



CalvertHealth

Fulfilling their Dreams

Scholarships Provide
Life-Changing
Opportunities

*Their stories begin
on page 18.*



A Message from the President

In This Issue



A Healthy Outlook

As many of our readers are aware, last month I announced my plan to retire in 2023. After more than 10 years with CalvertHealth, I am grateful to have been part of some of the health system's most significant achievements. Together, we have forged strategic partnerships, recruited world-class physicians and converted to all private patient rooms – all while

maintaining our independence.

By far, the most rewarding professional experience I have ever had was working alongside the team at CalvertHealth to care for our community during a global pandemic. We are so fortunate to have a team of such talented, caring individuals working around-the-clock for the betterment of Calvert County and beyond.

Some of these individuals are featured in this edition of the magazine such as our Patient Advocate who works to ensure a quality patient experience and provide advocacy or a listening ear when needed (*see story page 3*). Or, read about those who keep our Emergency Department up and running - 24 hours a day, seven days a week, 365 days a year (*see story page 8*). You'll also read about those who are constantly learning and growing – pursuing their passion through higher education to make a difference right here in our community (*see story page 18*).

CalvertHealth is well-positioned for a bright, healthy future and we will continue to move forward with the certainty that everything we do, every decision we make is with the health and safety of our community in mind.

We are resilient, resolved and ready to meet the challenges ahead.

Dean Teague, FACHE
President & CEO

Editor-In-Chief

Theresa Johnson

Managing Editor

Amy Lutz

Contributing Writers

Sarah Fallin

Judy Lundmark

Layout & Art Direction

Sue Dippel

Medical Editorial Director

Dr. Theodore Tsangaris

Medical Contributors

Dr. Stephanie Dabulis

Dr. Barbara Estes

Dr. Faris Hawit

Heather Montgomery, CRNP

Dr. M. Novella Papino-Higgs

Dr. Arati Patel

This facility is accredited by The Joint Commission on Accreditation of Healthcare Organizations. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at **1.800.994.6610**.

CalvertHealth Medical Center does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, age, gender identification, religion, disability or sexual orientation.

El Centro Médico de CalvertHealth no discrimina con respecto a admisiones de pacientes, asignaciones de habitaciones, servicios al paciente o empleo sobre la base de raza, color, origen nacional, religión, discapacidad, edad, sexo, incapacidad, identificación de género o sexual orientación.

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

CALVERT STRONG

3 Advocating for Every Patient
Patient Advocates Provide a Listening Ear

TRENDING TODAY

4 Expanded Eligibility for Lung Cancer Screening Announced
New Guidelines Designed to Catch More Cases Early

JUST FOR HER

6 Self-Care is Not Selfish
It's Time to Put You on Your Priority List

KNOW US NOW

8 A Look Inside the Emergency Department

LIVE WELL

12 Just Face It
A Healthy Skincare Routine is Simpler Than You Think

14 Get Ready to Boost Your Immune System
Simple Strategies to Strengthen Your Body's Natural Defenses

JUST FOR YOU

16 Introducing "Ask Us. We'll Listen."

IN EVERY ISSUE

11 Calendar of Events

17 New Faces

18 Making a Difference
Scholarships Help Nurses Fulfill their Lifelong Dreams

ON THE COVER

CalvertHealth's scholarship program enabled Taylor Bowen of Prince Frederick the opportunity to achieve her lifelong dream of becoming a nurse.

See story page 18.

Advocating for Every Patient

CalvertHealth's Patient Advocates Provide a Listening Ear, Advocacy and Problem-Solving

Much like a ‘wingman’ who helps, protects, guides and watches your back, the patient advocates at CalvertHealth Medical Center (CHMC) are focused on ensuring a quality patient experience – from finding solutions to special concerns to getting answers about the care you receive – so your stay is safe, comfortable and effective.

“Our goal is to make sure every patient knows we care and we are there for them, we are listening to them and acknowledge them,” said **Liz Chandlee**, a patient advocate at CHMC.

Each day, Chandlee and her team visits with any new patients who have been admitted to the medical center to see if there is anything the patient needs. If so, it may mean contacting the care team in order to help the patient better understand why a decision was made and/or mediating conversations when necessary. The patient advocates also share any perceived negative experiences with the care team and help to resolve any challenges and lay the foundation for better interactions in the future.

Although much of their job involves resolving clinical and communication issues, the advocate’s commitment to patient care encompasses everything from making sure patients are comfortable to impromptu wedding planning. Sometimes family members opt to get married on site to ensure that a terminally ill patient is able to be present for the special day. Chandlee and her team jump into action to be sure the occasion is memorable for all involved.

“Liz is always happy, positive and willing to do whatever is needed for her patients and their families,” said Director of Patient Experience and Guest Services **Susan Stevens**.

Chandlee acknowledges the perceived negative experiences patients have are sometimes valid, and often unintentional. The added stressors of the last two years have made things challenging for patients and providers alike.

“We are all human and everyone brings different experiences from their outside life when they walk through these doors,” she said.



“We are constantly striving to always exceed expectations.”
- *Liz Chandlee,*
CHMC Patient Advocate

Guest services volunteers also visit patients to provide them with items such as puzzles and Chapstick® and information about the patient advocate services. Often, they identify issues and alert Chandlee, as do nurses and doctors. Additionally, the patient advocates receive phone calls, emails and letters from patients throughout the healthcare system.

Patient advocates do a lot of communication coaching and mediation and said care teams are very receptive when concerns are brought to them. Their role is to help the staff and the patients. If the patients are happy and satisfied, they know they have someone on their side. Chandlee said she has a unique role without any clinical tasks, allowing her more time to sit and listen to patients and their families, which in turn enhances the patient/staff relationship.

