

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

calverthealth

SPRING 2017

Spring into
Fitness

Breathe
Easier with
**Lung
Screening**

The Many Faces
of Giving

Meet Becki
Our Newest
Get Lean in 2017
Participant



Johnathan Paxton, a Calvert Health System employee, and his wife Kristina, enjoy an afternoon jog on the North Beach Boardwalk.

Do you have a photo that depicts a happy, healthy day in Southern Maryland? Submit it to abrady@cmhlink.org for consideration in a future issue.

A Message from the President



Your Health is Our Vision

Spring is in the air! As an avid gardener, I love this time of year. The days become a little longer, a little brighter and everywhere you look, new life springs from the ground.

In a few short months, Calvert Health System will be doing some growing of its own as we prepare to break ground on a project to convert the hospital to all private rooms. The \$50-million project is the largest in the hospital's history and will take nearly three years to complete. In addition to the pending construction, the health

system continues to grow in other ways as well.

You can read more about other endeavors in this issue – like a new lung cancer screening program that aims to help those most at risk in our community. Always looking to improve upon the patient experience, we have named a new Director of Patient Experience, and we're putting a lot of resources into providing patient experience training for our clinical staff.

In 2016, we welcomed some phenomenal new physicians to our team, earned the prestigious Baby-Friendly® designation and much, much more. See page 3 for a more comprehensive look at our highlights and achievements over the past year.

As we move full steam ahead into 2017 – and all the great initiatives already underway – we move forward with the certainty that everything we do, every choice we make as a health system, helps us further our vision of making a difference in every life we touch.

Dean Teague, FACHE
President and CEO

This facility is accredited by The Joint Commission on Accreditation of Healthcare Organizations. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at **1-800-994-6610**.

Calvert Memorial Hospital does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, gender, religion, disability or age.

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

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

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Thomas Brown, 10, of Chesapeake Beach is gearing up for his kickball league. Calvert Health magazine wishes all our county's young athletes a successful spring season!

2016 Year in Review

Every day the team at Calvert focuses on making a difference. From developing new partnerships that bring specialty services close to home, to helping parents learn to care for their new baby – our goal is to always improve the lives and health of Southern Maryland residents.

Over the last five years, Calvert Health System has spent more than \$49 million to upgrade technology, improve facilities and expand services. In fiscal year 2016, we invested \$16.4 million in community benefit activities including charity care, mission driven services, health screenings, outreach programs and more.

KEY HIGHLIGHTS AND ACHIEVEMENTS

- Launched a **Mobile Health Center** that removes barriers to access by traveling to underserved areas of our community to bring essential primary care and preventive services.
- Earned the prestigious **Baby-Friendly® designation**. We are one of six hospitals in Maryland to win this award, recognizing our commitment to breastfeeding and mother/baby bonding.
- Earned the **Healthgrades® Patient Safety Excellence Award™** for the third year in a row, placing us in the top 10 percent of hospitals nationwide for preventing patients from serious complications during hospital stays.
- Dedicated the **Marianne Harms Women's Care Suite** at the Sheldon E. Goldberg Center for Breast Care at CMH. The expanded capacity made it possible to add exam rooms, enlarge its library and improve access for the community.
- Received the American Heart Association's highest honor for outstanding stroke care – the **Gold Plus Quality Achievement Award** – for the fifth year in a row.
- Implemented a new, **integrated information system** that better connects all elements of patients' electronic records – improving access, communication and care.

Calvert Health System, Inc. and Subsidiaries Statement of Revenue and Expenses

Fiscal Year 2016: July 1, 2015- June 30, 2016

INCOME

Gross patient service revenue	\$ 196,584,134
Less contractual adjustments	\$ (43,174,213)
Less charity care	\$ (3,935,918)
Less uncollectible accounts	\$ (851,879)

Net patient service revenue	\$ 148,622,124
Income from other sources	\$ 5,168,046

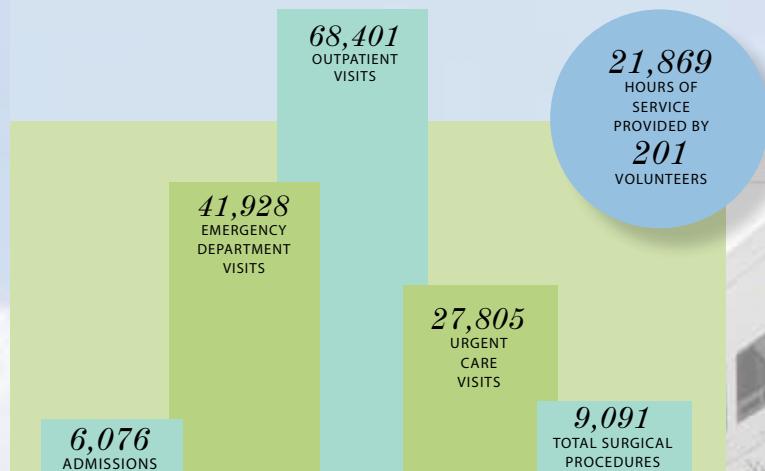
TOTAL OPERATING REVENUE \$ 153,790,170

EXPENSES

Salaries, wages and employee benefits	\$ 82,081,033
Operating supplies and services	\$ 57,565,362
Depreciation and interest expense	\$ 11,765,911

TOTAL OPERATING EXPENSES \$ 151,412,306

INCOME FROM OPERATIONS \$ 2,377,864



Spring is here! Too often more daylight hours mean more places to go and more things to do – and even less time to plan and prepare a nutritious, home-cooked meal. If this is you – we've pulled together a few ideas to help you serve up healthy meals on the busiest of days.

Time-Saving Tips for Healthy Eating on the Go

Meal Preparation: Cook Once, Eat Twice!

Setting aside a day for planning and cooking meals for the week is a great way to save time and money. It does require a small time commitment on the front end but you will get that time (and more) back during the week.

