



Calvert Health



Resilient. Resolved. Ready.

A Message from the President & CEO



#CalvertHealthStrong

Over the past several months, the team at CalvertHealth has come together in extraordinary ways to prepare for – and respond to – the coronavirus pandemic. As others in our community were asked to take a step back, our healthcare heroes stepped into action (*see related story on page 4*).

The coronavirus has changed how we live, how we work and has touched every part of our lives – especially here at the hospital. Our team expanded critical care beyond our ICU walls and saw true miracles at the hands of the medical team with our COVID-19 patients. We delivered countless babies, including twins – multiple sets of twins, in fact. Our emergency care team quickly embraced new processes for those who needed us the most and time and time again, they made it happen. Others worked to implement drive-thru testing, stand up a community hotline and start telemedicine appointments.

As the only community hospital in the county, our residents rely on us for their health and wellbeing. We've seen continued progress with the treatment of our COVID-19 patients and it gives us hope for the future – for both our health system and our community. Although I can't be sure what the days ahead will bring, what I do know is we prepare every day for this type of situation – and I have no doubt the team at CalvertHealth will be ready (*see related story on page 3*).

And to our community, we thank you. When we put out the call for assistance, you responded with an overwhelming outpouring of support. We received donations of medical supplies, fabric masks, financial support and donations of food as well as words of encouragement (*see related story on page 20*).

Thank you for the trust you've placed in us. We will not let you down. Together, we can build a healthier tomorrow.

Dean Teague, FACHE
President & CEO

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Faced with a towering set of unknowns created by a fast-moving pandemic, the CalvertHealth team responded with resilience and resolve to care for our community.

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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.

Our Pledge to You.

On behalf of the entire team at CalvertHealth, we'd like to take a moment to thank you for your loyalty and support of our organization and our healthcare workers.

The past several months have been unlike anything we've ever experienced, and through it all, we've been working hard to fulfill our mission of providing safe, high-quality health care and promoting wellness for a healthy community.

When you choose CalvertHealth for your healthcare needs, know this: Our top priority will always be to deliver safe, high-quality care. Every decision we make, every protocol or procedure we put in place is with the health and safety of our community in mind.

As elective procedures and other outpatient services resume, we want you to feel safe and comfortable when you, or a family member, place your trust in us to meet your healthcare needs.

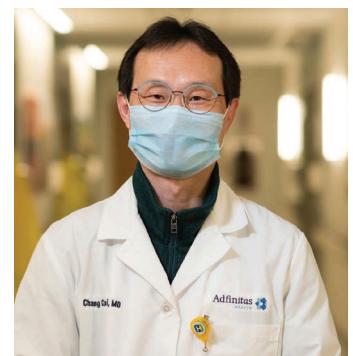
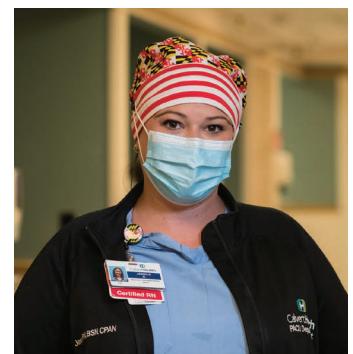
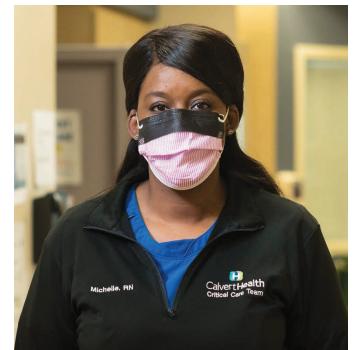
We are taking every possible precaution to protect you and our healthcare workers. We value the trust you've placed in us and that's why we pledge to you, our patients, our community, to continue earning your trust each day. Here are just a few of the things we're doing to protect your health and deliver high-quality care:

- ✓ **Following all Centers for Disease Control and Prevention (CDC) guidance** and increasing our already stringent cleanliness practices, including using state-of-the-art UV technology
- ✓ **Providing personal protective equipment (PPE)** to our healthcare workers and face coverings to patients that do not have their own
- ✓ **Practicing social distancing by scheduling appointments that limit the number of patients and employees** in an area and using telemedicine and other advances to provide access to care from your home or office

Being an independent, community hospital means caring for our family and neighbors – 24 hours a day, seven days a week, 365 days a year. As we look to the future, we accept the continued responsibility of providing safe, high-quality health care for our patients and their families.

Together, we can build a healthier tomorrow.

You can learn more about our approach to opening, details on how we're making the medical center and our outpatient service lines and practices safe, as well as the ways we're supporting our employees and community through this crisis on our website at CalvertHealthMedicine.org/OurPledge.



CalvertHealth Stands Strong at Center of COVID-19 Crisis

Leadership and Communication Pivotal In Launching Timely, Effective Response

“Faced with undoubtedly the most serious test we’ve ever seen, our people put aside personal fear, pulled together and did what needed to be done to take care of our community,” said **Dean Teague**, President & CEO, CalvertHealth.

“I’ve been in war zones and I’ve seen many things, but I’ve never seen a team like the one here at CalvertHealth,” said Teague. “During the pandemic, they were on the front lines, ready to give their all to combat this deadly virus,” he said, overwhelmed with emotion trying to articulate his pride in CalvertHealth’s workforce. “They never wavered in their determination to meet this challenge head-on.”

Early Planning Was Vital

On Mar. 19, the first case of COVID-19 was reported in Calvert County but CalvertHealth Medical Center had been gearing up for months. “We started

preparing as soon as we heard of the outbreak occurring in other countries,” said **Tony Bladen**, chief operating officer at CalvertHealth. “While some thought this may not impact our area, we were closely following what others were doing and made sure we were on top of the latest guidance from the Centers for Disease Control and Prevention (CDC) so we would be fully prepared.”

In a landscape that was changing by the minute, one of the first actions was to form a multidisciplinary coronavirus task force led by quality management – whose responsibility was to keep track of the changing guidelines, analyze what needed

to be done, revise processes or develop new practices, as needed, and provide daily updates to leadership that would serve as the foundation for decision-making.

“Even though we did not see an early spike in cases in Calvert, as compared to other counties in the state, we recognized the possibility of the spread and implemented best-practices proactively,” said **Nicole Hedderich**, MHA, BSN, RN, CPHQ, who oversees quality management at CalvertHealth.

“We started meeting in January,” said Hedderich. “Leadership conducted daily rounds with staff to bring their concerns to the table. We identified areas that needed immediate attention while simultaneously deploying work-from-home strategies and readjusting schedules so infection control staff and resources were available around the clock.”

Coordinating Across the Community

At the same time, the administration was reaching out to key stakeholders across the county to coordinate efforts. “It was important to us that we all worked together to take care of our community,” said Bladen. “Our executive team had daily calls with our key physicians and other county leaders to share information and to make plans.”

“Although the COVID pandemic created a frightening situation within our community,” said Chief of the Medical Staff **Dr. Wilfred Ehrmantraut, Jr.**, “CalvertHealth responded with an organized, multidisciplinary, coordinated approach to protect patients, staff and the community.”

“Although the COVID pandemic created a frightening situation within our community, CalvertHealth responded with an organized, multidisciplinary, coordinated approach to protect patients, staff and the community.” – Dr. Wilfred Ehrmantraut, Jr.



standing strong

Facing an Unprecedented Situation

There was a lot of uncertainty surrounding what to expect with this new virus but there was absolute clarity on the organization's focus. "From the outset," said Chief Nursing Officer and Vice President of Clinical Services **Diane Couchman, MBA, BSN, RN**, "we had two goals: to provide the best care to our community and to keep our employees and providers safe."