Patient advocates try to resolve patient concerns in the moment. For those issues they cannot address, there are processes in place to circle back to ensure every concern is addressed. From changing a practice to provide a better patient experience, to fixing an information technology issue, or fostering a mindset change among the staff, “It doesn’t matter what the issue is, we have a process so it’s definitely addressed,” Chandlee said.

Once appropriate actions are taken, the patient receives follow-up communication. Depending on the confidentiality of the situation, the communication may omit details, but the intent is to let the patient know their concern was heard and addressed; sometimes with a change in process.

“Your feedback is invaluable as it allows us to assess the patient experience and gives us the opportunity to make improvements. We are constantly striving to always exceed expectations.”

Expanded Eligibility for Lung Cancer Screening Announced

New Guidelines Designed to Catch More Cases Early

The new guidelines for lung cancer screening with low-dose computed tomography (LDCT) expand eligibility for hundreds more Southern Maryland residents – by lowering the starting age for screening from 55 to 50 years and reducing the tobacco history from 30 to 20 pack-years.

“The ultimate goal is to detect more lung cancers in earlier stages when treatment options have a better chance to produce positive outcomes,” said board-certified medical oncologist **Dr. Arati Patel**, who is the medical director for the lung health program at CalvertHealth.

St. Leonard resident James Reppenhagen said he’s glad he decided to have it done. “It put my wife’s mind at ease,” said the 57-year-old longtime smoker. *(See his story at right.)*

The lung cancer screening, which is covered by insurance (including Medicare), is part of a multifaceted effort by CalvertHealth Medical Center (CHMC) in collaboration with American Radiology Services | Calvert Medical Imaging Center and Chesapeake Potomac Regional Cancer Center.

The joint program also includes a nurse navigator to help guide patients through the process, a high-risk clinic to provide patient education and counseling and a multidisciplinary thoracic team to develop individualized care plans for patients.

Early Diagnosis Increases Survivability

According to the Centers for Disease Control and Prevention (CDC), lung cancer is the leading cause of cancer-related deaths in men and women in the United States, with smoking accounting for 90 percent of the cases.



“This screening really makes an impact in improving survival and quality of life.”

– Dr. Arati Patel, CalvertHealth

This is of particular concern in Calvert, with its high rate of smoking. Although, the incidence has dipped slightly in recent years, the rate of smoking locally is still higher than the statewide average – with one in seven adults in Calvert reporting smoking in 2018.

Prior to the introduction of low-dose CT, the vast majority of lung cancer cases have historically been found at later stages. Statistics show that of the 22 people diagnosed with lung cancer in Calvert County in 2020, 17 or 77 percent of them were at the more extensive stages of cancer at Stage III or Stage IV lung cancer.

“If someone is detected with lung cancer at an advanced stage, their likelihood of surviving five years is very low, roughly 20 percent,” said Dr. Patel.

“On the other hand, if it is detected at an early stage, their likelihood of surviving five years goes up dramatically to 60-90 percent. This is why screening high-risk patients early on with low-dose scans can make such a difference.”

She went on to add, “The key is to undergo annual scans since lung cancer may develop anytime during smoking or even years after a person has stopped.” Some patients may be screened more often if there are areas the radiologists think need to be watched more carefully.

At present, there are 486 persons actively participating in various stages of the local lung cancer screening program, according to figures provided by American Radiology Services. Patients receive letters reminding them it is time to follow up and the importance of this lifesaving exam. Afterward, their physician receives a report indicating the Lung-RADS® category the result falls into, which can range from benign to clinically significant.

Multidisciplinary Expertise Enhances Care

“The importance of having a multidisciplinary team cannot be emphasized enough,” said Dr. Patel. “Because the treatment of lung cancer involves so many specialties, it’s essential to



Hundreds of local residents have benefitted from CalvertHealth’s lung screening program that was developed in 2016. The goal is to detect this deadly disease before symptoms can appear when treatment can be more effective.

bring together expertise from multiple fields to provide the best possible treatment plan.”

CalvertHealth’s multidisciplinary thoracic team meets twice a month and includes medical oncology, radiation oncology, radiology and pathology as well as pulmonology and cardiothoracic surgery and the nurse navigator.

The high-risk thoracic clinic at CalvertHealth is designed as an additional resource for those who are at increased risk of lung cancer to provide them with the added surveillance, management and education needed to implement risk-reducing strategies to increase their overall survival.

Thoracic Oncology Nurse Navigator **Melissa Bowen, RN**, who oversees the high-risk thoracic clinic with Dr. Patel, is readily available to answer questions and assist with any referrals needed depending on what the scan reveals.

“The clinic is the conduit to everything we offer,” said Dr. Patel, “from smoking cessation resources and financial services to nutrition counseling and behavioral health.” For more information, call **410.414.4575**.

“It put my wife’s mind at ease.”

St. Leonard resident **James Reppenhagen** said he’s glad he decided to have it done. “It put my wife’s mind at ease,” said the 57-year-old longtime smoker. He had a low-dose CT for the first time last fall and the test was negative.

“I started every morning with a cigarette for the last 40 years,” said the retired roofer, who is married with five grandchildren. “My doctor recommended I get tested because I have COPD (*a condition causing difficulty or discomfort in breathing*).”

Reppenhagen said he has cut his smoking in half but hasn’t yet been successful in kicking the habit for good. “I’ve tried patches, Nicorette® gum and even e-cigarettes.”

He went on to add, “I was nervous at first but it wasn’t that bad.” Since his scan was benign, he will have a follow-up in one year.

The Calvert County Health Department (CCHD) has grant funding to provide lung cancer screenings to qualifying individuals at no cost. Call **410.535.5400, ext. 343** to see if you are eligible.

GETTING HELP TO QUIT

The Calvert County Health Department also offers free day and evening individual and group quit smoking classes. The one-hour class is taught for eight weeks in person and virtually. Free cessation products are provided for those who attend. For more information, call **410.535.5400, ext. 359**.



