegetables.

Limit red meat and processed meats such as bacon, sausages, hot dogs, pepperoni and salami. The safest strategy is to limit the amount of processed meat you consume and vary your diet by seeking out other sources of protein such as fish, chicken, eggs, nuts, and soy, rather than relying just on red meat.

Benefits of Moving More

According to AICR, being moderately active for at least 150 minutes or vigorously active for at least 75 minutes a week helps protect against three types of cancer. Doing 45–60 minutes of moderate activity a day increases the benefit even more.

If you haven't been as active as you should be, start with easy ways to incorporate moving more into your daily routine: if you have stairs in your home, go up and down them a few extra times a day; park farther away from your destination; walk around your yard or around your neighborhood until you feel you can tolerate greater levels of vigorous activities.

Timely Screening Vital to Early Detection

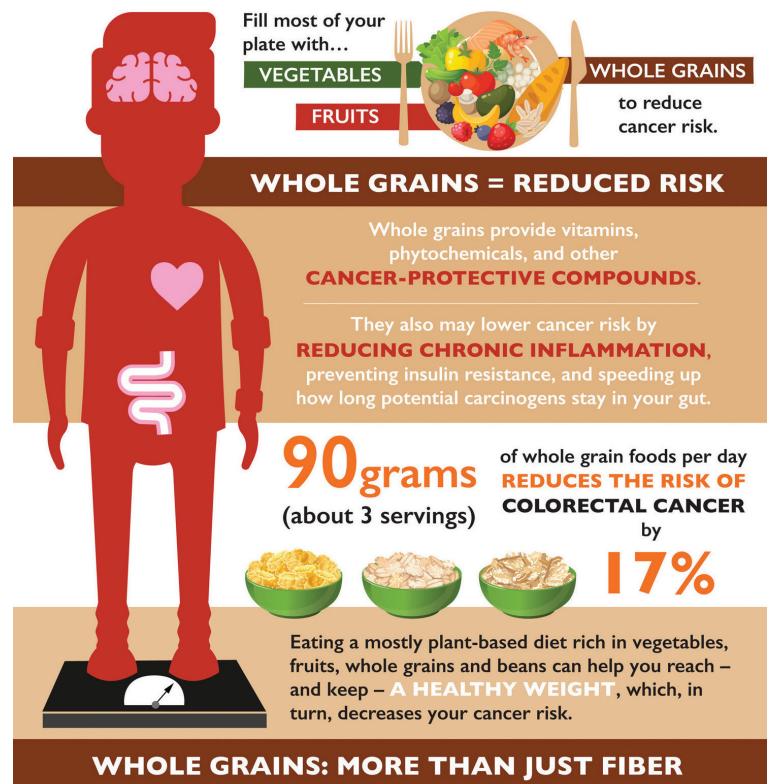
Getting screening tests when age and situation appropriate can identify breast, cervical, colon and lung cancers before there are symptoms and when they can be more easily and successfully treated.

While we recognize that every person is unique, at CalvertHealth, our oncology team generally recommends following the National Comprehensive Cancer Network (NCCN) guidelines for cancer screening. To learn more, go to: CalvertHealthMedicine.org/CancerScreeningGuidelines. Vaccines also reduce some cancer risks.

But, overwhelmingly, making healthy eating and exercise choices are the most effective ways to reduce your risk of cancer.

To add more healthy foods to your diet, focus on adding “whole” foods, as close to their natural state as possible. For example, eat an unpeeled apple instead of drinking apple juice.

REDUCE CANCER RISK with whole grains



There is strong evidence that foods containing fiber decrease cancer risk... but **WHOLE GRAINS** offer much more than just **FIBER**:



Source: AICR/WCRF: Diet, Nutrition, Physical Activity and Colorectal Cancer, 2017
 For more information visit: www.aicr.org and www.wholegrainscouncil.org

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

DIABETES EDUCATION

Diabetes Self-Management Class

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

CHMC Classroom 2 (*basement level*)

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

CCHD Prevent T2 Diabetes

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

HEALTH & WELLNESS

Dinner with the Dietician

How to Eat Healthy During the Holiday Season

October 10 6-7:30 p.m.