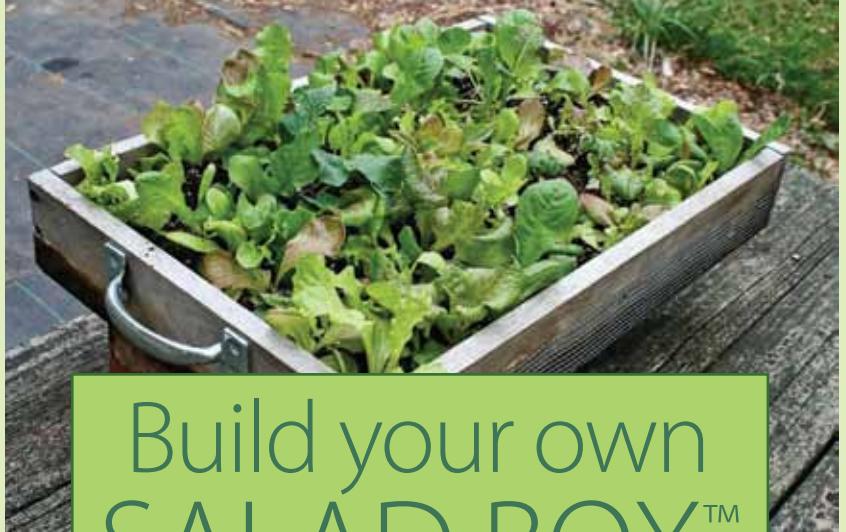
Start by planning your menu and making your grocery list for the week. Once you have all the items needed, chop, dice and cook for the week. Items that may not keep in the refrigerator for more than a few days can be frozen and then thawed and warmed as needed.

Cook Day Quick Tips:

- ✓ Design a menu that contains ingredients you can use for more than one meal. For example, you can brown several pounds of lean ground beef or turkey and then use it in tacos, Sloppy Joes and spaghetti sauce.
- ✓ Figure out the how much diced or chopped vegetables you need for all your recipes and chop them all at once.
- ✓ Grill meat in advance and warm it up as needed for the week. This saves you time and propane/charcoal.
- ✓ One base mixture can make other dishes. For example, if you're making meatloaf, you can use the same mix for meatballs.
- ✓ If you make a one-dish meal like ziti or lasagna, go ahead and make a second to freeze for the future.

"Grow" Your Interest in Gardening

Photo courtesy of the University of Maryland Extension Grow It Eat It Program



Build your own
SALAD BOX™

Slow Cookers Are Your Friend

They're not just for the fall and winter. Many busy families are rediscovering this cooking time-saver is a year-round winner. Aside from the time saved preparing delicious meals, some other benefits of slow cooking include:

- ✓ Fresh ingredients cooked at a low temperature hold onto their nutritional value.
- ✓ Slow cookers don't give off any extra heat – which is great when it's already hot outside.
- ✓ You can transport your meals anywhere – a great feature when you're on the go.
- ✓ Best of all, there is only one pot to wash.

Home Delivery Service

Yes, they cost more than buying ingredients on your own but more and more busy, health-conscious adults are choosing this option because it offers freshness and convenience. Plus, you do save time making lists and shopping.

Some of the benefits of a meal delivery service include:

- ✓ You have all the items needed to cook a particular recipe, seasonings and all, delivered to your front door. Most services offer free shipping, but read the fine print to be sure.
- ✓ There is a wide assortment of menus to choose from, including menu items for those with special dietary restrictions.
- ✓ It's a great way for inexperienced cooks to build confidence with recipe cards included and the correct portions already measured out.
- ✓ If you used to cook for a family, but now you're only cooking for two – meal delivery service can really help you learn to scale back.
- ✓ You can prepare dishes you've never tried before or glossed over in a magazine or cookbook.
- ✓ Let your kids help pick out and cook meals. It's a great way to spend time as a family.

Keep a fresh salad on hand – without going to the store.

Salad Box™ is small enough to fit on a table but large enough to grow several harvests of salad greens or herbs.

MATERIALS

- Pine or cedar board (1 x 4) 6 ft. long
- 1-1/4 in. galvanized deck screws
- Aluminum window screening
- 1/4 in. hardware cloth
- 3/8 in. staples
- Handles (optional)

Tools you may need: Handsaw, hammer, drill, #2 Phillips screw bits, tape measure, square, tin snips (to cut screening and hardware cloth), staple gun, leather gloves (hardware cloth can poke you a bit).

Directions

1. Cut one 6' pine or cedar board (1 X 4) into four pieces- (2) 15" pieces and (2) 21" pieces. If using pine, ask for "clear" or "#2"; the latter is less expensive. Use a wood rasp to clean up rough edges after cutting your wood pieces.
2. Use 1 1/4 in. long galvanized screws to attach one long piece to the two short pieces. Repeat with other long piece. Drill pilot holes with a 1/8" drill bit before driving in the galvanized screws.
3. Lay aluminum window screen over the box and cut it so that the window screen is even with the box ends (short pieces) and extends over the edge of each long piece by 3 inches on either side. Staple it tightly to the box bottom.
4. Repeat the same procedure with the 1/4 in. mesh galvanized hardware cloth, except that you should cut it so that it only extends 2 inches up the sides (long pieces) on each side. Staple it to the bottom and also the sides. Then, fold down the window screen over the hardware cloth edge to make a seam and staple securely.
5. Apply an acrylic stain or latex paint to extend the useful life.

For more information, visit the University of Maryland Extension Grow It Eat It on their main site at: <http://extension.umd.edu/calvert-county>.

Spring into Fitness

Little Changes That Make a BIG IMPACT

If you do just one small thing a day, how much can it add up? It turns out, a lot. Small changes – like stretching or just standing up more – when done every day, can make a big difference in your overall health. These changes don't take a lot of time or cost a lot of money. *The key here is consistency.*



1 Drink more water.

We know, we know. You've heard this one before. But something as simple as drinking eight to 10 (8) oz. glasses of water each day can aid weight loss, remove toxins from your body and relieve fatigue. And, if you use a refillable bottle, you can help the environment, too!

2 Stretch.

There are many benefits to stretching, even when it's not combined with any other physical activity (either pre- or post-workout). A daily stretching program will improve circulation that in-turn leads to increased flexibility and better range of motion in your joints. Five minutes a day really could help keep the doctor away!

DID YOU KNOW?

CMH has three water stations where employees and guests can refill their water bottles. To date, these stations have prevented more than 215,000 plastic bottles from entering our landfills.

3 Stand up.

You're probably sitting down right now, aren't you?

With so many Americans working "desk jobs" we spend most of our time, well, sitting. Whenever possible, try standing up during meetings or calls. *(If you are fortunate enough to work in an office that will allow you to have a standing desk or walking desk, give it a try!)* No matter how you go about it, just make an effort to stand-up more often. Your body will thank you!

4 Shop the perimeter of the grocery store.

In most grocery stores, the fresh produce section, meat and seafood departments and the dairy case are all located around the perimeter of the store. According to the Mayo Clinic, this is where you should concentrate most of your shopping time. The foods on the perimeter of the store are generally much healthier than the ready-to-eat processed foods found in the middle aisles.

5 Eat breakfast daily and eat smaller, more frequent meals.

Eating breakfast as well as smaller and more frequent meals can also boost your metabolism. Try it for a week and see if you notice the overall improvement in how you feel.