WANT TO KNOW MORE?

Visit calverthealthmedicine.org/Lung to find out if you are at risk and what you can do.



Self-Care IS NOT SELFISH



It's Time to Put You on Your Priority List

Maybe, you think it's indulgent. Probably, more often you tell yourself you just don't have the time. **Dr. Barbara Estes** wants to remind women that self-care is just another name for taking care of yourself, which is vital to your health and well-being.

Recently, we chatted with Dr. Estes of CalvertHealth Obstetrics & Gynecology about some positive and practical steps women can take to have a healthy balance in their lives.

First, you need to ask yourself when was your last well-woman exam, annual physical or any doctor appointment. If you can't remember, she advises, the answer is probably that it was too long ago.

"We saw a lot of people put off getting their annual check-ups during the pandemic," said Dr. Estes, "but that time is past. We've been calling our patients to remind them it is time to come in."

Dr. Estes cautions against postponing cancer screenings like mammograms or colonoscopies. "Delaying these important checks can mean a delay in diagnosis and treatment."

Equally troublesome in her mind is ignoring persistent symptoms of any kind or failing to get follow-ups for a chronic condition. She urges, "Don't put it off, the best time to get help is now."

Unraveling Screening Guidelines

"I can understand why people get confused when they hear about changes in the guidelines for breast and cervical cancer screenings," said Dr. Estes. "When they read about it or see it on the news, they're left wondering how does this affect me personally?"

The latest information on cancer screening guidelines is posted on the CalvertHealth Medical Center website. However, she advises, "There could be risk factors that could mean some women should be seen at an earlier age or more often." The bottom line: talk to your doctor about your personal situation and your family history, which could make a big difference.



"You can't do everything. You have to shove something off your plate to have the time to take care of you." - Dr. Barbara Estes, CalvertHealth



Vice President of Strategy & Business Development Kasia Sweeney and Chair of Obstetrics & Gynecology Dr. Barbara Estes recently visited Huntingtown High School Girls' Club to prepare a healthy lunch and discuss the importance of taking care of yourself.

Finding a Healthy Balance

“At the end of the day, it’s all about balance,” said Dr. Estes, “and remembering that a healthy lifestyle includes making time for you.” Her colleague, **Dr. Maria-Novella Papino-Higgs** of CalvertHealth Primary Care in Solomons shares her top tips for strengthening your body’s natural defenses on page 14.

“I think it’s fair to say that healthy women have more energy to get through the day,” said Dr. Estes. For moms, living a healthier lifestyle and taking preventive measures means they’ll be around longer for their families. Also, kids tend to adopt their parents’ habits.

She went on to add, “A healthy weight is different for everyone but it’s important to know what a healthy weight is for you.” Overweight and obesity are areas of overwhelming concern for Calvert County, as the percent of adults who are obese is trending upward.

While good nutrition is an essential part of a healthy lifestyle, physical activity is also critical. Exercise lowers the risk of heart disease, which is the leading cause of death for women. With Calvert’s aging population on the rise, the incidence of heart disease skews higher as well, *higher than state and national rates.*

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest you talk to your doctor before you start an exercise program. The key is finding a routine to fit your needs based on your age, stage of life and abilities.

As a working mother herself Dr. Estes understands the struggles women face trying to find “me time” in their hectic schedules. “For me, the answer was making sure I had a short commute. I live two and a half miles from the hospital.

“For others, maybe it means asking a friend to watch the kids for a few hours,” she added. “You can’t do everything. You have to shove something off your plate to have the time to take care of you.”

CHMG Names Estes Women’s Health Director



CalvertHealth Medical Group has named board-certified obstetrician and gynecologist **Dr. Barbara Estes** as its director for women’s health. Dr. Estes, who has been in practice for 24 years, served as chief of the medical staff at CalvertHealth Medical Center (CHMC) for two terms and currently chairs the obstetrics department.

Her appointment demonstrates CalvertHealth’s commitment to take the women’s health program to the next level.

Dr. Estes is the most senior member of the all-female team at CalvertHealth Obstetrics & Gynecology. Additionally, in 2013 she became board certified in obesity medicine and in 2010 completed her MBA at the Johns Hopkins Business School.

According to CalvertHealth Vice President of Strategy and Business Development **Kasia Sweeney**, Dr. Estes will play a central role in helping to shape the women’s center under development. “Our goal is to provide a coordinated, convenient and comprehensive approach to meeting the diverse range of women’s healthcare needs.”

The most recent Community Health Needs Assessment conducted by CalvertHealth in 2020, identified women’s health as a top priority. Nearly 30 percent of the women who responded to the survey said they struggled with exercise, nutrition and weight management.

These challenges are especially concerning because of their link to heart disease, diabetes and cancer, which are among the leading causes of death for women, according to the Centers for Disease Control and Prevention (CDC).

Sweeney said the vision for the women’s center is to provide a supportive environment which fosters collaboration and communication between CalvertHealth’s providers so that services are offered seamlessly while focusing on each woman’s distinct needs and goals. “We are committed to helping women take charge of their health at every stage of their lives from adolescence to motherhood and beyond,” she said.

A LOOK INSIDE THE Emergency Department

Knowing What to Expect Can Help Alleviate Stress

Stephanie Cleaveland, BSN, RN, calls herself the “air traffic controller of the emergency department” at CalvertHealth Medical Center (CHMC). From triage to testing and treatment, there’s a lot going on at any given moment behind the scenes. On average, the ED sees more than 37,000 patients per year and her role as director of emergency services is to ensure it all runs smoothly.

Recently, we sat down with Cleaveland and **Dr. Stephanie Dabulis, MD, FACEP,** medical director of the emergency department (ED), to learn more about how the emergency department works and how the ED staff work diligently to ensure a good patient experience.

