



# CalvertHealth

## Healthy Habits Healthy Kids

Tips for Taming Those Busy  
Back-to-School Schedules

*See story page 4.*

*New affiliation brings state-of-the-art care to our community. See page 3.*

## A Message from the President

## In This Issue



### *A New Era of Cancer Care*

More than a decade ago, the leadership at CalvertHealth cast a vision to bring the best breast cancer care available to our community. Since that time, we have been relentless in our pursuit of that mission.

We've all been affected by cancer. If you live long enough, it will find you or take someone you love. In Calvert County, the statistics show the toll of cancer hits harder than most other places in Maryland or beyond. So, CalvertHealth must fight even harder.

We know taking on cancer is an extraordinary feat for an independent, not-for-profit community hospital like CalvertHealth, but that's what it will take to level the playing field. *Our patients and our community deserve the best.*

That is why CalvertHealth is proud to announce our affiliation with Duke Health for cancer care. This affiliation with a distinguished National Cancer Institute designated center will continue the great work of our CalvertHealth oncologists while providing additional treatment options, access to cancer research, treatment advances and clinical trials only available at the best cancer hospitals in the country (*see story on page 3*).

Cancer care at CalvertHealth has evolved considerably over the past three decades – from the addition of cutting-edge technology and multidisciplinary teams focused on specific tumor sites to the introduction of genetic testing and the rapidly expanding role of immunotherapy – *and we're just getting started.*

*Our cancer mission is to bring the best oncology care available to Calvert and our neighboring counties. We hope you will join us as we work to transform cancer care for our community (learn more on page 18).*

Dean Teague, FACHE  
President & CEO

**Editor-In-Chief**  
Theresa Johnson

**Managing Editor**  
Amy Lutz

**Contributing Writers**  
Sarah Fallin  
Judy Lundmark

**Layout & Art Direction**  
Sue Dippel

**Medical Editorial Director**  
Dr. Theodore Tsangaris

**Medical Contributors**  
Diana Adamson, DPT  
Lisa Hartwell, RN  
Brendan Keena, DPT  
Karen Mohn, RD, LDN, CDCES  
Michelle Morris-Deal, LCPC  
Laura Webb, MSN, RN-BC

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

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

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

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

### TRENDING TODAY

#### 3 CalvertHealth Announces Affiliation with Duke Health for Cancer Care

Gives Local Patients Access to the Latest Research, Treatment Advances

### JUST FOR YOU

#### 4 #MomHacks

Tips for Taming Those Busy Back-to-School Schedules

### EAT RIGHT

#### 6 High Five for Fiber: the Good Carb

Helps Lower Your Risk for Heart Disease and Diabetes

### MOVE MORE

#### 8 Importance of Strength Training as We Age

Getting Stronger Helps Older Adults Stay Active and Independent

### LIVE WELL

#### 12 Ask the Providers

Small Changes Make a Big Impact - Find Out What the Experts Have to Say

#### 14 As Youth Mental Illness Soars,

Task Force Calls for Screening Earlier to Identify Those at Risk

### IN EVERY ISSUE

#### 10 Calendar of Events

#### 16 New Faces

#### 17 Making a Difference

Gala Raises Critical Funds for Cancer Care in Our Community

### ON THE COVER

*Experts stress the earlier we introduce healthy habits with kids, the more likely these habits will stick for years to come.*

See story page 4.

# CalvertHealth Announces Affiliation with Duke Health for Cancer Care

*Gives Local Patients Access to the Latest Research, Treatment Advances*

CalvertHealth has announced it is enhancing its community cancer program through a new cancer affiliation with Duke Health. “This affiliation offers our patients access to cancer research, treatment advances and clinical trials only available at the best cancer hospitals in the country,” said CalvertHealth Cancer Program Director **Dr. Theodore Tsangaris**.

“This is an exciting chapter in cancer care at CalvertHealth,” said Dr. Tsangaris. “The affiliation with Duke Cancer Network is the centerpiece of bringing the best oncology care available today to Calvert.”

He went on to add, “I see this collaborative effort as a strategic step that builds upon the robust program already in place at CalvertHealth Medical Center.

## Building on a Solid Foundation

“This is a true multidisciplinary program that compares in a positive way to what you would find in an academic center,” said Dr. Tsangaris, whose 30-year-career in oncology has included leadership positions at some of the nation’s most prestigious academic institutions.

Cancer care at CalvertHealth has evolved considerably over the past three decades – from the addition of cutting-edge technology and multidisciplinary teams focused on specific tumor sites to the introduction of genetic testing and the rapidly expanding role of immunotherapy, which has been a game-changer in producing more favorable outcomes with fewer side effects.