6 Strength training.

Using your own body weight as resistance is a great way to get results without breaking the bank. Do 10 push-ups, sit-ups and squats every day and you will find both your strength and endurance increasing with minimal time commitment on your part. Ten push-ups may not sound like a lot, but for those of us who have to start with a modified version (think push-ups using your knees) – *we will be feeling the burn!*

7 Get more sleep.

Eight hours of sleep will make the other 16 hours much more productive. Without a good night's sleep, everyday life – even the simplest of activities – can become overwhelming. Try creating a routine where you go to bed and wake up at the same time every day, allowing for at least eight hours of restful sleep. Try to avoid exercise at least two hours before bedtime. If you're still having trouble winding down, create a bedtime routine that includes a warm bath or reading to help you relax.

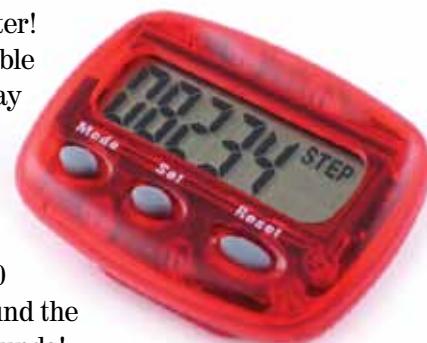


9 Don't drink your calories.

When we're watching what we eat, we sometimes tend to forget that what we drink is just as important. Calories are calories and our bodies will process them just the same, no matter how they are consumed. Soda and fancy coffee drinks often have more calories than dessert, but for some reason, we don't always "count" those calories because we didn't eat them. Track your entire caloric intake for a few days and you may find that cutting the calories you drink will have you shedding the pounds in no time.

8 Wear a pedometer.

Cell phone, wallet, keys... pedometer! Make a pedometer or other wearable fitness tracker part of your everyday attire. On average, pedometer users take nearly 2,500 steps more per day than non-users. Those steps add up! Even if you decide that wearing a fitness tracker isn't in the cards for you, walk for five to 10 minutes a day, every day – at lunch or around the office – and you, too, can walk away the pounds!



Breathe Easier: Learn Your Lung Cancer Risk

New Screening Detects Disease Before Symptoms Appear

Calvert Memorial Hospital has launched a new program focused on thoracic health - to include a lung cancer screening component aimed at detecting the deadly disease before symptoms appear, when treatment can be more effective. The joint effort with Calvert Medical Imaging Center, Chesapeake Potomac Regional Cancer Center and Anne Arundel Medical Center includes special outreach geared toward those at risk in underserved areas of the county.

Lung cancer is of particular concern in Calvert County with its high rate of smoking and lung cancer-related deaths, which is higher than the average across all of Maryland. According to the 2014 Calvert County Health Needs Assessment, one in five adults smoke and even more young people, some 26 percent, use tobacco products. Of our 90,000 residents, approximately 58 people will be diagnosed with lung cancer each year and approximately 45 people will die from it.

Calvert Memorial Hospital's new screening program is designed to tackle those statistics head-on by identifying those most at risk and getting them screened using low-dose CT scans that are more effective at detecting the lung nodules that may become cancerous at an early stage.

Early lung cancer typically shows no signs or symptoms. "The

majority of lung cancer patients present at an advanced, difficult to treat stage," said board-certified medical oncologist **Dr. Arati Patel** with Calvert Hematology and Oncology. She is serving as the physician leader for the lung cancer screening effort.

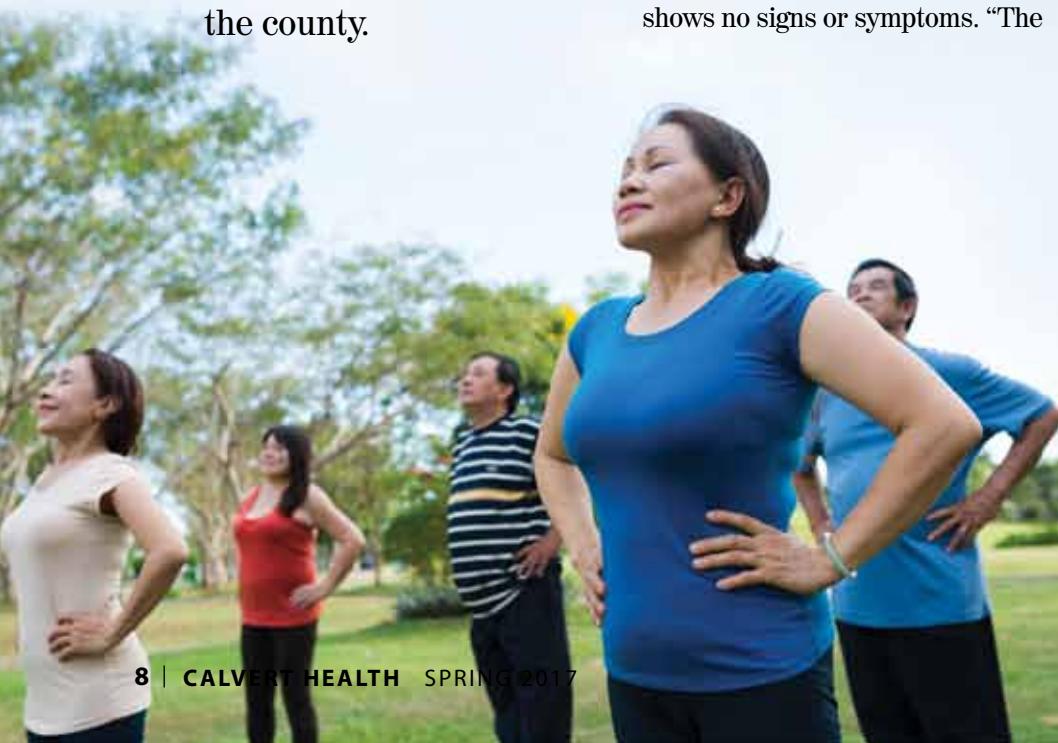
Although lung cancer is the second most diagnosed cancer among men and women in the US, it is the leading cause of cancer deaths – more than colon, breast and prostate cancers combined, according to the American Cancer Society. Dr. Patel knows those numbers firsthand. "Less than 20 percent of people are still living after five years. That's dismal."

"Because of the smoking rate, we see a lot of lung cancer patients," said board-certified pulmonologist **Dr. Ramin Pirouz** with Calvert Internal Medicine Group. He is also medical director of critical care and pulmonary services at CMH. "In my six months here, I've already seen 45 to 50 lung cancer patients and made over 10 new diagnoses."