Our Life-Saving Role

The purpose of the emergency department, Dr. Dabulis explained, is to rule out and/or treat any life-threatening issues.

“The emergency department is truly here to assess and treat your current emergency problem. It can be frustrating for patients who are looking for us to diagnose or help manage chronic medical conditions, but that is simply not our role,” Dabulis added.

For example, if a patient comes to the emergency department with a generalized complaint about falling down, tests will be done to rule out a heart attack, stroke or other emergent symptoms right away. “Every patient encounter



Detailed and thorough documentation takes time, but is an important part of ensuring patient safety and quality of care. Cathy King, RN (pictured right) said, “Nurses have a lot of documentation to record and spend a good amount of time each shift ensuring that everything is entered correctly into the file.”

gets looked at through a life-saving lens. We are going to immediately rule out those life-threatening issues and focus on what may have caused the fall in the first place,” said Dabulis. Discharge instructions will not always provide a diagnosis, but instead, are the gateway to the next step in the process – receiving follow-up care.

The goal of the ED is to treat the most critical or severe patients first, in order to save their lives. It’s important to understand behind every moment in the waiting room, there could be someone else receiving critical life-saving care on the other side of the door.

Reasons Behind The Wait

The needs in the emergency department can literally change in seconds. According to Dr. Dabulis, the ED is staffed for a predictable number of people and inevitably, that number will become unpredictable. An ambulance could come in requiring a large amount of emergency department resources, putting the patients in the waiting room on hold.

“When I come to work my hope for my patients that day is that none of them have to wait. I want them to have clear communication and a good experience,” said Dr. Dabulis.

Because of patient privacy and safety, emergency department staff aren’t able to tell the full waiting room there is a combative patient or perhaps there was an accident and multiple patients are being transported to the ED by ambulance for life-saving care. All of these situations can require additional resources and do equate to longer wait times for those patients who are not experiencing life-threatening illness or injury.

EMERGENCY DEPARTMENT Visit Guide

STEP 1: RAPID MEDICAL EVALUATION

The provider will evaluate your primary concerns while you are in Triage. Your labs and radiology studies may be started while you are in the waiting room.

STEP 2: TESTING

Tests are ordered based on your concerns. While some tests can be sent immediately, you and your providers will discuss if more are needed. Common wait times for tests *(based on condition being treated and patient volume)*:

- Lab tests – 1 hour
- X-ray – 1 hour
- CT scan – 2 hours
- CT with IV contrast – 3 hours
- CT with oral contrast – 4 hours
- Ultrasound – 3 hours

STEP 3: TREATMENT

When we can do so safely, we strive to start appropriate treatment(s) as soon as possible. Please remind the staff if you take medications and have any allergies.

STEP 4: REVIEW

After treatment, the staff will review your primary concerns, exam and lab/test findings (when applicable) and how you responded to treatment. They will also answer any additional questions you have at this time.

STEP 5: DISCHARGE OR ADMISSION

You will be discharged with instructions for care and follow-up with a primary or specialty provider or admitted to the hospital for further observation or care.



DID YOU KNOW?

Over the past five years, the CHMC Emergency Department has seen 185,914 patients.



In addition to nurses and providers, the ED care team also includes patient care technicians, diagnostic imaging specialists and environmental services, as well as support from EMS. The ED sees patients 24/7/365 and it takes a lot of teamwork to make it all run smoothly.

Even the more routine cases can take up a lot of time, Cleveland said. Results for routine tests such as blood work and X-rays can take up to 90 minutes. And based on the results of those tests, a provider may make recommendations for further testing or medication. A typical visit to the emergency department is four to six hours long.

Being Informed Is Key

Whenever possible, patients should seek the right care, at the right time, at the right place (*see sidebar below for more information*). For concerns that are not of a severe nature, a visit to your primary care provider or an urgent care center may be a better alternative. Dr. Dabulis noted that seeking non-

“Although our primary role is to treat life- or limb-threatening illness or injury, we are committed to serving every single patient who comes through our doors.”

– Dr. Stephanie Dabulis, Medical Director, Emergency Department

emergent care through a primary care provider or urgent care center is not always feasible after hours or on the weekends. She added, “We also understand that ‘the right place’ can be subjective. And that’s what we are here for.”

It’s also crucial to keep up with preventative care visits to detect

health issues before they become emergent problems. Cleveland said that in recent months, the emergency department has seen increased cases of severe issues that are likely linked to patients delaying preventative care during COVID-19.

Another critical step to expediting care at the emergency department is ensuring that medical records are accurate and accessible. Dr. Dabulis said, “It’s important to bring pertinent records, know your medications, allergies and surgical history. Every patient who comes to this emergency department deserves to have me look at their records, and that takes time,” Dr. Dabulis continued.

“We may ask the same question several times,” said Cleveland. “This is because what may trigger a triage nurse to action is different than what a doctor may respond to. Their jobs are different, and they may be looking for slightly different things.” For example, if a patient complains of abdominal pain and vomiting, a nurse may work to get the patient started with labs, an IV and nausea medication. The doctor may ask what the pain feels like in order to diagnose and fix.

“If you have a true emergency, it doesn’t matter what the wait time is – you will be seen immediately. Although our primary role is to treat life- or limb-threatening illness or injury, we are committed to serving every single patient who comes through our doors,” Dr. Dabulis said.

Right care. Right time. Right place.

Many people go to the Emergency Department for a minor illness or injury, which often results in a longer wait and a higher co-pay than a Primary Care or Urgent Care visit. Others may go to an Urgent Care when they should have gone directly to the Emergency Department. The best place to start should always be a quick call to your Primary Care Provider who knows you best.