She went on to add, "When you have consistent benchmarks about what is most important, it is easier to make decisions – even difficult ones – and communicate clearly."

Bladen said, "We knew early on that in order to keep our employees, patients and the community safe we would need to make many changes to our daily operations from suspending service lines and restricting visitors to limiting access to the building and screening all entrants."

Environmental services escalated the already stringent cleaning of high-touch surfaces in public and clinical areas. All of these steps and more would be taken to ensure those on the front lines were kept safe. "There was no expense spared trying to protect the staff," said Ehrmantraut. "The administration did everything they could to get PPE (personal protective equipment)."

This diligence produced results. "To date, we have not had one hospital-acquired infection of any employee," said Chief Medical Officer **Dr. Ted Tsangaris**. "That is very impressive."

Adaptability Spurred Quick Action

The pandemic was as fast moving as were the efforts to address it. "Because our staff and providers were eager 'to do whatever was needed,' we were able to respond with incredible agility and nimbleness," said Couchman.

"Many staff worked extra hours or volunteered to work in unfamiliar areas to ensure their teammates had the help they needed and our patients were cared for appropriately," she said.

One week after the first positive coronavirus case, extra beds were added to the intensive care unit. Within 24 hours, the first bed was needed. That same weekend, the decision was made to convert the hospital's post-anesthesia care unit to an overflow ICU. Couchman said this had always been part of the surge plan. Two hours later, the first patient was admitted to this newly added area.

"As volumes in these areas climbed, the need to supplement our nurses caring for the growing number of critically ill patients was clear," said Couchman. Nurses from other areas in the hospital volunteered to assist. A streamlined orientation process was developed to train these "nurse extenders" on additional skills.

To fill the urgent need for community testing, a team was created including staff from community wellness, the medical group and registration to develop a drive-thru program at the medical center that was up and running within days. It continued until the state site in Prince Frederick opened in late April.



"Without fail, everyone approached to do a new job, skill, work schedule, said: 'What can I do to help?... Where do you need me?... Tell me what I can do?'"

*- Diane Couchman,
Chief Nursing Officer*



& adapting



“It wasn’t a matter of ‘if’ the virus would spread to Calvert, but a matter of ‘when’ and we wanted to be prepared for any situation that may arise.”

*- Tony Bladen,
Chief Operating Officer*

Preparing for the Unpredictable

“CalvertHealth Medical Center regularly drills and trains for similar types of situations on an ongoing basis,” said Bladen. “This helps us identify gaps and focus on the safest way to care for our community and those providing care.”

Director of Emergency Services Director **Stephanie Cleaveland, BSN, RN** describes how the unpredictability of COVID-19 shaped preparations behind the scenes. “In early March, the information we were receiving, like everyone else, was constantly changing and evolving.”

As a result, the emergency department (ED) quickly enacted full precautions for any patients with fever, cough or shortness of breath. PPE (personal protective equipment) was placed outside exam rooms and all staff were encouraged to wear masks when working with patients. “Dr. (Stephanie) Dabulis and I sent a clear message that our first priority was to protect staff and patients from inadvertent exposures.”

She went to add, “Hearing this consistent message of concern for their safety and support from administration helped to ensure the ED was ready and able to handle the volume.”

Close Relationship with First Responders

“Having a great relationship with local EMS, fire and police helped immensely,” said Cleaveland. “We drill frequently and are very familiar with each other. We are all an extended family.”

In the beginning, Cleaveland said she worked closely with Calvert County Government EMS Specialist **Heather Howes** to develop safe and efficient processes to meet the needs of the community and the medical center. “This ensured any changes affecting operations were communicated timely and effectively.”

COVID Presented Unique Challenges

“The ED staff are trained to handle surges in volumes from disasters but this situation was different because we didn’t know when we would receive the patients,” said Cleaveland. “Also, these patients would need long-term critical care versus the short stays the ED is set up to handle.”

Cleaveland said COVID-19 patients presented many challenges to the ED as this novel disease often had daily new and changing treatments and/or nursing care. “ED educator **Jen Lankford** faced this challenge head on and quickly began to prepare the staff for new techniques. She spent many hours reading, preparing videos and providing one-on-one training with staff. Jen was often here well into the night shift walking the staff through a new process.”

Despite putting conservation practices in place, some essential items – like hand sanitizer and N95 face masks – became critically short in supply. Bladen said the staff responded with ingenuity to come up with creative solutions. Pharmacy Director **Kara Harrer, PhD**, and her staff started making hand sanitizer using 75% alcohol. A surgical services team, led by **Becki Jenkins, CRCST, FCS, PhD**, devised a method for sterilizing 50-80 masks per day so they could be used up to three times without damaging their performance.



planning ahead

Rising to Meet the Surge

“Even during these demanding times, we figured out how to be more efficient and effective, to ensure if you came in with a heart attack or stroke you would be cared for at the highest level,” said **Dr. Stephanie Dabulis, MD, FACEP**, chairman & medical director of the emergency department.

While preparation and planning were key, she said, it was the people who would make the crucial difference. “I truly feel like our people shined through all of this,” said Dr. Dabulis. “Every day something was different and every day the leadership group responded to those changes and made it a reality.

“There was a lot of respect for each other’s roles and a willingness to work together to get the job done,” she said. “There was no ego ... no credit. It was a team effort and it was impressive.”

Dr. Dabulis, who spent 11 years in the Navy, said the sense of duty to patients was palpable. “There was a fear of illness and sickness and potentially death but they never hesitated to put it all on the line. It brings me to tears to think about how they would head into the room of the sickest patient and put every effort into making sure that person lived.”

Pulling Together for a Higher Purpose

Dr. Ehrmantraut credited community physicians for their significant support. “**Dr. Ramin Pirouz**, who is medical director for critical care, performed hereculean feats in the ICU. **Dr. Peter Wisniewski** was a tremendous help to him in the ICU. **Dr. Paul Pomilla** was also instrumental in helping with this.”

Couchman, who was the driving force leading the continually evolving response between nursing and patient care efforts and challenges, said, “I saw laughter, tears stress, anxiety, frustration and uncertainty, but through it all, everyone stayed focused on caring for our patients.”

For many it meant modifying their own lives to protect their families at home. Dr. Pirouz, who spent countless hours in the ICU taking care of patients with COVID, slept in a trailer away from his wife, who was pregnant and would later deliver a baby girl. “There are so many people who have made sacrifices,” he said. “I can’t tell you the number of hours and days **Karen O’Connor, ANCP** put in. I can’t speak enough about everyone involved. I can’t thank them enough.”

Others found themselves working in departments they had never practiced in before, learning new routines and protocols as they went. “The nurses really stepped up to learn new skills that are meant to be learned over a six-month period ... they learned within a week’s time,” said O’Connor. “They were amazing really.”



“We felt a responsibility to all 92,000 people in this county to be ready to receive them.”

*– Stephanie Dabulis, MD, FACEP,
Chairman & Medical Director,
Emergency Department*





“Open communication allowed us to make real-time decisions in this challenging situation.”

*- Dr. Wilfred Ehrmantraut, Jr.,
Chief of the Medical Staff*

Communicating Openly & Clearly

“The transparency of communication was essential,” said Chief Medical Officer **Dr. Ted Tsangaris**. “We made sure everybody knew what was going on” from the daily leadership briefings and executive rounds on all the units to the weekly calls with community providers and regular updates on treatment regimens.