Low-Dose CT Scans More Effective

Most lung cancer cases are caught by a chest X-ray that is often administered for a totally different reason. Chest X-rays are good at detecting large masses, not the smaller nodules that may be or may become cancerous. That means if lung cancer is caught using an X-ray, the cancer is very likely late stage and therefore more difficult to treat.

"Chest X-rays are inadequate in detecting lung cancer at a stage where treatment is possible," said



Dr. Patel. “Historically, we have seen no improvement in morbidity rates from chest X-ray alone.”

Low-dose CT scans are more effective at finding small nodules that can be monitored and treated before they become inoperable. Low-dose CT scans use slightly more radiation than an X-ray, but much less than a full CT scan, making it safe for regular use.

Special Outreach Planned for Those at Risk

The key to the new screening program is annual scans since lung cancer can develop years after a person has stopped smoking. It is intended for longtime smokers or those who have quit within the past 15 years, who may or may not be experiencing any symptoms of cancer. Current smokers are encouraged to enroll in a cessation program and ongoing monitoring is provided.

While any county resident who meets the specific screening criteria can take advantage of the program, Dr. Pirouz said extra steps are being taken to reach those at risk in underserved communities, especially those who do not have insurance or whose insurance does not cover the screening.

Key components of the program include: outreach through the Calvert Health mobile health center and area primary care providers; a nurse navigator and nurse practitioner to help guide patients through the process; administration and review of low-dose CT scans; and the development of a multidisciplinary thoracic team conference to assess results and develop appropriate care plans for patients.

“Having access to this team of specialists is essential,” said Dr. Pirouz. “I especially value the relationship that our team at Calvert has developed with AAMC. It’s truly a team approach and the collaboration of all of our ideas and opinions

BREATHE EASIER

THORACIC HEALTH PROGRAM HIGHLIGHTS

Whether you are a current smoker, a previous smoker or even a non-smoker who has been exposed to environmental toxins or secondhand smoke, your lung health matters. Our new thoracic health program provides:

- A Lung Cancer Nurse Navigator to answer any questions you may have, any step of the way
- Extended smoking cessation initiatives
- A lung cancer screening (low-dose CT scan) through Calvert Medical Imaging Center
- A multidisciplinary team approach for all of our patients

To be eligible for the low-dose CT scan, you must:

- Be between the ages of 55-77
- Have a ‘30 pack’ smoking history (*means you smoked one pack a day for 30 years or two packs per day for 15 years, etc.*)
- Be a current smoker or have quit within the past 15 years

are invaluable to developing treatment plans.” The team meets regularly and is comprised of medical and radiation oncologists, radiologists and interventional radiologists, area pulmonologists and thoracic surgeons.

For cancer patients, keeping their care close to home is important. From scanning to diagnosis to treatment, the majority of services will be provided locally, many on the hospital campus. “We have collaborated with the Chesapeake Potomac Regional Cancer Center for radiation oncology and with AAMC for thoracic surgery. All other services, whether diagnostic or therapeutic, can be handled right here,” said **Dean Teague**, president and CEO of Calvert Health System.

Eligible residents can contact the program directly by calling 410-286-7992; they can be referred by their primary care provider; or they can take advantage of the outreach that will be offered throughout the county.

SPOTLIGHT ON

Diana Lewis, Lung Cancer Nurse Navigator



Receiving a diagnosis of lung cancer is a difficult message for any patient to hear. “When a person is diagnosed with any form of cancer, they are immediately vulnerable and overwhelmed with their diagnosis,” says Diana Lewis, RN, BSN, OCN and nurse navigator for the lung cancer screening program.

“My role as the nurse navigator is to guide patients and their loved ones through our system. They may need additional equipment at home, referrals for other specialists or information and teaching about their particular diagnosis and care plan. There may also be questions about medical bills, financial support, insurance coverage, the availability of community resources and support groups. That’s why I’m here. To help them navigate and offer the support they need to get through this.”

Calvert Memorial Hospital is proud to partner with local organizations to bring you classes, wellness programs, health screenings and events to help you live a healthier life. If you need information regarding any of the events listed in Calvert Health magazine, please contact the KeepWell Center at 410-535-8233 for assistance.

❖ DIABETES EDUCATION

Diabetes Self-Management Class

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

KeepWell Center, Classroom 2
Calvert Memorial Hospital

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

❖ SCREENINGS

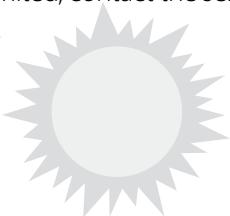
Ask the Expert: Skin Cancer Screenings for Seniors

Calvert Pines Senior Center
May 3 1 p.m.

Southern Pines Senior Center
May 24 1 p.m.

North Beach Senior Center
May 31 1 p.m.

Skin cancer presentation and free screening presented by Dr. Faris Hawit of Calvert Dermatology. Presentation will begin at 1 p.m., screenings to follow. Space is limited, contact the senior center to register.



Blood Pressure Screenings

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

Middleham and St. Peter's Parish Hall: The first Wednesday of each month from 9-11 a.m.

First Lutheran (Huntingtown): Sunday morning between services from 9-9:25 a.m.

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

Vascular Screening

M-F 8:45 a.m.

(by appointment only)

Outpatient Concourse Vascular Lab
Calvert Memorial Hospital

Call 410-414-4539 to schedule your appointment.

❖ HEALTH AND WELLNESS

Freedom from Smoking

An eight-week program that takes you through the quitting process. Call 410-535-5400 x 359 for more information or to register.



Men's Health Expo

June 10 9a.m.-1 p.m.

Middleham and St. Peter's Parish Hall
Lusby

This one-day event for men is free and open to the public. Childcare is available. *Look for more information to come.*



Dinner with the Dietitian

April 20 6-7:30 p.m.

"Spring Into Clean Eating"

May 18 6-7:30 p.m.

"Calories In, Calories Out"

Patuxent Health Center
(next to World Gym)
Prince Frederick

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

Women's Health Expo

May 13 9 a.m.-1 p.m.

Middleham and St. Peter's Parish Hall
Lusby

The one-day event for women is free and open to the public. Child care is available. *Look for more information to come.*



❖ SUPPORT GROUPS

General Cancer Support Group

First Thursday of the month at 5 p.m.

Infusion Clinic Waiting Area
Calvert Memorial Hospital

Breast Cancer Support Group

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

Calvert Medical Arts Center
Sheldon E. Goldberg Center for Breast Care, Suite 201

Drop in for support, encouragement and reassurance from others facing the same challenges and concerns as you. All are welcome.

“Healing Hearts” Cardiac Support Group

March 27 4 p.m.