“At the core of what is happening,” said Dr. Tsangaris, “is how these cancer

**“This affiliation is a game-changer for our community.”**  
– CalvertHealth President & CEO Dean Teague

initiatives impact the lives of the people who rely on us for their care ... the hundreds of newly diagnosed cancer patients we treat every year and the thousands of cancer survivors who need our ongoing care and support.”

## Targeting a Pressing Need

The statistics are sobering. It has been well documented that Calvert County has high rates of breast, lung, prostate and bladder cancer mortality (*see box at right*). Cancer was also identified as a top priority in the last four community health needs assessments based on a comprehensive collection and analysis of data.

“One of the largest healthcare issues we have in this county is cancer,” said CalvertHealth President & CEO **Dean Teague**. “While we are proud of our entire cancer team and our oncology program, it will take more to meet this pressing need.

“This was the impetus for joining with the Duke Cancer Network,” said Teague. “With more than 30 years working with affiliates throughout the Eastern United States, the Duke Cancer Network is backed by the

*“CalvertHealth’s affiliation with the Duke Cancer Network is an opportunity to build on its existing strengths and provide robust new treatment options for patients. We are excited to work with CalvertHealth to make the highest level of cancer care accessible close to home.”*

– **Linda Sutton, MD, medical director, Duke Cancer Network**

*According to the State Cancer Profiles, Calvert County has higher rates than both the U.S. and the state of Maryland for:*

- ✓ Breast cancer deaths
- ✓ Lung and bronchus cancer deaths
- ✓ Prostate cancer deaths
- ✓ Bladder cancer incidence and deaths
- ✓ Colorectal cancer incidence

*Source: National Cancer Institute and Centers for Disease Control and Prevention*

resources of the Duke Cancer Institute, ranked among the top four percent of U.S. centers designated as a National Cancer Institute Comprehensive Cancer Center.”

## Quality Cancer Care Close to Home

He went on to add, “Our mission is to build a world-class cancer program right here in our community. This affiliation allows us to receive the most current training and staff education when it comes to cancer care. Plus, we now have access to the latest cancer research.

“What is especially important,” said Teague, “is the pivotal role the Duke Cancer Network will play in guiding the development of our clinical trials program. Their experts will be collaborating with the clinical teams treating patients locally. All of this adds up to an enhanced quality of cancer care close to home.”

CalvertHealth medical oncologist **Dr. Arati Patel** underscored this point, “The positive impact of this collaboration on direct patient care is going to be felt almost immediately.”

# #MomHacks

## Navigating the Dinnertime Rush

Back to school means back to busy schedules and routines. With the constraints of work, extracurricular activities, many parents may feel guilty for relying on fast food dinners or not cooking at home enough. It doesn't have to be all or nothing. There are plenty of ways to get quick, nutritious meals for your family that fit a variety of schedules.

Try these tips for navigating the drive-thru, embracing snacks for dinner and other ways to approach meal planning during the back-to-school crunch.

*“Do what you can with what you have. It’s all about balance.”*

*- Karen Mohn, RD, LDN, CDCES*

### Navigating the Drive-Thru

Sometimes, the drive-thru is not avoidable. It even happens for dietitians.

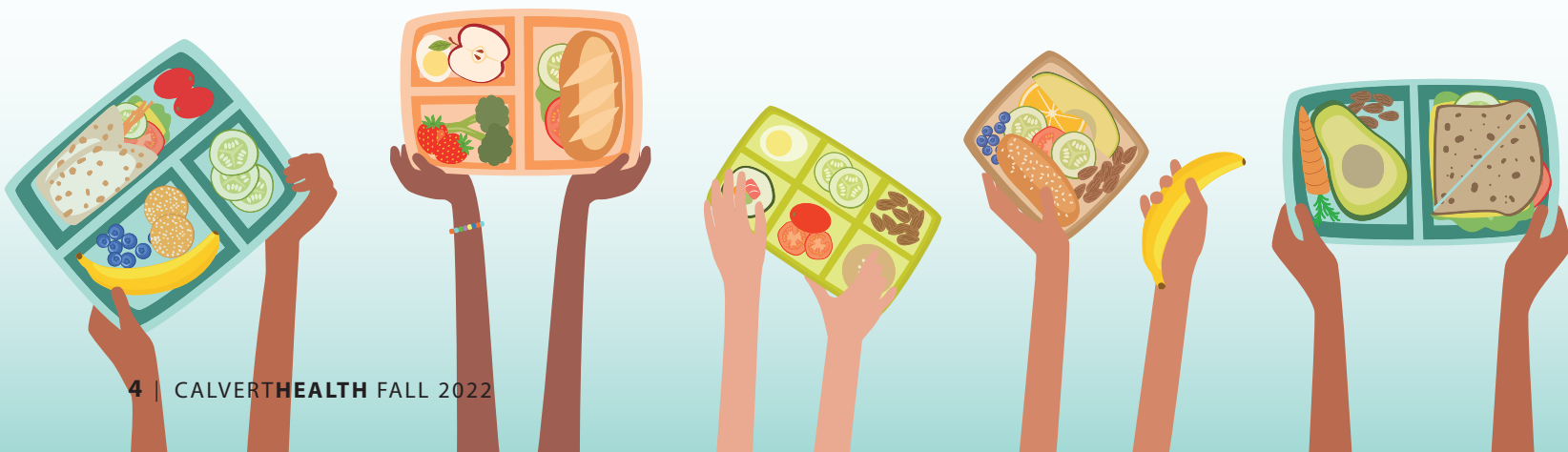
“I’m an 80/20 person,” said Registered Dietitian **Karen Mohn, RD, LDN, CDCES**. “You can do a quick dinner, just try to make good choices. If you really have a taste for something, that’s fine too. When you pick something not as nutritious, that’s when portions come into play.”