“Having a communications strategy in place that linked all the key players together ensured critical minutes weren’t wasted and accurate information was shared with board members, patients, families, staff, the public, community partners and local officials,” said **Theresa Johnson**, who oversees corporate communication.

Communication efforts were enhanced by a group of ambassadors pulled from different departments and locations to make sure the information was thoroughly disseminated. “I think the daily update really helped the staff have a clear understanding of what was going on from day to day,” said **Kayla D’Agostino**, who manages patient access services.

Keeping the Public Informed

Early on, Johnson said the medical center received an overwhelming number of calls from residents seeking information on coronavirus. “They were just scared and had a lot of questions,” she said. “They didn’t know what to do. So, they were calling us because they needed information.”

CHMC set up a hotline to respond to this community need. Additionally, the medical center posted frequent updates on its website and social media to share time-sensitive information with the public about what was happening.

Leadership Was a Visible Presence

“We’re reviewing everything together ... supplies, PPE, medications, staffing, the number of patients affected and the latest recommendations. It’s a non-stop process,” said Dr. Ehrmantraut.

He said the weekly teleconference with the medical staff provided a forum to answer questions and address concerns. “This allowed both CHMC and our community providers to be in sync facilitating treatment of our patients.”

Dr. Ehrmantraut also routinely rounded with Teague and Dr. Tsangaris on the floors.

“They were always there, checking on us and asking us if we needed anything,” said ICU nurse **Michelle Smith**. “As soon as we brought up issues they were on it, brainstorming so our needs were quickly addressed.”

“Their presence meant a lot,” said Smith. “Just letting us know they’re there for us. It mattered ... knowing they do care about what’s going on in the unit and the things that we need.”

Dr. Pirouz’s regular updates on treatment regimens to the pharmacy meetings were invaluable. “This was new to everyone in the medical community,” he said. “It was really challenging because information was coming out so rapidly. Ted (Dr. Tsangaris) and Bud (Dr. Ehrmantraut) were very aware of what we were going through and made sure we were updated and following the latest practice guidelines.”



staying informed

Connecting in New Ways

As social distancing became necessary, CHMC quickly rolled out a wide array of options for staying accessible while keeping everyone safe – from telemedicine visits with providers and online diabetic counseling to an online wellness series for cancer survivors and a virtual support group for Parkinson’s patients.

“Even during the pandemic, aches, pains and other ailments do not stop,” said **Dr. Keyonna Proctor** with CalvertHealth Primary Care. “We still have patients to care for but needed to modify how we have been doing it.”

From late March to May 20, some 18 providers with CalvertHealth Medical Group provided 2,000+ telemedicine visits, according to **Meagan Drees**, executive director of the group. She said one-fourth of the patients were over age 60 while those age 50-59 made up another 25 percent. Drees said hypertension, anxiety and diabetes were the top three health concerns being addressed in telemedicine visits (*see story on page 12*).

Drees said CHMG plans to continue to offer telemedicine visits provided the temporary waiver, enacted as part of the coronavirus emergency, remains in effect. The waiver allows Medicare and all major payers to reimburse virtual visits at a similar rate as in-person visits.

“Most patients like the ease and comfort of a telemedicine visit,” said Dr. Proctor. “I think telemedicine visits are definitely an effective way to communicate with and treat patients in many situations.” She went on to add, “There are, of course, some cases where having a patient physically in the office is necessary.” Drees said CHMG is reaching out to at-risk patients to offer additional support.

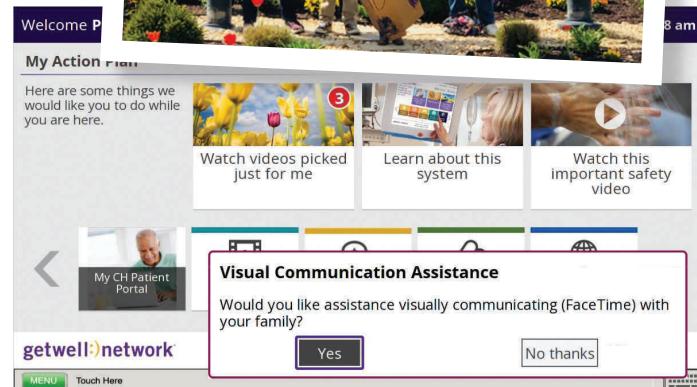
Staying in Touch Remotely

“It’s been hard for patients to be separated from their loved ones during such a scary time,” said Couchman. “They understand and respect the rationale but that doesn’t make it any easier. It is also extremely hard on family members.”

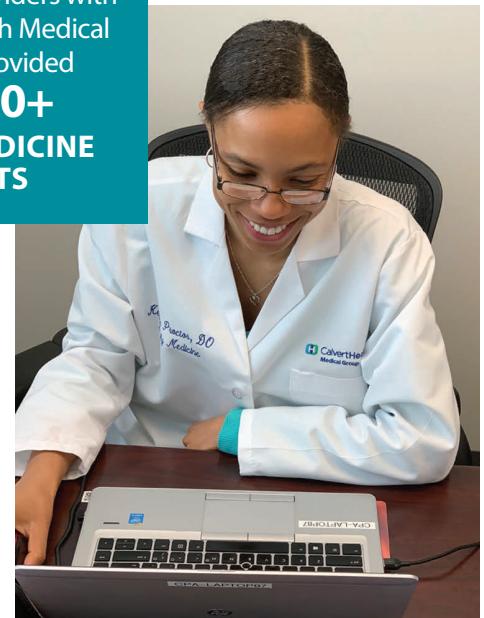
In the beginning, Hedderich said, staff and providers were placing daily (if not more often) calls to the families. “Nurses were also using their own smartphones to allow patients to FaceTime.” She added, “Now, we’ve designed a process using the GetWell Network®, which is available in all inpatient rooms.” Twice each morning Monday - Friday, the interactive bedside computer system asks patients if they would like help getting in touch with their family. A ‘yes’ response generates an email to a patient advocate who then visits to provide assistance.

Hedderich said the ED, ICU and Level 3 also implemented the use of iPads to communicate with patients, helping to limit the amount of time staff had to access the room.

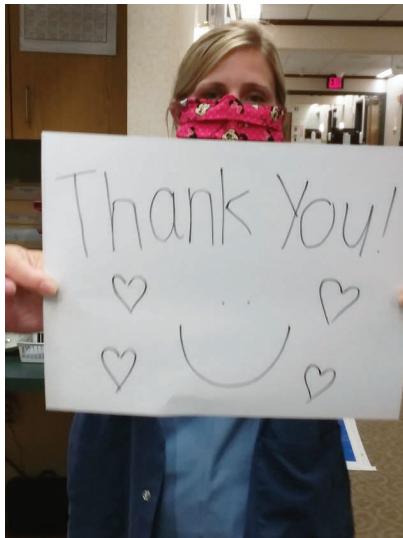
“I felt like using the iPad was a nice bridge,” said Dr. Dabulis, “because I didn’t have my face mask on, I could talk to the patient and bond with them.”



From late **MARCH TO MAY 20**, some 18 providers with CalvertHealth Medical Group provided **2,000+ TELEMEDICINE VISITS**



“Telemedicine visits allow me to provide care to those in need during this difficult time.” – Dr. Keyonna Proctor, CalvertHealth Primary Care



“I have been deeply moved by the outpouring of support from our community. It melts our hearts.”

- *Stephanie Cleaveland,
Director of Emergency
Services*

Uplifting Spirits with Gratitude

“We know our community is behind us ... we feel it every day,” said Couchman. “There have been so many donations of food but the messages of support and appreciation that came with the food made it even more meaningful.”