Cardiac Rehabilitation Center
Calvert Memorial Hospital

Have you, or someone you know, experienced a cardiac event? Do you suffer from heart disease? Please join us for our first “Healing Hearts” cardiac support group. For more information, call 410-414-4821.

❖ HEALTHWISE

Heartsaver CPR/First-Aid



April 1 9 a.m.-5 p.m.
May 6 9 a.m.-5 p.m.
June 10 9 a.m.-5 p.m.

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

This class is designed to meet the needs of child care providers, kayak and small craft instructors, boat captains and crew, hunting and fishing guides or new baby sitters. Skills taught include CPR and relief of choking for adults, children and infants as well as first aid skills to handle most emergency situations.

The following HealthWise educational series is presented by Calvert Hospice.
Call 410-535-0892 to register.

Understanding Advance Directives

April 11 noon-1:30 p.m.

KeepWell Center, Classroom 2
Calvert Memorial Hospital

Learn about the Health Care Decision Act - including advance directives, review the Maryland MOLST process and forms and review the responsibilities of health care providers. This seminar is appropriate for anyone interested in making and documenting decisions about their medical treatment and care.

Understanding Hospice Care: What You Need to Know

May 9 Noon-1:30 p.m.

KeepWell Center, Classroom 2
Calvert Memorial Hospital

The staff of Calvert Hospice will address the many myths surrounding hospice care and explain the referral process for hospice services, the role of the physician during hospice care and the best time to begin benefitting from the support hospice can provide. There will be an opportunity for Q&A.

Understanding Your VA Benefits

June 13 Noon-1:30

KeepWell Center, Classroom 2
Calvert Memorial Hospital

If you or a spouse is a United States Veteran, you may be eligible for benefits through the Veteran’s Administration. Learn about available benefits, eligibility requirements, how to apply and what documentation is needed.

❖ MATERNITY & FAMILY EDUCATION

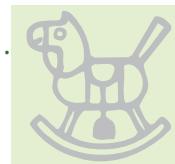
Childbirth Education

April 15 9 a.m.-5 p.m.
May 20 9 a.m.-5 p.m.
June 17 9 a.m.-5 p.m.

KeepWell Center, Classroom 1
Calvert Memorial Hospital

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

Baby Care Basics



April 12 6:30-8:30 p.m.
May 17 6:30-8:30 p.m.
June 14 6:30-8:30 p.m.

KeepWell Center, Classroom 1
Calvert Memorial Hospital

A comprehensive overview of baby care for new and expectant parents and grandparents. There is no CPR training in this course. \$40 per couple.

ABC’s of Breastfeeding

April 4 6-8 p.m.
May 2 6-8 p.m.
June 6 6-8 p.m.

KeepWell Center, Classroom 1
Calvert Memorial Hospital

This class will give you the knowledge and confidence needed to initiate and maintain breastfeeding. \$40 per couple.

Infant CPR

April 10 6-9 p.m.
May 8 6-9 p.m.
May 20 9 a.m.-noon
June 12 6-9 p.m.

❖ COMMUNITY EVENTS

28th Annual Benefit Golf Classic

May 15

Old South Country Club, Lothian

Shotgun starts at 7:30 a.m. and 1:30 p.m.

For more information, contact the CMH Foundation at 410-414-4570 or go to calverthealthfoundation.org/BenefitGolfClassic



Hospital Task Force Dedicated to Opioid Safety

“Our goal is to send one message across the continuum of care,” said Calvert Memorial Hospital Pharmacy Director **Kara Harrer**, who co-chairs the hospital’s multidisciplinary opioid safety task force with **Dr. Drew Fuller**, assistant director of the CMH Emergency Department (ED). “We are focused on ensuring the safe use of opioids in our organization.”

Fuller stressed the importance of medication safety at Calvert. “It is one of our highest priorities,” he said. “We are working to lead with best practices for safe, effective pain control while decreasing the potential for dependence.”

Concerned about the potential dangers for opioid prescriptions – like physical dependence, addiction and abuse by young adults – the Centers for Disease Control and Prevention (CDC) last spring issued new guidelines for their use.

Local statistics reveal that there were 70 patients treated in Calvert’s emergency department for heroin or opiate overdose in the past year. Of that number, 23 were admitted or kept for observation and four needed intensive care.

Calvert’s multidisciplinary team includes representatives from emergency medicine, hospitalists, pharmacy, social work, quality and patient safety, nursing, public relations, local physician practices and the health department. During the past year, they’ve developed new prescribing guidelines in line with the CDC recommendations along with educational materials for patients and families.

Dr. Fuller said a key aspect of their work is to help build public awareness about the options for pain control, provide access to community resources and encourage the safe disposal of opiate-based narcotics in the community.

Initial Efforts Focus On Emergency Department

According to Dr. Harrer, the task force decided to focus on the hospital’s emergency department because of the large number of patients who seek emergency care for pain-related symptoms that can be treated effectively without using controlled substances.

The new guidelines call for ED providers to prescribe the least addictive medication that is expected to provide the



appropriate pain relief. She said some of these medications may include acetaminophen (Tylenol®), non-steroidals like ibuprofen (Advil® or Motrin®) and naproxen (Aleve®), muscle relaxants like Flexeril® and anti-inflammatories such as steroids.

“We also want to look at alternative ways of treating pain,” she said, “like using soft music and dimming the lights for headaches or over-the-counter heat patches for back pain.”

According to Dr. Fuller, before prescribing a narcotic or other controlled substance, an ED or urgent care physician may check regional databases that track patient’s prescriptions for these medications.

He went on to add, “We may provide only enough pain medication to last until you can follow up with your primary care provider – usually three days.”

Additionally, they do not refill stolen or lost prescriptions for narcotics or controlled substances. If patients have run out of pain medication, refills should be arranged with the prescribing physician. ED providers may also consider drug screenings, as needed, to guide treatment options.

In general, opioids are discouraged for dental and back pain as well as migraines and chronic abdominal or pelvic pain. Dr. Fuller emphasized that these guidelines are intended for the patient’s safety.

Patient Education, Provider Training Emphasized

“Open communication is important so that patients and families know what to expect,” said Dr. Harrer. For this reason, educational materials use patient-friendly language when explaining the new guidelines. They also provide information

Overdose Response Training Offered for Community

The Calvert County Health Department (CCHD) is offering a free one-hour overdose response training program for community members. Participants who complete the training are provided with a free Naloxone (NARCAN®) kit.

Naloxone is a life-saving medication that can quickly restore the breathing of a person who has overdosed on heroin or prescription opioid pain medication like oxycodone, hydrocodone, morphine, fentanyl or methadone

Since the grant-funded program began one year ago, 971 persons have been trained, according to **Julie Mashino**, prevention coordinator, Calvert County Behavioral Health Services. The training is done by health department employees.