CalvertHealth wants to help you choose the appropriate care setting to ensure your care is not delayed and you receive the best care possible. ***For severe injuries and life-threatening issues, always call 911.***



URGENT CARE

- Bronchitis
- Cuts, scrapes and bruises
- Fever or flu-like symptoms (*without difficulty breathing - if younger than 1 year, go to ER*)
- Cough, cold, sore throat or earache
- Minor burns, insect bites or rashes
- Dental pain
- Minor lacerations
- Minor work-related injury
- Possible fractures
- Eye infections
- Strains and sprains

EMERGENCY ROOM

- Chest or abdominal pain
- Allergic reaction
- Asthma attack
- Burns (*severe or covering - multiple areas*)
- Difficulty breathing, shortness of breath
- Broken bones protruding from skin
- Stroke or one-sided weakness
- Severe bleeding or coughing up blood
- Head injury or other major trauma
- Persistent vomiting or diarrhea; dehydration
- Poisoning or ingesting foreign body
- Seizures
- Loss of consciousness

People, Programs and Services in Our Community

For more information about the events listed here, please contact the CalvertHealth Community Wellness Office at 410.535.8233.

DIABETES EDUCATION

Diabetes Self-Management Class

Taught by certified diabetic educators, this comprehensive three-part series includes individual meal planning, meter training, health assessment and goal setting by a registered nurse and diabetic educator. Physician referral required, covered by most insurance plans. *To register, call 410.414.2778.*

HEALTH & WELLNESS

Rock Steady Boxing for Parkinson's

This 12-session course helps fight Parkinson's through non-contact boxing exercises focusing on gross motor movement, balance, core strength, rhythm and hand-eye coordination. This type of exercise favorably impacts range of motion, flexibility, posture, gait and activities of daily living. *This class is offered virtually and in person.*

Early Riser Fit for Life & Fit for Life

This virtual class meets twice per week for 6 weeks and is designed for all fitness levels. The exercises are focused on functional training to help you perform everyday activities safely and efficiently. Choose from early or afternoon sessions.

HEALTHWISE

Medical Nutrition Therapy

Specialized one-on-one appointment for those in need of a personalized strategy for focusing on a healthier lifestyle, meeting healthy weight loss goals and much more. *A physician referral is required.*

FREE Quit Tobacco Classes

The classes will be offered in person and virtually at CCHD. Class is one hour a week for 8-weeks. *Call 410.535.5400 x 359 for more information or to register.* Paid for by Maryland Cigarette Restitution Fund.

Safe Sitter and Safe@Home

These age-appropriate courses are designed to prepare students to be safe when they're home alone, watching younger siblings or babysitting. *Register online.*

MATERNITY & FAMILY EDUCATION

Baby Care Basics

This class for new and expectant parents offers a comprehensive overview of baby care basics (*grandparents are invited, too*).

SUPPORT GROUPS/ WELLNESS WORKSHOPS

Breast Cancer Support Group

This group meets every 3rd Thursday of the month. For more information email megan.hance@calverthealthmed.org.

Cancer Support Group

Meets every 1st Tuesday of the month where patients and loved ones can gain support as they go through their healing journey. ALL cancer types are welcome. Registration is required. Please call 410.535.8233 for more information.

Diabetes Wellness Workshop

A FREE support group that meets the 2nd Thursday of the month from 7-8 p.m. This is a great opportunity to ask questions, share your journey and offer support to fellow diabetics. Register online.

Parkinson's Wellness Workshop

This group of Parkinson patients, family members and caregivers meet the 1st Monday of the month for people struggling or have a loved one struggling with Parkinson's disease. Registration is required. Call 410.535.8233 to register.

Stroke Wellness Workshop

This group meets every 1st Wednesday of the month for people who have suffered a stroke, are survivors of a stroke and for those caring for someone who has suffered and survived a stroke. Registration is free and required. Call 410.414.4759 for more information.



Men's Health EXPO

DATE: June 14

TIME: 2:30 - 6:30 p.m.

PLACE: CalvertHealth Medical Center Parking Lot

FREE Health Screenings!

CalvertHealth
FARMERS MARKET

Farm Fresh Food Meets Southern Maryland Hospitality
Tuesdays from 2:30-6:30 p.m.

SAVE THE DATE

CALVERTHEALTH
Breast Cancer



5K Run/Walk

SATURDAY, OCT. 1
Solomons Island

Just Face It

A Healthy Skincare Routine is Simpler than You Think

The Internet and advertising are inundated with skincare advice. That advice can be contradictory or confusing at times. With so many products (and influencers) out there for skin, where should you start?

Recently, we sat down with board-certified dermatologist **Faris Hawit, MD, FAAD** and board-certified dermatology nurse practitioner **Heather Montgomery, CRNP** of Calvert Dermatology and Skin Cancer Center to get their advice for maintaining healthy skin.

Back to the Basics

Dr. Hawit says the key to good skin is as simple as cleansing, moisturizing and protecting it from the sun.

“The best skincare products are the ones that protect your skin from sun damage and don’t harm your skin by overly exfoliating it and drying it out and exposing it to fragrances and things like that,” said Dr. Hawit.

This means choosing fragrance-free and hypoallergenic products, avoiding mechanical exfoliants and using mineral sun protectors such as zinc. He said mechanical exfoliants such as washcloths, buff puffs and apricot scrubs should be avoided because they strip the oil from the skin.

Although they may give the temporary satisfaction of smooth-feeling skin, Dr. Hawit explained they ultimately increase oil gland production. Harsh products strip the skin of oil so it compensates by producing more oil in a vicious cycle.



A basic skincare routine Dr. Hawit suggests is cleansing with a gentle cleanser day and night – not a soap as they dry out the skin. Then, use a daily moisturizer with an SPF during the day (*rain or shine*) and retinol at night.