Exhausted from hours in PPE and the tension of not knowing what was next, she said, the staff often felt their spirits uplifted by the outpouring of support from the community. “It has made a profound impact on staff morale.”

These gestures of gratitude go a long way in acknowledging these are real people making real sacrifices – from the heartfelt words printed on cards made by local third-graders to the inspirational chalk messages left anonymously on the sidewalk outside the ED entrance to the emotional rolling roll call by the Calvert County Sheriff’s Office and tributes by fire departments and EMS, in honor of all those working tirelessly on the front lines.

Yes, they are doctors and nurses and technicians and support staff. But behind their masks and protective gear they are mothers and fathers, neighbors and friends with families and loved ones of their own. This moment of solidarity is an uplifting reminder #weareallinthistogether.

“I am so thankful for the community because we have pulled from their strength,” said Dr. Dabulis. “I have never felt more valued as a healthcare worker than I have today.”

Getting Through Tough Times

“Our community has reached out to the hospital offering many services and necessary items,” said Bladen. “The donations of supplies assisted us in getting through some of the most challenging times of the pandemic. (See related story on page 20)

“The talent and generosity across our community is amazing,” he said. “We had numerous individuals and businesses using their technology to produce prototypes of 3D printed masks, valves and other devices to make N95 masks fit more comfortably for our frontline staff that were focused on taking care of our patients.”

When Bladen retired from the FBI he chose to work at the hospital because he wanted to give back to the community. “What I have learned,” he said, “is how much the CalvertHealth team and the Calvert County residents give back to me and others.”

Smith, who has been an intensive care nurse for 11 years, said, “Personally, and I think I speak for my co-workers ... it was just the sense of being seen and being acknowledged.”

When she got home from work one day, a neighbor walking by saw her scrubs and said: “Thank you for what you do.” A stranger in the grocery store told her: “I heard you were working really hard.” Smith said, “Those little things really mean a lot to us.”



Moving Forward with Resolve

“I am continually humbled by the commitment of our team – to our organization, to each other and to the community we serve,” said Teague. “I want people to know they can count on us to be here when they need us most.”

Dr. Tsangaris said he was very proud of the way CalvertHealth responded during the COVID crisis. “We attacked the issue in a way that meant you did not have to leave Calvert,” he said. “If a family member asked: ‘Are you doing everything for my family member I could get elsewhere,’ my answer was: ‘Absolutely.’ ”

Of the 113 COVID patients treated as of May 18 at CalvertHealth Medical Center, 20 required intensive care. Only three were transferred for acute care. Some 74 were able to go home; seven required home health and four were discharged to either a skilled nursing or rehab facility. The average length of stay was nine days. There were five fatalities.

As the governor unveils his roadmap to recovery, the hospital is also looking ahead. “The federal and state government has communicated clear guidelines about how and when we can start reopening service lines and allowing visitors,” said Couchman. “CHMC is building a recovery plan that is aligned with the federal and state guidelines.”

Even though the number of coronavirus cases, at least in Calvert County, appears to be leveling off, Dr. Ehrmantraut said the need for preventive measures – like social distancing, hand-washing and wearing face masks – will need to continue in the short-term to control the spread of the virus until a vaccine is available, which is not expected before next year.

Making Safety the Top Priority

“The community needs to know we’re doing everything possible to prevent the spread of COVID,” said Bladen. “They do not need to be worried about coming to the ED or the hospital for care.”

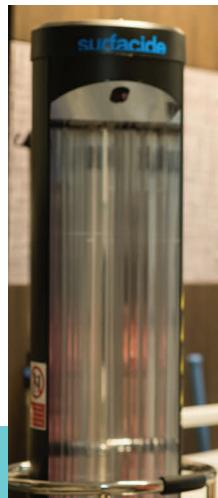
He went on to add, “Our environmental services team is working diligently to clean and sanitize the hospital daily. I also want the community to know we pride ourselves on how the medical center is a leader in the state regarding the overall safety and quality across all service lines.”

According to Bladen, CHMC invested in state-of-the-art UV technology as a means of sanitizing the environment more than six years ago and has since added more units and upgrades. *For more details on what CalvertHealth is doing to keep you safe, go to: CalvertHealthMedicine.org/OurPledge.*

Of particular concern, said Dr. Dabulis, are residents who might be delaying coming to the ED for fear of getting the virus and are getting sicker. “My message to them is: ‘We’re here, we’re ready and we’re able to take care of you just like we’ve always been.’ ”



“I think the future for CalvertHealth is very bright. This is a serious hospital.”
– Dr. Theodore Tsangaris,
Chief Medical Officer



bringing Calvert Health to You

On March 12, CalvertHealth made the difficult decision to suspend all face-to-face programs between staff and the community due to concerns for safety.



With a mission to empower, educate and encourage people on the path to wellness, Community Wellness Manager Erin Marie Farley, BSN, RN, knew her department would need to retool how they worked to support the hospital, its patients and the community during the COVID-19 pandemic.

“This virus has changed all our lives and as we face some of these new norms, we feel strongly about helping our community,” said Farley.

“We are planning for the day when restrictions are lifted,” said Farley, adding, “We miss the face-to-face interactions with our community, so until we can safely welcome the community back to our classrooms, we are going to try to bring our classrooms to them.”

Donna Sisson, RN (below), answers a call on the COVID-19 Community Hotline. The hotline is operational Monday through Friday from 8 a.m.-2 p.m.



COVID-19 TESTING

Well before the state established COVID-19 testing in Calvert County, Community Wellness set up a drive-thru testing site on the CalvertHealth Medical Center campus using the Community Mobile Health Center as a base for staff. They tested more than 120 people.

Beginning April 28, CHMC and the Calvert County Health Department, in partnership, began offering drive-thru testing for COVID-19 through the state’s testing program.

“We have tested more than 500 people as of June 1, and expect to continue to test those with a prescription from a provider through the summer,” said CHMC Public Health Social Worker **Sharon Pruitt, LBSW**, who is tracking testing for the CalvertHealth Community Wellness Department.

“ASK-A-NURSE”

As CalvertHealth began receiving an overwhelming number of calls for information from the community, Community Wellness set up a hotline.

“We see ourselves as a resource for the community and want to be available to help provide accurate information on what is happening locally and what services are being provided through CalvertHealth and others.”

The **COVID-19 Community Hotline number (410.535.8469)** was set up, initially, to answer the most pressing questions about the virus. Soon, it became more than that, according to Farley.

“It was not just a COVID-19 hotline – we were getting calls from people who were scared and emotional. Often there is an emotional piece to a phone call along with the main reason for their call, and we want to be here to help in any way we can,” said Farley.



People, Programs and Services in Our Community



PARKINSON'S ROCK STEADY

Patients in the Parkinson's Rock Steady class and support group receive emails with instructions and visuals for them to perform that week on their own. Participants can also join pop-up social groups and workouts via Zoom.

"Rock steady boxing makes the participant stronger physically, emotionally and intellectually. Exercise is the one way to slow the progression of Parkinson's, so the Zoom online boxing classes allow us to see each other and stay connected while maintaining our fitness level – and most important not lose ground," said **Erin Moore, PTA.**

VIRTUAL Support Groups

Make connections and stay involved by participating in a virtual support group! CalvertHealth is pleased to offer virtual support groups for a variety of topics including breast cancer, breast feeding, general cancer, diabetes and stroke.

As classes and programs begin to reopen, visit: [CalvertHealthMedicine.org/Classes](https://www.calverthealthmedicine.org/Classes) or call **410.535.8233** for the most up-to-date information and offerings.