Mashino said the program explains what an opiate is, how it works in the body, signs and symptoms of an overdose and how to respond in the event of an overdose.

They also cover the protections offered under the Good Samaritan Law for the person who seeks assistance for someone experiencing an alcohol or drug-related medical emergency. Time for questions and answers is included.



“The kit we provide has two doses of nasal Naloxone,” she said, “which is easy to use – just like a nasal spray.” Upcoming training will be offered:

Wednesday, April 5 at 7 p.m.

Southern Community Center, Conference Room #3, Lusby

Tuesday, May 9 at 5 p.m.

Harriet E. Brown Community Center, Room #108, Prince Frederick

Thursday, June 8 at 7 p.m.

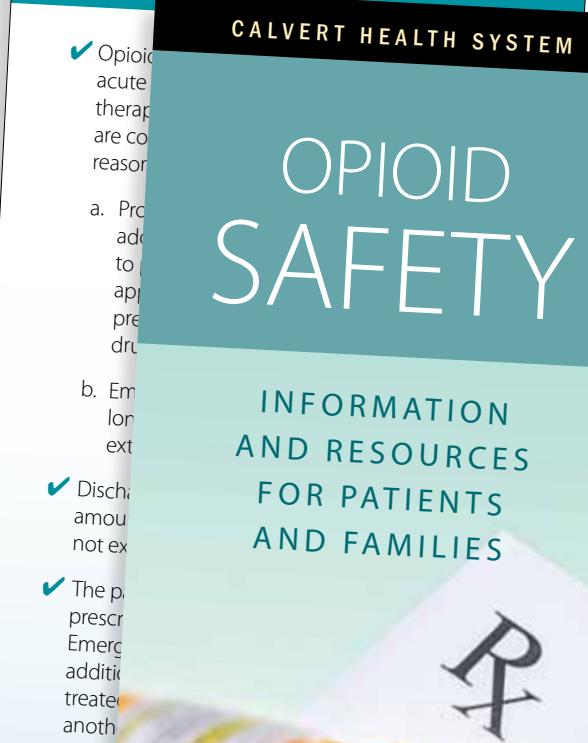
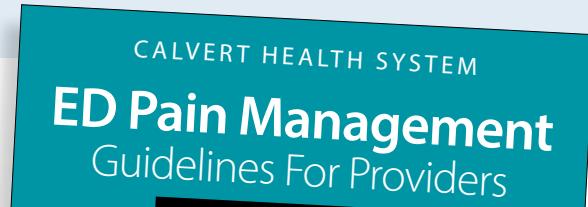
Northeast Community Center, Room C, Chesapeake Beach

For more information, contact the Calvert County Health Department at **410-535-3079, ext. 26.**

about community resources for substance abuse and addiction.” She added that the feedback from patients so far has been very positive.

Physician education has also been a critical component. “There is ongoing education of our ED providers, hospitalists (*doctors who care for patients that are hospitalized*) and physicians employed by Calvert Health System,” she said. “We also plan to reach out to community practices, as well.”

Dr. Harrer said the task force will continue to monitor and review opioid utilization in an effort to identify areas for improvement. Their overall goal is to reduce ED opioid use by 20 percent.



Get Lean in 2017 with

GET LEAN IN 2017

Healthy Weight Loss Challenge

We publicized our *Get Lean in 2017 Healthy Weight Loss Challenge* in the last issue of Calvert Health magazine and WOW did our readers respond! More than 250 members of our community committed to making their health and wellness goals a priority this year. Becki Jenkins, a staff member here at Calvert Health System, was one of those 250.

Becki has agreed to let us follow her progress over the course of the year – documenting her challenges as well as her triumphs. In addition to quarterly updates in Calvert Health magazine, you will also be able to follow Becki's progress through blog and video updates on our social media pages.

We wish Becki, and all of this year's participants, the best of luck as they "Get Lean in 2017."

"I do not want to be laden with weight-related illnesses nor do I want to be less active because of my weight."



Starting Statistics (As of January 16)

Becki Jenkins, 51
Lusby
Starting BMI: 45.7
Starting Weight:
283 lbs.

Meet Becki Jenkins.

Becki Jenkins has struggled with her weight her entire life, but unlike many who share in that same struggle, Becki was actually considered too thin in her youth. Her doctors advised her to put on a few pounds so that she would be healthier. "It's funny. There was a time in my life when I was told that being too thin could have a negative impact on my health. And now, I'm being told that being too heavy is going to have a negative impact on my health," said Becki. But now she is ready to do whatever it takes to make the changes she

needs to make to be healthier and she is excited about having the KeepWell team on her side during this journey.

What motivated you to participate in this challenge?

"As I get older, more and more things are starting to hurt. And my last doctor's visit made me aware of just how fragile we are. I have been working to try and get off my blood pressure medicine, and not only am I still taking it, I am also now considered pre-diabetic. This was very concerning to me especially since it is all, at least in my case, flat out related to my weight. When I saw that Calvert Health System was providing the 'Get Lean in 2017' program, I thought it could only help... an answered prayer of sorts. The prospect of finally being able to be free from the elements that have caused my food triggers and my health issues was a no brainer. *Sign me up!*"

the Healthy Weight Loss Challenge

Who/What inspires you to lose weight, or want to lose weight?

“I am a spiritual person and believe that God wants us to be healthy and live good, healthy lives. I want that too. I do not want to be laden with weight-related illnesses nor do I want to be less active because of my weight. I like to consider myself pretty active now, but I want my energy and vitality back – at least to the degree that I can have it back at my age. I want to be free to be the 'me' I am supposed to be, that I know I can be. My twin brother is a great inspiration to me. I know that I can count on both him and his wife for their support; they are just great people.”

What are your goals?

“I’d really like my BMI to be in a normal range. I am aiming for a BMI of 25.”

Note: BMI is a person’s weight in kilograms (kg) divided by his or her height in meters squared. The National Institutes of Health (NIH) now defines normal weight, overweight, and obesity according to BMI rather than the traditional height/weight charts. Overweight is a BMI of 27.3 or more for women and 27.8 or more for men.

What are you most excited about?

“I’m really excited about this idea my family thought up. We all love to cook and it’s something that we can



Becki meets one-on-one with the KeepWell Center’s Registered Dietitian Karen Mohn to discuss portion sizes and recommendations for a healthy, balanced diet.

do as a family. So, we decided to tackle this challenge head-on by creating our own cookbook called ‘Pantrecipes.’ Catchy, right? The idea is to see how many healthy options we can come up with using items that normal people already have at home – in their pantries. Recipes that are completely doable without breaking the bank. Recipes the entire family can enjoy. A concern of ours was cooking two separate meal plans... that’s just not feasible. So, this is a really fun way to make the best choices and doesn’t make it seem like a diet.”