Patuxent Health Center

Decoding Food Labels

December 6 6-7:30 p.m.

Patuxent Health Center

These classes offer nutrition advice for long-term, healthy eating. \$10 per person, includes dinner.

Meal Planning Workshop: A Beginners Guide to Meal Planning

November 14 6-7:30 p.m.

Patuxent Health Center

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

Weight Loss for Life

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

October 2 – November 20

Patuxent Health Center

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

Healthy4Life

Tuesdays 6:30-8 p.m.

October 1 – November 19

Patuxent Health Center

Healthy4Life is a weight management program for boys and girls ages 10-14 years-old. Course topics include learning healthy eating, portion sizes and label reading as well as exercising in a group setting with a health coach (at Results Health & Fitness Club in Prince Frederick). \$90 per person.

Weigh to Wellness

Tuesdays 5:30-6:15 p.m.

Patuxent Health Center

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

HEALTHWISE

CalvertHealth Foundation Presents

A Plan with Passion and Promise: Estate Planning Basics for Women

October 29 7-8:30 p.m.

A seminar especially designed for women, this panel discussion will present attendees with tools to prepare for preservation of assets, meeting philanthropic goals and planning for the needs of loved ones and heirs. To register, please call 410.535.8348.

Heartsaver CPR

November 2 9 a.m.-2 p.m.

Calvert Medical Arts Building, Suite 205

Fees apply, advance registration is required.

Basic Life Support for Healthcare Providers

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

MATERNITY & FAMILY EDUCATION

ABCs of Breastfeeding

September 10 6-8 p.m.

November 5 6-8 p.m.

January 7 6-8 p.m.

CHMC Classroom 1 (*basement level*)

The ABC's of Breastfeeding will help you to establish the knowledge and confidence to initiate and maintain breastfeeding. We will address concerns such as milk supply, weight loss, sore nipples, engorgement and many other topics. This class is taught by an International Board Certified Lactation Consultant. Recommended for any Mom and support person who is thinking of breastfeeding their baby. \$30.00 per couple, register in mom's name only. Class may be cancelled and refunded if a minimum of four moms are not registered.

People, Programs and Services in Our Community

Childbirth Class

September 21 9 a.m.-5 p.m.
November 16 9 a.m.-5 p.m.
January 18 9 a.m.-5 p.m.
Classroom 1 (basement level)

This program is designed for the expectant mother and her partner to prepare for the birth experience. The class includes labor and delivery preparation, relaxation and breathing techniques, medication options, Cesarean section information, a tour of the Family Birth Center and more. Please wear comfortable clothing as there could be some light floor work, pillows are optional. Snacks and drinks welcomed. \$75 per couple, register in mom's name only.

Breastfeeding Support Group

Wednesdays 1:30-3:30 p.m.
Please check at information desk for room location.

Baby Care Basics

November 13 6-8:30 p.m.
Classroom 2 (basement level)

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.

Infant CPR

October 14 6 p.m.
October 26 9 a.m.
November 11 6 p.m.
November 16 9 a.m.
Calvert Medical Arts Building, Suite 205

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

Safe Sitter

October 19 9 a.m.-3 p.m.
November 16 9 a.m.-3 p.m.
December 14 9 a.m.-3 p.m.
Classroom 2 (basement level)

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

CANCER SCREENINGS

CCHD Colorectal Cancer Screenings

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

Program funded by the Maryland Cigarette Restitution Fund Program.

CCHD Breast and Cervical Cancer Screenings

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

SUPPORT GROUPS

A variety of support groups are available for breastfeeding, diabetes, Parkinson's disease, Lyme disease, breast cancer, general cancer and stroke. The diabetic support group will resume in September. Call 410.535.8233 for times and locations.



WANT TO KNOW MORE?