DIABETES WELL-CHECKS

The Wellness team reached out to newly diagnosed diabetes patients and patients with gestational diabetes to help them stay connected with CHMC nurses and nutritionists. "It is important for all diabetes patients know how to test and maintain safe blood sugar levels," said **Darleen Reinking, RD, LD, CDCES**, adding, "We want patients to know that someone is following them."

One of the patients Community Wellness checked on was Priscilla Alvidos, who is a diabetic and in the final months of her pregnancy. "Hearing from a nutritionist and going over my diet gave me confidence that I was doing everything right for my pregnancy," she said.

NEW ONLINE EDUCATIONAL PROGRAMS, SUPPORT GROUPS

Online educational programs are required to be ADA compliant before they can be offered to the community, and Community Wellness is working to develop the easiest and most cost-effective ways to bring CHMC programs to the community.

"We are working to continue to reach and keep in touch with people who need wellness support in any way that works for them. Technology has allowed us to connect with people like never before, but we recognize that not everyone in Calvert has internet access, so in some instances we may need to reach out by phone and email," said Farley.

SUPPORTING LOCAL FARMERS

"Our fitness and nutrition team has partnered with Calvert County Farmers Markets to show our commitment to local farmers," said Farley. The Community Wellness team, following strict infection control recommendations, assists by providing safe interactions between vendors and drive-thru visitors Tuesdays between 2:30 and 6:30 p.m. in the CHMC parking lot.

"Once it is safe, we plan to set up a booth and provide cooking demonstrations, samples and recipes to help the community toward healthier eating," said Community Wellness Dietitian **Karen Mohn, RD, LDN.**



Supportive Care Resources Expanded for Cancer Survivors

CalvertHealth is expanding its survivorship program to offer additional supportive resources to care for the special concerns cancer survivors may have, including an online wellness series, education for primary care providers and in the fall – its 1st Annual Survivor Day.



“Our goal is to improve the quality of life for our cancer survivors,” said **Carrie Tilley, MS, ANP-BC, RN, ANOCP®**, who is helping to develop the survivorship program at CalvertHealth. “Special areas of focus include physical activity and nutrition, as well as emotional and practical support.” The program is open to caregivers, as well.

She is collaborating on this effort with medical oncologist **Dr. Arati Patel**, oncology nurse **Lisa Pumphrey, RN, BSN, OCN** and **Kasia Sweeney**, who oversees oncology services at CalvertHealth Medical Center.

These pilot programs are funded by a grant from the Centers for Disease Control and Prevention and the Maryland Department of Health Center for Cancer Prevention and Control.

In May, a four-part online wellness series was offered. All the lectures were recorded and remain available to patients and families who were unable to participate.

An education program for primary care providers on survivorship issues is slated for the fall. “Our goal is to increase communication and collaboration with community providers to enhance long-term care of our cancer survivors.”

Assuming in person-events are possible, CalvertHealth is also planning to host its 1st Annual Survivor Day in the fall. The event is all about celebrating milestones together, showcasing resources available to support our families and recognizing those who have helped them along the way. Tilley said the event is open to all of our cancer survivors and their families.

Tilley to Lead Survivorship Initiative

Advanced oncology certified nurse practitioner **Carrie Tilley, MS, ANP-BC, RN, AOCNP®** brings wide ranging oncology nursing expertise to her new role at CalvertHealth. She will be involved in direct patient care as well as developing the survivorship and supportive care programs.



Tilley has 17 years of experience in medical oncology in academic, inpatient and community settings as well as private practice. During that time, she spent five years in breast oncology. She led the survivorship programs at George Washington University and the University of Maryland Baltimore Washington Medical Center.

She has a strong background in patient education. “My patients tell me I explain information in a way they can understand,” said Tilley. “This is very important. I always try to consider the patient and family perspective because it helps to identify ways we can improve care.”

Her philosophy of care focuses on working with patients as partners in their care. “I want my patients to feel heard and well taken care of when they come to see me,” she said.



TO LEARN MORE OR TO REGISTER for any survivorship event,
email: cancerprograms@calverthealthmed.org

Oncology Program Welcomes Bosley



Board-certified nurse practitioner **Wendy Bosley, MSN, CRNP** brings extensive nursing experience in oncology to her new role at CalvertHealth. She will see patients in the breast center as well as the hematology/oncology practice. “I am excited to be part of the growth and development of an organization that is committed to improving the lives of cancer patients.”

Bosley has a strong background in caring for patients with many different types of cancer in all staging and treatment phases of care. She spent 10 years as a nursing supervisor at the Johns Hopkins Hospital in the Oncology Center and 3 ½ years as a nurse practitioner at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center.

She went on to add, “I’ve trained with some of the finest specialists in the world and this position enables me to bring this skill set to caring for our community patients closer to home.”

Bosley takes a holistic approach to patient care. “My goal is to educate patients and to empower them to play an active role in their own health.”

Breast Imager Joins Breast Team



The CalvertHealth Sheldon E. Goldberg Center for Breast Care is pleased to welcome **Dr. Bora Lee**, a fellowship-trained breast imager from Johns Hopkins to its multidisciplinary team. Dr. Lee, who is board certified in diagnostic radiology, has practiced exclusively in breast imaging for nine years.

Dr. Lee sees patients in the Calvert Medical Imaging Center (CMIC) and works closely with the medical center’s cancer program. She has a special interest in minimally invasive procedures including image-guided biopsy.

Before coming to Calvert, Dr. Lee was an Assistant Professor for Radiology at The Johns Hopkins School of Medicine for four years where she was actively involved in patient quality and safety.

Dr. Lee graduated from the University of Virginia School of Medicine in 2005 and went on to complete her residency there in 2010 and a fellowship in breast imaging at the University of California Los Angeles in 2011. When it comes to patient care, she said: “To me, every patient is a VIP.”

CalvertHealth Cancer Care Earns Accreditation with Commendation

CalvertHealth Medical Center’s oncology program was recently granted a three-year accreditation with commendation by the American College of Surgeons Commission on Cancer (CoC). This is the highest level of accreditation that can be awarded.

“We are honored to earn this accreditation from the Commission on Cancer for our oncology program,” said CalvertHealth CEO **Dean Teague**. “Earning this distinction demonstrates our commitment to providing high-quality, patient-centered care.”

To earn CoC accreditation, a cancer program must meet or exceed 46 quality care standards and undergo a rigorous onsite survey every three years. This accreditation is recognized by the National Cancer Institute, Centers for Medicare and Medicaid Services, The Joint Commission and the American Cancer Society.

When cancer patients choose to seek care at a CoC-accredited cancer center, they can be assured they are gaining access to the most-up-to-date, comprehensive, cancer care – from outreach and screening to diagnosis, treatment and survivorship.



Burch Joins CIMG

Board-certified Physician Assistant **Christy Burch, PA-C** has joined Calvert Internal Medicine Group and is working closely with board-certified infectious disease specialist **Dr. Paul Pomilla** to care for hospitalized patients affected by the pandemic.

She comes to us from MedStar Washington Hospital Center where she worked in the Surgical Intensive Care Units, caring for some of the most critically ill and injured patients in the area.

After completing her bachelor's degree in physiology and neurobiology at the University of Maryland, Burch became a firefighter/paramedic. She went on to earn her Master of Public Health (MPH) from Johns Hopkins University. However, she really missed patient care and wanted to return to it. She chose the PA school at The George Washington University where she graduated with a master's degree in health sciences.

"My father was a police detective," said Burch, "and that's how I think of myself sometimes. What do the clues tell me? Is there an infection? What is causing it? How should it be treated? What can be done to prevent it from happening again?"