Are you going to follow any special diet plan or restrictions?

“I am not planning to count calories at all, but I do plan

on eating correct portions and finding the right mix of foods. The dietitian at the KeepWell Center reviewed the recommendations for a healthy, balanced diet with me – so that’s what I am going to do.”

What do you think the biggest obstacles or challenges to your success will be?

“Me. I will be my own biggest challenge (no pun intended). I have already found that I have some pretty bad habits and that they’re going to be more difficult to overcome than I thought. I’m doing great not eating too late, but cheese and chocolate are my downfalls and it’s going to be hard not to eat all the chocolate I want... like the whole bag!”

Neurosurgeon Joins Neuroscience Center at Calvert



Steven Spitz, MD

Neurosurgeon **Dr. Steven Spitz** (*left*) joins **Dr. Jean-Marc Voyadzis** and **Dr. Faheem Sandhu**, at the Center for Neuroscience at Calvert Memorial Hospital. Dr. Spitz, who is fellowship trained in neurological complex spinal surgery, treats the full spectrum of brain and spine cases. He specializes in minimally invasive spine surgery, spine oncology, spine deformity and degenerative diseases of the spine.

Dr. Spitz is part of the MedStar Georgetown University Hospital team at the neuroscience center. He performs procedures that include nerve decompression surgery, cervical disc arthroplasty and laminoplasty as well as cervical, thoracic and lumbar surgeries.

He graduated from the Medical College of Georgia and went on to complete his internship and residency at MedStar Georgetown University Hospital in Washington, DC. Dr. Spitz finished a post-doctoral fellowship at Johns Hopkins University Medical Center working on spinal cord injury and spine oncology research.

Dr. Spitz said he decided to pursue neurosurgery because he was captivated by the challenging field both personally and technically. Commenting on his philosophy of care, he said, “First and foremost, I want my patients to feel comfortable when they step into my office.

“I believe healthcare decisions should be a collaboration between the doctor and the patient,” he added. “I am not here to tell a patient what to do, but to make a plan with them. I make sure they have the knowledge they need to make informed decisions.”

Ehrmantraut Named New Chief of Staff at CMH



The medical staff at Calvert Memorial Hospital has elected **Dr. Wilfred R. Ehrmantraut, Jr.** (*left*) of Plastic Surgery of Southern Maryland in Prince Frederick as its new chief of staff. The board-certified plastic surgeon, who joined CMH in 2002, has been in private practice for 15 years.

The chief of staff is chairman of the medical executive committee and the general medical staff, oversees the physician credentialing process, is a member of the health system board of directors and represents the needs of the medical staff. At present, there are 345 medical staff members including active and consulting, as well as allied health professionals.

Dr. Ehrmantraut has chaired the department of surgery at Calvert and served on the operative and invasive committees as well as the leadership team at the Sheldon E. Goldberg Center for Breast Care at CMH.

“I want to be a trusted liaison for our medical staff,” said Dr. Ehrmantraut. “I believe that by fostering strong relationships and promoting open communication we can continue to grow as an organization and provide advanced care for our community.”

He went on to add, “We have superior, trustworthy physicians at CMH. I have had many positive family patient experiences at Calvert with my growing multi-generational family.” Dr. Ehrmantraut said the hospital’s reputation has been an important factor in recruiting new doctors.

He pointed to the implementation of electronic medical records as a key technological improvement. It has significantly benefited patient care because “it allows our healthcare providers to have real-time access to the information they need for decision-making thus allowing for more rapid treatment.”

Stevens Promoted to Director of Patient Experience

Susan Stevens (*right*) has been promoted to the position of Director of Patient Experience and Volunteer Services.



Susan Stevens

She has been with Calvert for 12 years and has served as the manager of volunteer and guest services for the past four years.

Stevens oversees the health system's patient advocates, the hospital gift shop, and more than 200 active volunteers across the health system to include: the information desk staff, the patient shuttle and the *Thrifty Ladies* thrift shop.

In her new role, Stevens is responsible for leading a team focused on supporting organization-wide programs, initiatives and interventions that ensure the patient experience is seamless and exceptional. "Our focus is to promote a culture of patient-centered care," she said, "that emphasizes service and compassion from the moment a patient enters the hospital."

She has been actively involved in many of the hospital's patient experience efforts to date, including the installation of communication boards in patient rooms, the development of the guest services program, the pink discharge envelopes, the quiet at night kits and the GetWell Network.

The communication boards help patients and families stay better informed about the care plan for the day and encourages their involvement. Guest Services provides special touches – like a cell phone charger or an extra blanket – that make a patient's stay more comfortable. "We work hard every day caring for people — that's what we're trained to do. But while we are caring FOR our patients, we also need to show how much we care ABOUT them," said Stevens.

Hospital Foundation Names New Trustee, Officers

Dunkirk business owner **Brian Martin** has been named to the Calvert Memorial Hospital Foundation Board of Trustees. He joins 11 other community volunteers who are currently serving. Members can serve up to two three-year terms.

Additionally, the board named its officers for the coming year. They are **Lynette Entzian**, president; **Mike Cox**, vice president; **Cindy Parlett**, secretary and **Bob Carpenter**, treasurer.

"I am so excited to have someone on our board that is so connected to the youth and parents in our community," said Entzian, commenting on Martin's appointment.

Martin, who specializes in recruiting for restaurants and the hospitality industry, is a familiar face to many families in the community having coached soccer for more than a decade for the county's Parks and Recreation leagues and more recently the varsity team at Huntingtown High School.

"I don't think our community knows enough about our hospital and what they can do to help it thrive," said Martin. "I see my role as helping the community understand all the benefits it provides and how they can be involved." He lives in Huntingtown with his wife, Jennifer, and their four sons.

Since joining the Foundation in 2012, Entzian has worked tirelessly along with her fellow board members to successfully raise much-needed funds for projects such as the Sheldon E. Goldberg Center for Breast Care, the hospital's diagnostic imaging expansion, the mobile health center and the family birth center.

Entzian, who lives in Lothian, is vice president of her family's excavating business. She is passionate about community service and in 2016 was recognized by Anne Arundel County Public Schools for her outstanding volunteer service. More recently, she was nominated as one of Maryland's Top 100 Women for 2017 for her leadership and commitment to her community.

In other news, foundation trustee **Marianne Harms** in November received the Philanthropist of the Year award from Chesapeake Charities for her generosity to numerous charities and lifelong commitment to service. Her donation to the Marianne Harms Women's Care Suite at Calvert's breast care center expanded the capacity of the breast center, making it possible to add exam rooms, enlarge its library and improve access for the community. Other significant contributions include the Harms Gallery at the Calvert Marine Museum and an endowed scholarship fund for students attending the College of Southern Maryland.