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

SAVE THE DATE

THE CANNON CLUB PINK & BLUE TOURNAMENT

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

DATE: Saturday, October 26
PLACE: The Cannon Club, Lothian

Contact: pinkandblue@gmail.com
for more information.



RAIN OR SHINE! October 5, 2019

CalvertHealth Medical Center's 10th annual 5K will be held on Saturday, October 5. Support the Breast Cancer 5K as more than 900 friends and survivors run or walk around beautiful Solomons Island.

To celebrate CalvertHealth's 100th anniversary, this year's 5K will be a color run/walk! Safe zones are provided for those who want to participate color-free. Proceeds will benefit the Sheldon E. Goldberg Center for Breast Care.

Register online at: calverthealthfoundation.org/CH-5k or in person at the CalvertHealth Community Wellness Department

Community Support Changing Lives of Cancer Patients

Contributions Fund Advanced Technology, Essential Resources

“Everyone does what they can to make this a better world,” said CalvertHealth Foundation board member **Marianne Harms**, “and I am so grateful that I have been able to participate in a small way to make our breast center a focal point of health care for women in our community.”

Since the CalvertHealth Sheldon E. Goldberg Center for Breast Care opened in 2010, it has changed the landscape of how breast care is provided. The center brings together in one convenient location a multidisciplinary team of breast health experts with an experienced navigator backed by the latest technology like lower-dose 3D mammography – designed to detect even the most subtle signs of early cancer.

In the last decade, thousands of supporters both in the hospital and the larger community, have given more than \$1 million to oncology programs at CalvertHealth, including the breast center. Harms’ major gift in 2016 enabled the breast center to add exam rooms, enlarge its library and expand access

for the community. Proceeds from the foundation’s annual black-tie gala helped the breast center to acquire the latest stereotactic breast equipment as well as a dedicated breast ultrasound unit. This technology reduces wait times and provides superior imaging quality for making diagnoses and performing biopsies.

Thrifty Ladies, a thrift shop run by CalvertHealth volunteers, is another group that has made significant contributions to the breast center. It has donated \$175,000 since it opened in 2014 in the Dunkirk Marketplace. “They are truly volunteering from the heart and do what they can to help,” said **Susan Stevens**, director of patient experience and volunteer services at CalvertHealth Medical Center.



“It’s such a pleasure to give back to my community, knowing I can make a difference,” said Marianne Harms (shown left). The annual Breast Cancer 5K Walk/Run in Solomons (pictured above center) helps raise awareness about the importance of early detection and scheduling routine mammograms. All proceeds from the Thrifty Ladies thrift shop (pictured above right) in Dunkirk benefit the CalvertHealth Sheldon E. Goldberg Center for Breast Care.

“Philanthropy is more important than ever. Meeting our cancer mission is too big a challenge without a true team effort.”

*- Theresa Johnson
CalvertHealth Foundation*

Since it began in 2010, as a way of honoring their friends who had died of cancer, the annual **Pink & Blue Tournament**, hosted by The Cannon Club (*formerly Old South Country Club*) has raised more than \$173,500 to assist patients with prostate and breast cancer at CHMC. According to **Theresa Johnson**, who oversees the CalvertHealth Foundation, these funds have played an important role in expanding CalvertHealth’s genetic testing and cancer navigation programs (*See related stories in this issue*).

Two years ago, proceeds from this event were used to purchase new clinical recliners for patients to use during chemotherapy treatments. “Our patients spend a lot of time in those chairs and it really enhances their comfort and has made a tremendous impact in their quality of care,” said medical oncologist **Dr. Arati Patel**.

The **30th Annual CalvertHealth Benefit Golf Classic** held in May raised more than \$92,000 to support the new financial oncology navigator, who works closely with patients and family members to help ease any worries about treatment costs and insurance processing.

Other special events continue to be a powerful and healing force for area residents confronting cancer as well as their families and friends. **The Spotlight Music Series** showcases talented performers who believe strongly in giving back to their community. The popular fundraiser, created by the late foundation board member Robin Henshaw, is an enduring tribute to her indomitable spirit. (*Visit calverthealthfoundation.org/events for more information*).