CIMG Welcomes Knowles

Board-certified Adult Gerontology Nurse Practitioner **Kristen Antoinette Knowles, CRNP** joined Calvert Internal Medicine Group in 2019. Her primary role involves working directly with patients to safely prevent as well as manage cardiovascular disease.

She became a practical nurse at 18 and obtained her bachelor's degree in nursing from Long Island University in New York in 2010. Her nursing career has focused on caring for older adults. She went on to complete her master's degree in nursing in 2017 from Molloy College in New York while working in the intensive care unit. There she worked closely with patients before and after open heart surgeries and other heart procedures.

"Working as a nurse, I came to understand the need for preventive medicine and the importance of having an involved provider," said Knowles. "My cardiology training as a registered nurse centered on prevention. It was during that time I came to accept my calling."

Her philosophy of care comes from Jean Watson's Philosophy of Science and Caring. "Caring improves life's energy and enhances our capabilities."



CalvertHealth OB/GYN Adds New Provider

CalvertHealth OB/GYN is pleased to announce the addition of Certified Family Nurse Practitioner **Ashly Gray, RN, MSN, CRNP**. The group provides gynecological and obstetrical care for women of all ages in Calvert County and the surrounding areas.

The CalvertHealth OB/GYN team is experienced in the latest minimally invasive gynecological surgical techniques and treats a wide range of women's health issues including reproductive and pelvic health, breast cancer screening, gynecologic cancer screening, contraception management and osteoporosis.

Gray developed her passion for women's health working as a registered nurse in labor and delivery at the CalvertHealth Family Birth Center for the past six years. "I want my patients to feel comfortable enough to share all their concerns with me so we can make a plan of care together."

She went on to add, "My hope is that when patients leave the office they not only understand their next steps but are confident they can achieve them to ensure they are the healthiest they can be." Gray got her master's in nursing from Walden University in Minneapolis, MN and earned her certification as a nurse practitioner in 2019.



CalvertHealth Vascular Center Welcomes Wuamett

CalvertHealth Medical Group is pleased to announce the addition of board-certified vascular surgeon



Joseph C. Wuamett, MD, RPVI to the Center for Vascular Care at CalvertHealth. He brings broad-based experience in diagnosing and treating a wide variety of vascular issues from varicose veins to aortic aneurysms as well as dialysis access and chronic wounds.

“I am excited to welcome Dr. Wuamett to our growing team of surgical specialists and providers. He will help meet an important need in our community and expand the expertise that our organization offers,” said CalvertHealth President & CEO **Dean Teague**.

He comes to CalvertHealth from Cardiology Associates in Annapolis, where he developed an outstanding reputation among referring providers and patients in both Anne Arundel and Calvert counties. He is noted for being knowledgeable, a good listener and explaining thoroughly and understandably.

Dr. Wuamett believes every patient is unique. “They all have a very specific set of values, personal background and medical history that makes them different from everyone else,” he said. “The solution to a problem for one patient may be very different from what it is for another. When a patient leaves my office, I want them to feel I have been thoughtful, caring and thorough. They should be confident that I will always put their interests first.”

He completed his general surgery training at St. Luke’s- Roosevelt Hospital in New York City and his fellowship in vascular and endovascular surgery at Eastern Virginia Medical School.

Plastic Surgeon Joins CalvertHealth Surgical Group

Board-certified plastic surgeon **Dr. Wilfred Ehrmantraut, Jr.** of Plastic Surgery of Southern Maryland has joined CalvertHealth’s multidisciplinary surgical group, which also includes general surgery, surgical oncology and vascular surgery.

With more than 20 years of surgical training and experience, Dr. Ehrmantraut is a well-respected surgeon with an outstanding reputation for providing exemplary results and patient care.

“I believe the move will facilitate more rapid specialized care for our patients,” said Dr. Ehrmantraut. “A multidisciplinary surgical group allows the surgeons of different specialties to coordinate our efforts to better serve the patients of our community.” His office will be relocating to the CalvertHealth campus in Prince Frederick.

Dr. Ehrmantraut has been a long-time member of the organization. He has chaired the department of surgery at CalvertHealth and served on the operative and invasive committees as well as the leadership team of the Sheldon E. Goldberg Center for Breast Care at CalvertHealth. He currently serves as the chief of the medical staff.

In solo practice since 2002, Dr. Ehrmantraut said he believes this new alliance will have a positive impact on patient care and the delivery of services. “He’ll (Dr. Tsangaris) be treating the various cancers and I’ll be doing the reconstruction. We really need the ability to be able to communicate real-time so we can make decisions quickly and treat our patients more effectively. This is a plus for everybody.”

CalvertHealth surgical group includes (l-r)vascular surgeon Dr. Joseph Wuamett, plastic surgeon Dr. Wilfred Ehrmantraut, Jr., surgical oncologist Dr. Theodore Tsangaris and general surgeon Dr. Ervind Bhogte.



New Unit Increases Capacity for Behavioral Health Patients

Expanded Partial Hospitalization Program Serves Adults, Teens

On May 26, CalvertHealth Medical Center opened its newly renovated Behavioral Health Unit for the Partial Hospitalization Program (PHP). The timely move not only provides a designated space for the PHP program, but allows for expanded volume to meet the increasing need for these services.

According to a recent study by Vizient, a national health care performance improvement company, the need for behavioral health services is expected to increase within the next six to nine months due to anxiety with COVID-19.

“With the Partial Hospitalization Program in a separate, specially designed space, we will be able to accommodate more patients, with separate staff for adults and adolescents. In the previous space before current restrictions with COVID-19, we could only accommodate a maximum of 15 PHP patients,” said Vice President, Clinical Services/Chief Nursing Officer **Diane Couchman, MBA, BSN, RN**.

“This is a very exciting time for us, and for the community,” said Behavioral Health Unit Director **Jennifer Messix, BSN, RN-BC**. “Calvert County has seen an increase in patients with mental health needs and we are proud of our efforts to meet those needs through improved facilities and programs that help people in crisis.”

Behavioral health encompasses a wide range of conditions that affect a person’s thinking, mood and behavior. CalvertHealth’s Behavioral Health Unit provides essential care for persons with depression, anxiety disorder, bipolar disorder, schizophrenia, post-traumatic stress disorder (PTSD) and other behavioral health conditions.

When a person comes to the emergency department (ED) or is brought in by family or friends for a behavioral or mental health emergency, he or she is immediately seen by a physician who puts in a request for an emergency psych social worker. Once the patient is medically stable, or no longer under the influence of drugs or alcohol, the social worker can do a full evaluation. The team of ED physician, social worker and CHMC’s on-call psychiatric provider determines if the patient should be admitted, should be enrolled in the Partial Hospitalization Program, or should be discharged with a follow-up plan for treatment.

“All members of the treatment team work together to identify the appropriate level of care for the patient,” said Couchman.

In 2019, CHMC Emergency Psychiatric Services assessed 1,381 patients in the ED. Of those, 377 were admitted to inpatient services, 134 were admitted to outpatient PHP services, 174 were transferred to other facilities and 696 were discharged with resources provided, according to Messix.



Partial Hospitalization Program

PHP is an outpatient program serving patients with mental health concerns following discharge from an inpatient stay or following an evaluation in the emergency department. When it is determined that the patient would best be served in an intense, structured outpatient program, they are enrolled in PHP.

The PHP team is comprised of a psychiatrist, a PHP coordinator that is a registered nurse, adolescent counselor, an adult counselor and a social worker.