Brian Martin



Lynette Entzian

The Many Faces of Giving

For Donors: "It's All About Making a Difference"

They have never met but their reasons for giving to Calvert Memorial Hospital are very much the same. At their core they give because it helps others. For them, it's simple – it's all about making a difference.

Ruritan Supports Private Room Expansion



Established in 1955, primarily by local farmers and businessmen, the Davidsonville Ruritan Club is known for its decades of service to the community. From the outset, its efforts have been aimed at raising the quality of life in the community.

During the past year, the Davidsonville Ruritan Foundation, Inc. has contributed \$225,000 to 25 organizations in Davidsonville and the surrounding communities, according to **Bob Bold**, president of both the club and the foundation. Three of those gifts were for \$50,000 each and one of them was earmarked for the expansion project at Calvert Memorial Hospital that will break ground this summer (*see photo at left*).

Bold said the club's membership believed that "this is a worthy project that represents a significant need." He went on to add, "Our club has always been committed to the well-being of our community. Our mission is to support the community as far as we can go."

The \$50-million private room project is the largest in Calvert Memorial Hospital's history and consists of a three-story addition that will house spacious, modernized private rooms and staff support areas on the upper floors with administrative offices and outpatient services on the ground level.

According to CMH President and CEO **Dean Teague**, the new, larger private rooms offer many advantages for patients including more privacy, better sleep and extra space for family and visitors. Studies show that patients recover more quickly when family members are able to stay and participate in their care.

Pictured left to right are: CMH Foundation Executive Director Theresa Johnson, CMH President & CEO Dean Teague, Davidsonville Ruritan Foundation, Inc. President Bob Bold, Eleanor Entzian and former CMH Foundation President Mark Davis.

Dunkirk resident **Eleanor Entzian** sits on the major gifts committee of the **Davidsonville Ruritan Foundation, Inc.** and has been a member of the club and volunteer for 22 years along with her husband, Albert. They operated a large family farm in Mitchellville before moving to Calvert County in 2002.

When she learned about Calvert Memorial Hospital's plans to convert to all private patient rooms, she knew it was a project that she wanted to support. "I can't say enough good about the hospital," said the 80-year-old great-grandmother. "The staff and the doctors are wonderful."

She went on to add, "I've been there with my husband and he had to share a room. I know firsthand the difference having a private room makes." So, when the opportunity came, she knew she wanted to be involved.

Pink and Blue Tops All Records

The **7th Annual Pink and Blue Memorial Cancer Tournament** held Oct. 22 at Old South Country Club in Lothian celebrated the lives of **Joan Hechler, Janet Weems and Ted Wolff** and raised \$81,000 for breast and prostate cancer at local hospitals in their names.

On Jan. 4, Pink and Blue Co-Chair **Stephen Claggett** along with members of the committee presented a check for \$40,500 from the **Old South Charitable**

Trust to Dean Teague, president and CEO of Calvert Health System, and nurses from Calvert's Infusion Therapy Center.

The proceeds have been designated for the purchase of new clinical recliners for patients to use during infusion therapy treatment. "Our patients spend a lot of time in those chairs and it's important that they are as comfortable as possible," said **Kasia Sweeney**, who oversees oncology services at CMH. "We asked our oncology nurses what they needed to take great care of their patients and this was at the top of their wish list."

Last year, there were 4,584 patient visits to Calvert's Infusion Therapy Center. "Being comfortable can make a big difference not only in their mood but their health," said Oncology Nurse Leader **Christine Shipley**. "These chairs will provide our patients with an environment of healing and comfort."

The committee sat down with Teague and Sweeney prior to the check presentation to hear more

about cancer services at CMH including the development of a lung cancer screening program (*see related story page 8*).

"We want to thank you for your kind and generous support," Teague told the group. "We want to be the best community hospital for taking care of cancer that we can possibly be and to make sure that we put every dollar we receive from folks like you toward the right thing."

Since it began in 2010 as a way of honoring their friends who had died of cancer, the Pink and Blue Tournament has continued to grow. In large part, said committee member **Beverly Ingraham**, because "cancer has touched us all." Her husband, Joe, who

died in 2014, is one of the 11 honored on the granite memorial at Old South. At the top, it simply states: "*We remember.*"

"Each year, it's grown in significance and is now part of the culture at the club," said committee member **Diana Doswell**. She attributed the event's success to how much is donated and acknowledged the support of Old South. The funds raised go toward cancer services and programs at Calvert Memorial Hospital and Anne Arundel Medical Center. Sadly, Pink and Blue Co-Chair **George Kalas, Jr.**, who Claggett described as the "heart and soul" of the committee, died two months before this year's tournament. His family asked that memorial contributions be made in his name to the Pink and Blue, bringing in an additional \$30,000.



Annual Gifts Support Key Advances

Solomons resident Jerre Musser hasn't lived here a long time but she feels strongly about supporting her community hospital. The spry 89-year-old enjoys good health but quickly adds "if I have to go there, I want it to be the best hospital it can be."

The Pennsylvania native (*pictured above*) lived in Carroll County for more than 25 years before moving to Solomons to be close to the water and her daughter who lives in St. Mary's County. Musser said she likes seeing her charitable dollars going to work in her own community.

Together, with hundreds of other individual donors her gifts have helped fund key advances like state-of-the-art diagnostic imaging technology at CMH. The retired math teacher said she also likes being part of something that matters to us all – quality health care in our community.

"I think it's extremely important that we do our best to make our hospital its best," she added.



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CALVERT MEMORIAL HOSPITAL FOUNDATION

28th ANNUAL
BENEFIT GOLF CLASSIC

Monday, May 15, 2017

Shotgun Starts at 7:30 a.m. & 1:30 p.m.
 Old South Country Club | Lothian, MD

The 28th annual Calvert Memorial Hospital Foundation, Inc. Benefit Golf Classic is returning to Old South Country Club in Lothian, Maryland.

This year proceeds will help fund computer technology upgrades to the Emergency Department.

REGISTRATION OPTIONS:

Online: calverthealthfoundation.org/BenefitGolfClassic

Mail: Send your form to CMH Foundation, Inc.
 PO Box 2127
 Prince Frederick, MD 20678

Fax: Fax your registration form to 410-414-4860

If you have questions, please call 410-414-4570 or email us at Foundation@cmhlink.org and the Foundation staff will be happy to assist you.

We look forward to seeing you and your team at Old South Country Club on Monday, May 15, 2017.