Mohn suggests that if you know you’re going to be out a certain number of nights per week, plan to pack a dinner three out of those four nights and eat out on the fourth. Then, it’s planned for and can help parents achieve a better mindset, free from guilt.

When it comes to making choices at the drive-thru, there are more healthy options available now than ever before. Mohn suggests giving children a few choices to help guide them. Focus on adding something good instead of taking away other options. For example, if you want fries, get a small fry, but add a salad too.

“Try to make a good choice. Each meal is a new opportunity. Do what you can with what you have. It’s all about balance,” Mohn said.

Often, healthier choices are even more readily available at larger convenience stores. A dinner of a convenience store sandwich on whole grain bread, baked chips and apple slices is still a nutritious dinner.



# 10 BACK-TO-SCHOOL TIPS

*to Make Life a Little Easier*

## FUN WITH FOOD: Dinner Snack Boxes



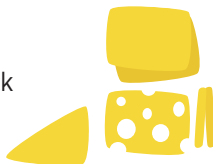
Charcuterie boards and boxes are all the rage for the adult crowd, and the great thing is those Instagram-worthy spreads can allow for a good mix of carbohydrates, healthy fat, and protein. Dinner doesn't always have to be a hot meal, and children love to snack. Adapt the charcuterie trend to dinnertime with dinner snack boxes.

While there are many kinds of bento-style boxes (with multiple compartments) on the market, it can be as simple as using muffin liners to divide space in a sealable plastic container. Strive to include at least one protein, carbohydrate, healthy fat and fruits and vegetables in each snack box. For most ingredients, these boxes can be prepared a few days in advance and stored in the refrigerator.

*To get started, choose a few options from each category:*

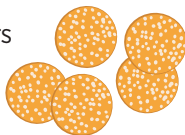
### CATEGORY 1: Protein & healthy fats

Mixed nuts  
Trail mix  
Cheese cubes or cheese stick  
Yogurt pouch, tube or cup  
Hardboiled egg  
Dried chickpeas  
Nut butter  
Yogurt-based dip  
Lunchmeat  
Protein bar



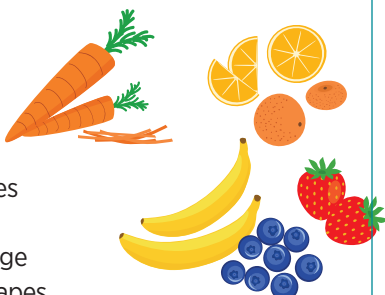
### CATEGORY 2: Carbohydrate

Granola bar  
Whole grain crackers  
Pita  
Rice cakes  
Hummus



### CATEGORY 3: Fruits and vegetables

Apple  
Banana  
Pear  
Carrots  
Cucumbers  
Grape tomatoes  
Celery  
Mandarin orange  
Berries and grapes  
Fruit and nut-based bars such as Larabar™



*Check out these tips for taking the stress out of mealtime, as well as your daily routine.*