If someone opts for makeup that day, it should be worn over top of the moisturizer and SPF. Montgomery said an SPF of 30 or greater is recommended. SPF is essential for skin cancer prevention, as well as preventing leathery skin, dark spots and wrinkles.

“If you want your skin to look young when you’re 60, you need to protect it from ultraviolet damage that comes from the sun,” Dr. Hawit said.

The products in a good daily skincare routine don’t have to be fancy, organic or expensive. Montgomery said there’s plenty of good over-the-counter options.

“Organic is fine but we have to remember there’s a lot of marketing out there. It doesn’t mean their products are bad but it doesn’t mean they are the answer to everything. Organic doesn’t mean harmless,” Montgomery said.

Adding in Extras

While the focus should be primarily on protecting and moisturizing the skin, Montgomery also recommends adding in a retinol anti-aging product. This should be applied underneath nighttime moisturizer. However, the only Food and Drug Administration (FDA)-approved product for fine lines and wrinkles is Retin-A, which is prescription only.

Montgomery said people with acne concerns can try over-the-counter acne medications and washes but if improvement isn’t seen within two to three months, she suggests they see a dermatologist.

Some may want to self-treat other skincare concerns with other over-the-counter products. It’s important not to add in too many products too quickly or use them too frequently as over time. This may be too irritating for the skin.

“A better approach is to simplify the regimen and if you want to try a new product, try one at a time for a period of three months or so,” said Montgomery. “If you like that and the way it feels or looks, then continue it. Adding multiple wrinkle creams and multiple things, it becomes too irritating for the skin and it can become counterproductive.”

“If you want your skin to look young when you’re 60, you need to protect it from sun damage.” - Dermatologist Dr. Faris Hawit

When to Get Help

If you’re still not sure how to go about building a skincare routine, Montgomery recommends seeing a dermatologist for help.

If you have a mole that is changing or a red growth that has asymmetry, Dr. Hawit urges seeking a dermatologist immediately.

SKIN CANCER PREVENTION



According to the Skin Cancer Foundation, skin cancer is the most common cancer in the United States and worldwide. One in five Americans will develop skin cancer by age 70 and more than two people die of skin cancer in the US every hour. When detected early, the five-year survival rate for melanoma is 99 percent.

Prevention is key. As you enjoy the sun this summer, make sure you:

- ✓ Stay away from tanning beds as a way to get tan before hitting the beach. Over 400,000 skin cancer cases each year in the US are linked to indoor tanning.
- ✓ Seek shade especially between 10 a.m. and 4 p.m.
- ✓ Cover up, including a hat and UV-blocking sunglasses.
- ✓ Use a broad-spectrum sunscreen every day. Reapply sunscreen every two hours when outside.
- ✓ Examine your skin monthly from head to toe.

MEET THE PROVIDERS

Dr. Faris Hawit is a board-certified Dermatologist and Mohs Micrographic Surgeon with extensive experience in the management of skin cancer.



After working in primary care for 13 years, board-certified dermatology nurse practitioner **Heather Montgomery** joined the Calvert Dermatology team in 2015.

GET READY TO BOOST Your Immune System

*Simple, everyday strategies to strengthen
your body's natural defenses*

Today, more than ever it's important to have a strong immune system so your body can protect itself from infection and disease. The good news is there are some easy, science-backed ways to build and maintain a healthy immune system.

Here, board-certified family medicine physician **Dr. Maria Novella Papino-Higgs** of CalvertHealth Primary Care in Solomons shares her top tips for taking your immunity up a notch.

"Having a healthy lifestyle absolutely makes a difference," said Dr. Papino-Higgs. "Good sleeping habits allow our body to recharge our batteries on a daily basis, helping to keep our brain and body strong and recover faster if we do get sick." She said at least 7-8 hours of sleep are usually recommended.

She said it's important to note "smoking, alcohol and drug consumption can inhibit the function of our white blood cells and lower our resistance to infection, too."





Healthy Diet Boosts Your Resistance

According to Dr. Papino-Higgs, eating a well-balanced diet and getting regular exercise are vital building blocks to a strong immune system. “Proper nutrition is important,” she said. “You want to feed your body with the right nutrients such as a diet rich in colors: greens, red, yellows, oranges and purples! Citrus foods, kiwis, apples, berries, carrots and spinach are all full of antioxidants, which can boost your resistance to infections.”

She went on to add, “If a good diet is the best fuel, regular exercise keeps your car tuned up. Being sedentary or inactive can leave you feeling sluggish and it’s the same for your immune system.

“Trying to walk at least 30 minutes every day and bringing your heart rate up can definitely help to increase your immune function,” said Dr. Papino-Higgs. “You don’t need to start an elaborate exercise program. A simple walk to keep your joints and body going while connecting with nature will work wonders.”

She stressed there are simple things we can all do to keep our immune system strong like drinking plenty of water, washing your hands often and making sure you are up to date on immunizations.

Immunity Decreases with Age

“Immunizations are the foundation of good health,” said Dr. Papino-Higgs. Your immune system is smart, but vaccines train it to be even smarter – helping it to recognize and fight off certain disease-causing illnesses.

She went on to add, “It is even more important for pediatric and geriatric populations to be up-to-date since kids immune systems might

“Having a strong immune system helps us fight infections and other diseases.”

*– Dr. M. Novella Papino-Higgs,
CalvertHealth Primary Care*

be still underdeveloped to fight infection and the elderly might have a weakened immune system.

“Maintaining a healthy weight keeps you focused on practicing good habits and making the right choices,” she said. “Therefore, having a regular sleeping pattern, favoring fresh produce over processed foods, drinking plenty of water, avoiding excess alcohol and too many carbs, and trying to walk at least 30 minutes a day, will all contribute to strengthening your immune system.”