As a group experience, PHP patients gather for 6.5 hours during the day for therapy, structured activities, and individual meetings with staff. Adults 18 and older, and adolescents older than 13 and younger than 18, meet in separate, age-appropriate areas. Each wing has a group meeting area, dining and social areas, consultation rooms and staff facilities. School-age patients work with a staff member who coordinates schoolwork and homework with the school system.

When Should I Seek Help?

Diagnosing mental illness isn't always straightforward. According to the National Alliance on Mental Illness (NAMI), each condition has its own set of unique symptoms, though symptoms often overlap.

Common mental illness signs include:

- Feeling very sad or withdrawn for more than two weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behavior that causes harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Significant weight loss or gain
- Seeing, hearing or believing things that aren't real
- Excessive use of alcohol
- Illicit drug use
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities

Where Should I Seek Help?

If you or your friend or loved one is in immediate need of help, call 911 or go to the nearest hospital emergency department. For non-urgent assistance, contact your health insurance provider for a listing of local counseling and therapy providers. Calvert County Mental Health Clinic, through the health department, provides programs and services to individuals of all ages who have mental, emotional or substance use issues.

Coping with Stress and Loneliness During COVID-19

Mental health experts recommend keeping things in perspective and getting the facts as the top ways to manage and alleviate stress during this infectious disease outbreak.

Set limits on how much time you spend reading or watching news about the outbreak:

- Make sure to take time away from the news to focus on the things in your life that are going well and that you can control.

Find resources you can depend on for accurate health information, such as:

- Your family doctor
- State and local health departments
- U.S. Government agencies such as Centers for Disease Control and Prevention (www.cdc.gov) and the World Health Organization (www.who.int/en) that provide up-to-date, science-driven, accurate information as well as advice on recognizing truth from myth.

Follow strategies that work for you to ensure your well-being and mental health:

Keep to a regular schedule as much as possible—create a new normal routine

Start each day with a plan of a few things that you can definitely do—be realistic

Stay active—check out how-to videos on Tai Chi, yoga, or low impact workouts

Go for walks outdoors—reconnect with nature

Connect with others—call or write to someone who might also be lonely

Find sources of comfort—revisit favorite movies, books, songs, meals

Create something—write poetry or take up a new hobby

Plan for the future—remember that stress and loneliness are emotions that can be managed

Reach out—ask for help if you feel overwhelmed, anxious or depressed

Sources: Substance Abuse and Mental Health Services Administration and Verywell Mind



Community Rallies to Support Hospital

“We have been blown away and humbled by the enormous outpouring of support for the hospital from our community. We couldn’t do what we do without the generous spirit of Calvert County.”

- Dean Teague,
President and CEO

Calvert County is a special place where friends, families and neighbors care about one another. This has never been more evident than during the recent COVID crisis. “From very early on, businesses and individuals were asking what they could do to help. Even now, months later, the swell of donations has continued to grow,” said Director of Patient Experience and Volunteer Services **Susan Stevens**.

Patient Advocate **Liz Chandlee** joined with Stevens to coordinate the response and work with the community on what items were most needed. Hundreds of individuals and families, nonprofits and businesses have shown incredible resourcefulness and generosity during these times. Here are a few of their stories. And there was a ripple effect that continued well beyond her initial team.

“A community with the spirit to meet a challenge”

Marianne Harms, of Huntingtown, watched the news and saw nurses at hospitals in New York City in need of masks and other protective equipment, and knew she wanted to do something to help organize her own community prepare for whatever might happen. With a maxim of “Go Big” for every project she tackles, she spoke with hospital administrators in late March about her idea for a 5,000 mask challenge.



When she first came to Calvert more than 30 years ago, Harms didn't know many people, "but as soon as I started joining clubs and fundraising efforts, I started to build a wonderful network of friends." That network jumped into action when Harms told them about the challenge.

"I thought with the talent and community spirit here in the county, we could help meet the need for masks until the normal supply chain could catch up," said Harms. She wasn't wrong. Like a ripple effect, each sewing volunteer brought in more friends from their own network to help. Through the efforts of Harms and many others, the hospital has received 5,400 masks.

"It's all about loving, caring and serving"

"When we learned we would be blessed to be able to stay open, and when we saw the numbers [of those affected by COVID-19] trend upward, we knew we might be in a position to help keep supplies moving to the hospital if they needed them," said **Ben Banyasz** of **Sneade's Ace Home Center**.

"They were the first call asking what we needed," said Stevens, adding, that the hospital received N95 masks and protective eyewear. "When we were low on hospital gowns, Ben came up with the idea to donate Tyvek coverall suits," Stevens said.

Local fire, rescue, EMS and law enforcement professionals turned out in celebration of our local healthcare heroes. The CHMC team gave a big thank-you to their partners in care.



"Even though Calvert has grown, it still has a small-town feeling and giving back to the community is always something the Sneade family has strived for," said Banyasz. "We rely on the healthcare providers who serve the community with love and care. For us, it's all about loving, caring and serving."

"It's important to let them know we are thinking of them"

Linda and Frank Smith, of Huntingtown, who have been longtime supporters of the hospital after attending a gala almost 15 years ago, challenged friends to donate to the COVID Community Emergency Impact Fund and they would match those donations up to \$1,000—which they quickly reached.

"For the people working in the hospital so many hours a day, we feel it's important to let them know we are thinking of them, even though we can't come into the hospital to help," she said.

"We really want the staff to know how much we appreciate them. They are really on the front lines of a dangerous enemy right now and it is just amazing what they do," said Foundation Board member **Frank Smith**.

"A tug at our hearts to do something"

Longtime Calvert County residents and high school sweethearts **Cindy and Tim Parlett** said they wanted to join their friends in a \$1,000 matching fundraising challenge when they realized the hospital was going to need supplies. "We felt a tug at our hearts to do something," said Cindy Parlett, who is vice chair of the Foundation Board of Trustees.

With a daughter in the healthcare field, the Parletts are aware of how challenging these times are for hospital workers.



Local first responders showed their heartfelt appreciation for CHMC during Hospital and Nurses Week.

“We feel we always have a friend looking out for us”

“I think we’ve kept the sewing machines humming,” said **Andrea Cooper**, of Owings, of the many volunteers in Calvert County who have been sewing masks and isolation gowns for hospital staff.

Cooper learned early on of the desperate need for reusable isolation gowns from her daughter, who is a family nurse practitioner working outside of the county. Soon, Cooper began researching patterns and the best fabrics to use.

After making a few for her daughter and still wanting to do more to help, Cooper reached out to CalvertHealth. “It was truly a family effort,” Cooper said of her son-in-law making a how-to video, her husband working on ways to share the video to the largest audience and her daughter making masks.

“When you make a donation to CalvertHealth it stays in the community”

Northern High School junior, **Robert Martin**, of Huntingtown, is a lifelong Calvert County resident—and with his father on the CalvertHealth Foundation Board of Trustees, no stranger to the importance of a community hospital. “I know how much of an impact CalvertHealth has on our community,” Martin said.

Realizing during these times the hospital could be at its capacity of patients, Martin felt the need to help. Inspired by the EndHunger fundraiser area high school students were involved with, Martin challenged friends and family to help him reach a goal of \$3,000 for the Community Emergency Impact Support Fund.