On the first Saturday in October, a sea of pink-clad supporters will once again surge into Solomons for CalvertHealth’s **10th Annual Breast Cancer 5K Run/Walk**. The sense of unity and common purpose are as pervasive as the positive energy of the participants. They come in groups, big and small, young and old, from as far away as Ohio and North Carolina to remember those who lost the battle, to celebrate those who survived, to encourage those who continue the fight and to support the breast center.

Hundreds of local residents have benefitted from the **lung cancer screening program** that was created in 2017. A five-year pledge of \$165,000 from the **DeCesaris/Prout Cancer Foundation** helped fund this vital effort. The goal is to detect this deadly disease before symptoms can appear when treatment can be more effective.

CalvertHealth Foundation Board Welcomes Two New Members

The CalvertHealth Foundation Board of Trustees welcomes two new members – **Dwayne Hooper** (*top right*), Executive Minister of Largo Community Church and **Frank Smith** (*lower right*), President and CEO of Idea Solutions.

Hooper brings to the Foundation extensive experience in leadership and financial management. As Executive Minister of Largo Community Church, he cares for a congregation of more than 1,000 members and oversees church financials and various ministries and departments. A former NFL player, Hooper has a passion for youth and is looking forward to contributing to the Foundation’s Rising Star Program.

“I believe in the mission of the hospital to make a difference in every life we touch. As a minister, it spoke to me and I thought, what a way to directly help the residents of the Calvert County community,” said Hooper. He resides in Huntingtown with his wife Patricia and is proud dad to children DJ, Clarke and Grant.

A retired Naval Officer, Smith started Idea Solutions in 2002 and also brings a wealth of financial management skills and experience to the Foundation. Idea Solutions is an IT company aimed at increasing its clients’ efficiency and productivity through the implementation of information technology. Smith is also well-known in the county having served as the former chair of the Calvert County Chamber of Commerce.

A long-time supporter of the medical center, Smith looks forward to the CalvertHealth gala each year. “The gala is a premier event for CalvertHealth and it’s so rewarding to see the community come together to open their hearts to the needs of others,” said Smith, who resides in Huntingtown with his wife Linda.

These new board members fill vacancies and replace board members who have served on the Foundation’s Board for many years. Foundation Board Chair **Lynette Entzian** said, “We would like to extend our sincere appreciation to **Dr. Ramona Crowley Goldberg** and **Donnie Downs** for their dedicated service, insights and contributions during their time on the Foundation Board.”





CalvertHealth[®]

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

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

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888.906.8773

Maryland Relay Service:
800.735.2258

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RESIDENTIAL CUSTOMER

SELF-CARE SATURDAY

WOMEN'S HEALTH *Brunch & Learn*

DATE: Saturday, November 9

TIME: 10 a.m.-1 p.m.

LOCATION: Calvert Medical Arts Building

Light fare will be provided

It's the season to take care of yourself.
As women, we're always busy taking care of others and our to-do list never gets any shorter. It's time to put you first! Join us for a fabulous, fun, informative morning and hear the latest on women's health issues from our experts.

This event is presented by CalvertHealth, Calvert Dermatology & Skin Cancer Center and American Radiology Services | Calvert Medical Imaging Center.

BREAST & SKIN HEALTH

Dr. Theodore Tsangaris, CalvertHealth Chief Medical Officer & Cancer Program Director

Dr. Faris Hawit, Calvert Dermatology & Skin Cancer Center

FREE HEALTH SCREENINGS

Skin cancer screenings, DEXA bone density screenings, clinical breast exams, blood pressure screenings and more!

FIRST TIME MAMMOGRAM

If you are age 35+ and never had a baseline/screening mammogram, wait no further! Schedule your first-time mammogram during the event and take home a free gift.

This event is free, but space is limited. *Advance registration is required.* Call 410.535.8233 or visit our website at CalvertHealthMedicine.org to RSVP or for more information.

All attendees will be entered to win a complimentary spa-day from Jacqueline Morgan Day Spa.