Stress Suppresses Your Immune System

According to Dr. Papino-Higgs, prolonged exposure to stress can have a detrimental impact on your immune system. “Chronic stress keeps your cortisol levels always high and weakens your immune system by lowering white cell production and your body’s ability to fight infection.

“That’s why it is so very important to have a good stress management strategy,” she explained, “either with exercise,

Focus on What You Can Control

- ✓ Drink plenty of water
- ✓ Eat more fruits and veggies
- ✓ Wash your hands often (*not just during a pandemic*)
- ✓ Stay up-to-date on vaccinations
- ✓ Maintain a healthy weight
- ✓ Exercise regularly
- ✓ Get enough sleep
- ✓ Minimize stress
- ✓ LAUGH MORE ... “Love and laughter are the most natural remedies I know and you don’t need a pill for it,” said Dr. M. Novella Papino-Higgs.

yoga, meditation, Tai Chi, good sleep, reading a good book or having a great hobby to keep your stress in check.”

There are times when Dr. Papino-Higgs said it makes sense to take supplements. “If your immune system is weakened, for example by medications or is under constant stress, supplements such as vitamin C, antioxidants, multivitamins and probiotics are all good sources,” she said.

On a final note, she added, “Strengthening your relationships and having a good support system made up of family and friends plays a big role in decreasing your stress and increasing your endorphins. Love and laughter are the most natural remedies I know and you don’t need a pill for it!”

MEET THE DOCTOR

Board-certified family medicine physician **Dr. Maria Novella Papino-Higgs** has been practicing in the US since 2010. She was the former chair of the family medicine department for CalvertHealth Medical Center and is a director of the Maryland Association of Family Medicine Physicians. Dr. Papino-Higgs practices at CalvertHealth Primary Care in Solomons.



JUST FOR YOU

Ask Us. *We'll Listen.*

No, really. Ask us anything.

Have a healthcare question?

Some questions are hard to ask. Instead of spending hours online searching for answers, go straight to the experts at CalvertHealth. No question is too silly or too small. You should never feel embarrassed to get the answers you need when it comes to your health. So go to: CalvertHealthMedicine.org/Ask-Us-We-Will-Listen and ask us anything... we will provide the answers to your questions on social media and our website. *What are you waiting for? Ask your question today!*



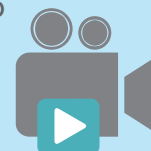
Ask Your Questions!

Use the camera app on your mobile phone or tablet to scan the QR code and submit your question.



Your Questions, Answered!

You can also listen to our doctors as they provide answers to your questions.



Current topics include:

How Safe is Bariatric Surgery
with Dr. Ramzi Alami

The "Just in Case Pee"
with Dr. Jack Cooper

When to Visit Your Pediatrician
with Dr. Monica Mehta



Responses provided on social media or online are not intended nor implied to be a substitute for professional medical advice, it is provided for informational and educational purposes only. Answers are provided in consultation with our providers, but not intended to be a diagnosis. You should seek further follow up from your physician(s) who have more in depth knowledge of your particular condition.

Foundation Appoints New Trustee

The CalvertHealth Foundation has named a new trustee for the coming year. Joining the board is **Grace Anastasi** of Chesapeake Beach. She joins 13 other community volunteers who are currently serving. The members can serve up to two, three-year terms.

“Grace shares a deep knowledge of the community as well as a passion for ensuring quality health care close to home,” said **Theresa Johnson**, Vice President for Brand Strategy and Philanthropy.

She went on to add, “She also brings considerable leadership and organizational experience to the work of the foundation that will benefit our community.”

Anastasi, a retired real estate agent, moved to Calvert in 1988 and is the mother of five children and has 13 grandchildren and six great grandchildren. A former business owner, she has a special interest in finance as well as medicine. Her mother was a nurse and she has a daughter and two granddaughters who are nurses.

“CalvertHealth Medical Center is a tremendous community asset that is critical for the area’s health care and well-being,” said Anastasi. “I appreciate the opportunity to be involved with such an important institution and look forward to continuing the good work that is already being done.”



Grace Anastasi

CalvertHealth Primary Care Adds New Provider

Certified Family Nurse Practitioner **Kathleen Hyde, MSN, CRNP, FNP-C**, has joined CalvertHealth Primary Care in Prince Frederick. The practice provides personalized health care for the whole family including health screenings, preventive medicine, complete physicals and well woman exams.

The providers are specialists in family medicine and trained to diagnose, treat and manage a wide range of medical conditions from acute to chronic disease for all ages – including babies, children, adolescents, adults and the elderly.

Hyde, who joined CalvertHealth in 2014, has spent the majority of her nursing career working in the emergency department. “I am honored to continue to work in the community I have enjoyed serving for the past eight years.”

She obtained her bachelor’s in nursing in 2018 from Frostburg State University and went on to obtain her master’s in nursing last year from the University of South Alabama.

Her philosophy of care focuses on working with her patients as partners in their care. “My goal is to engage my patients through education to help them achieve lifestyle changes that will benefit their overall health and well-being.”



Kathleen Hyde, MSN, CRNP, FNP-C

Marlowe Named Transitional Care Navigator

CalvertHealth Medical Group is pleased to announce the addition of **Kari Marlowe, RN, BSN**, as Transitional Nurse Navigator. Her primary role is to connect recently discharged patients with the resources and support they need to prevent readmission and stay healthy after they go home.

“There is a lot of information for patients to process when they’re discharged,” said Marlowe. “I’m here to answer questions, to confirm they’ve been able to obtain any new medications or equipment needed and to assist with follow-up appointments. My goal is to make sure their specific needs are being met.”

Marlowe has 10 years of nursing experience in diverse clinical settings. Most recently, she worked as a case manager for CareFirst, coordinating services for patients. She earned her bachelor’s in nursing in 2021 from Capella University.