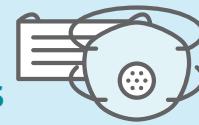
The College of Southern Maryland answered the national call for PPE and donated to CalvertHealth and area hospitals:

MORE THAN
22,000 pairs
OF NON-STERILE
GLOVES

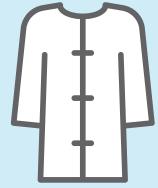


2,500 pairs
of sterile gloves

1,000 face masks



1,400 isolation gowns and gallons of **antibacterial soap**, hand sanitizer and sanitizing wipes



“We have never forgotten how you made us feel”

A northern Calvert County family and former residents of the Safe Harbor Shelter, who wishes to remain anonymous, said the staff of CalvertHealth was there to help at a time of need. What could have been a Christmas without gifts to give, was instead made joyful when the family’s name was picked from an “Angel Tree.”

“Not only was the CalvertHealth staff wonderful by giving toys, but they also thought to provide a gift for me. In all these years, I have never forgotten their generosity.”

Now, many years later, and in a position to give back, this family provided meals to the CalvertHealth staff. “To know that someone out there was thinking of us, and cared—our family wants every person that works at the hospital to know that someone cares for you as well; your community cares deeply.”

“It’s never too late to show hospital staff what they mean to you”

Ashley Ehrmantraut launched the One Hundred Heroes fundraising campaign to support CalvertHealth staff. A business major at the University of South Carolina, Ashley used her passion for art to design a mixed media watercolor greeting card to be used to thank a healthcare professional. Supporters purchase the card and provide a custom message that will be delivered to a CalvertHealth doctor, nurse or support staff member.

The daughter of a CalvertHealth physician and hospital administrator, Ehrmantraut has seen firsthand the uncertainty, anxiety and pressure that COVID-19 brings to families of those working on the front lines.

“I was inspired by my dad’s hard work to make a difference,” said Ehrmantraut. “The hospital has been a big part of my life. I decided to turn my painting into cards so the community, who I consider family, could show their love and support during such a hard time.”

“Our family can’t imagine going anywhere else”

The COVID-19 crisis became very personal when **Sylvia Lockett’s** nephew was rushed to the hospital with difficulty breathing. Lockett, of Huntingtown, is a lifelong resident of the county and remembers when the community hospital was very small. “It has grown in size and reputation, and now our family can’t imagine going anywhere else,” she said.

While her nephew was in the ICU, Lockett looked for ways to help the nurses who were caring for him. She learned many people caring for COVID-19 patients are concerned about bringing the virus into their homes. “What I do not want any healthcare worker to worry about is: what taking care of my family member could possibly do to their family member,” said Lockett. She created kits with items for ICU nurses to change into after coming off of a shift and before entering their home.

In addition to the kits, Lockett worked with Stevens to relay information on how to sign up for delivery of meals for hospital staff through her nephew’s Facebook Prayer Page followed by more than 1,700 people.

A Sense of Community

One thing all the donors had in common was a spirit and sense of community that drove them to jump in and help when they saw a need. “We have received an outpouring of food donations, including weekly **Chick-fil-A** delivery beginning April 7 and continued by **Love Friendship Community Baptist Church** with **Grace Brethren Church**,” said Chandlee, adding, “Every day we have some type of food delivery—another sign of the generosity from this community.”

From the donation of N95 masks, from local construction companies, landscapers and their suppliers, to cases of gloves from dental offices and restaurants, to surgical masks and hand sanitizer from organizations outside of the county, to meals and bottled water from individuals, CalvertHealth has felt ‘the love’ from the community it serves. It’s never too late, and nothing is too little, to show the hospital staff what they mean to you.

HOW YOU CAN HELP

To see how you can help make a mask or gown, donate a meal, give to the Community Emergency Impact Support Fund or provide words of encouragement, visit: CalvertHealthMedicine.org/Ways-You-Can-Help

To purchase a One Hundred Heroes card, visit CalvertHealthFoundation.org/Hundred-For-Our-Heroes

To see a video of Andrea Cooper sewing an isolation gown, visit CalvertHealthFoundation.org/Ways-You-Can-Help

To view Robert Martin’s Rising Star Challenge, visit: CalvertHealthFoundation.org/Roberts-Covid-19-Challenge

The CalvertHealth Foundation is pleased to announce the appointment of three new members to the CHMC Foundation Board of Trustees.

Barry S. Friedman

Solomons businessman **Barry S. Friedman** is looking forward to leveraging the skills acquired during his 30-year professional career to advance health care in Calvert County. Friedman said his experience with Leadership Southern Maryland Class of 2009 inspired him to get involved and lend his expertise to the organizations that are answering the social needs of the community.

As a current board member for Leadership Southern Maryland, former board president of Southern Maryland Community Resources, a former board member of St. Mary’s Hospital Foundation and now a board member of CHMC Foundation, Friedman is following through with his aspiration. He and his wife, Kelly, have a home in Solomons.



William “Bill” Gaines

Financial advisor **William “Bill” Gaines** began his career as a business owner of multiple retail locations gaining experience in budgeting, business management and human resources. In 2016, he earned a certificate in financial planning from Georgetown University and joined Pathway Investment Group in Prince Frederick. With a career in financial planning, and experience on the board of Calvert Hospice, Gaines has an appreciation of what resources are needed to maintain the quality of care for patients. He and his wife, Melinda, have three grown children, and one grandchild. “I’m looking forward to serving on the board and learning more of what CalvertHealth can do for Calvert’s future generations,” he said.



Dixie Miller

For over three decades, **Dixie Miller** of Solomons has been a longtime supporter of CHMC, helping raise funds and serving as a trustee on the Foundation board three times. She also serves on the boards for the Calvert Marine Museum and the College of Southern Maryland. “I believe in bringing people together and cultivating relationships between the hospital and our community is paramount,” she said. “With the support of volunteers and philanthropic members of the community, CalvertHealth will continue to be recognized as a center for excellence.” She and her husband, Jim Ritter, enjoy the beauty of the Chesapeake Bay, sailing and the serene way of life in Calvert County.





CalvertHealth®

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CalvertHealthMedicine.org

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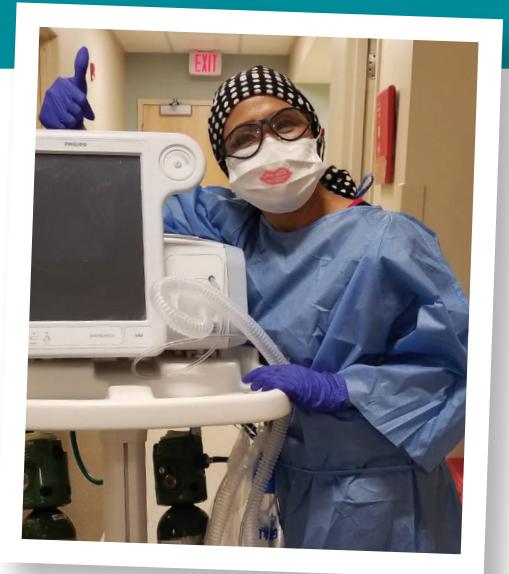
Our Pledge to You.

At CalvertHealth, our top priority will always be your safety.

As services resume, here are just a few of the things we are doing to protect your health:

- ✓ **Following all Centers for Disease Control and Prevention (CDC) guidelines and increasing our already stringent cleanliness practices, including using state-of-the-art UV technology**
- ✓ **Providing personal protective equipment (PPE) to our healthcare workers and face coverings to any patients that do not have their own**
- ✓ **Practicing social distancing by scheduling appointments to limit the number of patients and employees in an area and using telemedicine and other advances to provide access to care from the convenience of your home or office**

*Thank you for believing in us. We're here, we're ready and we're able to take care of you just like we've always been. **Together, we can build a healthier tomorrow.***



See related story on page 3 or go to our website: [CalvertHealthMedicine.org/OurPledge](https://www.calverthealthmedicine.org/OurPledge)