As a lifelong resident of Calvert County, Marlowe said, “I’m excited about this position because it allows me to give back to the community I love. I look forward to helping our patients find the resources they need to help them stay healthy.”



Pursuing Their Passion

Scholarships Help Nurses Fulfill Their Lifelong Dreams

“Every patient deserves someone who takes the time to go the extra mile for them, especially in a time of sickness,” said registered nurse **Taylor Bowen, RN, BSN**, who works on Level 2, one of the medical-surgical floors at CalvertHealth Medical Center (CHMC). “And I wanted to be that nurse.”



“Nursing is just like life - we’re always learning, growing and improving.”

- Taylor Bowen, RN, BSN

Bowen especially loves the personal connections she’s able to make with patients. “Every day, I get the privilege to help others when they need someone the most.” The four-time scholarship recipient obtained her bachelor’s degree in nursing from York College of Pennsylvania last year.

“I am forever thankful for the support from the CalvertHealth Foundation,” said Bowen. “Receiving the scholarships helped so much in pursuing my dream of becoming a nurse.

“Thanks to CalvertHealth, some of the financial stress was alleviated, allowing me to focus on my educational goals,” she said.

Since the allied health scholarship program began in 1991, it has awarded more than \$755,000 to 510 students in Calvert, Charles, St. Mary’s and Anne Arundel counties who are pursuing higher education in an allied health field. Recipients are not required to repay the foundation or work for CalvertHealth.

The scholarships also provide valuable assistance to those already working in health care who want to advance their career. Such was the case for registered nurse **Kathleen Hyde, MSN, CRNP, FNP-C**, (*pictured far right*) who has worked in the emergency department (ED) at CHMC since 2014.

Three years ago, Hyde decided to get a master’s degree to become a nurse practitioner. When she had to reduce her hours at work to accommodate her clinical schedule, her husband, who is a police officer, picked up overtime to help offset their change in income.

“But with a new baby at home, the scholarship helped ease the cost of school and allowed my husband more time to be at home with our family,” said Hyde, 32, of Huntingtown. Since graduating, she has accepted a position with CalvertHealth Primary Care in Prince Frederick.

Workplace of Choice

Initially, Hyde said she chose to work at CHMC because it was close to home. “But I chose to stay because the people here became my family,” she said. “I enjoy working at a place where everyone from the CEO, the housekeepers, the doctors and the medical staff know your name.”

Taylor expressed similar sentiments. “What originally drew me here was that it’s a community hospital. I knew I wanted to give back to the community that has blessed me with so much.

“And everyone was so welcoming. That absolutely amazed me because you don’t see that at larger hospitals. I truly believe that every employee has a voice here,” she added.

Opportunity to Grow

“I feel like I’ve grown so much as a nurse while working on Level 2 at CHMC,” said Bowen. “As any new graduate RN, I was extremely nervous on my first day. Would I mess up? Would the staff like me? All of those negative thoughts instantly left my mind when I stepped onto this floor.

“I was truly welcomed from day one and instantly felt like part of the team,” she said. “This made it easy for me to ask questions or ask for help when performing a skill for the first time. As a result, I’ve grown in confidence as a nurse.”

Hyde can relate to those feelings. “I remember when I first started in the ED, I was overwhelmed and scared and I looked up to my peers for guidance,” she said. “I took every learning opportunity I could get, joined all the committees, pursued new certifications and finally went back to school for my BSN.

“Then one day, someone came

“In my kindergarten yearbook, I said I wanted to be a nurse like my mom when I grew up.” - Kathleen Hyde, MSN, CRNP, FNP-C

to me for guidance and I realized at that moment, I had become the ‘experienced nurse,’” said Hyde. “It was daunting and exciting at the same time. That was also the point in my career, when I realized I needed more and decided to get my master’s degree.”

Culture Encourages Teamwork

A sense of teamwork and camaraderie permeates the culture at CHMC. The hospital leadership believes this supportive environment plays a major factor in the longevity of employees at CalvertHealth.

“I’m excited to come to work because I know that no matter what type of assignments we have on the floor, the support available is just tremendous,” said Bowen. “No matter how the shift goes, we always rely on each other and there’s never a time in which I feel alone.

“I love how it feels like a team,” she added. “I know that if I need help, I always have my co-workers or charge nurse in my corner. Everyone truly is there for one another and that makes a world of difference.”

Making a Difference

“The most rewarding aspect of my job as a nurse is knowing that I’m making a difference in each patient’s life, even if small,” said Bowen. “Knowing that my compassion, my voice and time



can help a patient is one of the most rewarding feelings.

“If I was to give one piece of advice to anyone considering a nursing career, I would say it won’t always be easy, but it will always be worth it,” she said.

When she reflects back on her nursing career, Hyde said, “I’m flooded with pride. I am proud of the work I do in my community and I am proud of the skills I’ve learned through working at CalvertHealth.

“In March 2020, we became ‘Healthcare Heroes’ for serving on the front lines to care for the community,” she added. “Two years into the pandemic, I am still proud to be a nurse and I love having a career that is so rewarding.”

To find out more about the allied health scholarship offered by CalvertHealth Foundation, visit: CalvertHealthFoundation.org or call the foundation office at 410.414.4570. The application deadline is April 30.



DID YOU KNOW?

CalvertHealth Foundation has awarded 510 allied health scholarships totaling more than \$755,000 to area students.



CalvertHealth®

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

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

Physician Referral Line:
888-906-8773

Maryland Relay Service:
800-735-2258

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

RESIDENTIAL CUSTOMER

 CalvertHealth
Foundation



WHERE *Hope* **GROWS**
2022 Gala for Cancer Care

Saturday, November 12, 2022 | 6 p.m.
MGM National Harbor Grand Ballroom

Become a sponsor by July 30
for additional benefits.