- 1. Your calendar is your friend.** You may have several apps on your phone to assist with family appointments and activities, but if you don't have a system that works for you, get (*or print*) a simple monthly at-a-glance calendar for your home. It is an easy, effective and visual way to keep track of everyone's comings and goings in one spot.
- 2. Keep a list of your family's favorite, easy-to-make recipes.** Have the needed ingredients on hand to easily throw these meals into your rotation. Make sure to use your family activities calendar to plan your meals, using the slow cooker or planning for bento boxes, as needed!
- 3. Find a bedtime routine that works.** Sleep. Is. Important. A good night's sleep helps with concentration, memory and strengthens the immune system. It is recommended that 5-11 year-olds get between 9-11 hours sleep per night. And don't forget - parents need sleep, too!
- 4. Sharing is not always caring.** Talk to your children about the importance of washing their hands throughout the day, especially before lunch, after recess and after bathroom breaks. Remind them not to share combs, brushes, hats, hair accessories, clothing or other personal items that can spread germs (*or lice!*).
- 5. A little organization goes a long way.** Involve the kids and spend 10 minutes each night prepping for the next day - pack lunches, lay out clothes (*and shoes!*) and get those backpacks ready. It will be 10 minutes well spent and you are likely to have more buy-in (*aka less drama*) as the children were involved in the selections.
- 6. Speaking of backpacks...** those things are heavy! Experts say that weight of a school-aged child's backpack should not exceed 10-15 percent of the child's body weight. Talk to your children about using their cubby or locker during the school day to cut down on the amount of the weight in their backpack and only bringing home the items needed for homework.
- 7. Shop your pantry.** When you have an inventory of what's in the pantry, freezer and refrigerator, you can use that as a guide to decide what to make, preventing unnecessary purchases at the store. Remember, you can also freeze fresh produce for use when they aren't in season.
- 8. Send clutter packing.** Have a designated basket or container in each room or floor (whatever works for you) to place items that need to be put away. Each evening, everyone can grab the items they are responsible for and put them away.
- 9. Try to think ahead to the next meal.** Pull those pots and pans out in the morning so you're ready to go at dinnertime! You'll appreciate those extra five or ten minutes when you're in a rush to get dinner on the table. You can also prep your produce ahead of time by chopping or slicing them and saving in storage containers.
- 10. Annual visits are meant to be, well, annual.** When life gets busy, we can push off those well-child visits, dental or vision screenings, but doctors recommend semi- or annual screenings for a reason: They are important. One tip is to schedule each child's annual visits for a date around their birthday. Make a day of it and treat your little one to a special day with mom or dad.

# HIGH FIVE *for* FIBER- THE GOOD CARB



It turns out fiber is your friend. According to CalvertHealth registered dietitian **Karen Mohn, RD, LDN, CDCES**, it offers a treasure trove

of health benefits. It can help lower your risk of heart disease and diabetes, improve gut health and make it easier to maintain a healthy weight or lose weight.

Yet, some 90 percent of American adults don't eat enough each day. Recently, we sat down with Mohn to learn more about why fiber is such a powerhouse nutrient.

## Fiber Fundamentals

"Basically, dietary fiber is the roughage or bulk in your diet that is non-digestible," said Mohn. "It passes through your body relatively intact, keeping your digestive system clean and healthy, easing bowel movements, and flushing cholesterol and harmful carcinogens out of your body."

Mohn said it's important to understand fiber comes in two varieties – *soluble* and *insoluble* – and they act differently in your body. "Soluble dissolves in water and helps control blood sugar levels and reduce cholesterol. Good sources include oatmeal, beans, nuts and fruits such as apples, berries and pears.

"Insoluble does not dissolve in water. It is the bulky fiber that helps to prevent constipation and is found in whole wheat flour, grains, nuts, beans and vegetables like cauliflower, green beans and potatoes."

She went on to add, "Many foods contain both soluble and insoluble. In general, the more natural and unprocessed the food, the higher it is in fiber. There is no fiber in meat or dairy.

"You do need both, which is why I suggest eating a variety of food fiber sources," said Mohn. "As a general rule, men need 30-38 grams of fiber per day and women need 20-25 grams."



## Artichoke, Spinach & White Bean Dip

This healthy version of the popular appetizer is sure to be a hit on your next game day.

### INGREDIENTS

2 cups artichoke hearts	2 cloves garlic, minced
1 tablespoon black pepper	1 cup cooked white beans
4 cups chopped spinach ( <i>frozen is OK</i> )	2 tablespoons grated parmesan cheese
1 teaspoon minced dried thyme	½ cup reduced-fat sour cream

### DIRECTIONS

1. Heat oven to 350 degrees. Mix all ingredients together. (Puree white beans if you want to have a smoother consistency).
2. Put in a glass or ceramic dish and bake for 30 minutes. Serve with vegetables or whole-grain bread or crackers. *Makes 8 servings.*

### NUTRITION FACTS

*Per ½ cup serving:* 123 calories, 3 grams fat, 16 grams carbohydrates, 8 grams fiber and 8 grams sugar

She offers this tip when reading food labels. “You want at least 3 grams of fiber for it to be considered whole grain or a good source of fiber. This is especially important to note when you’re looking at breads and cereals.”

Mohn also advises increasing your fiber intake slowly over time to help your body get used to it. “Drinking more water as you add more fiber can also help with any gas or bloating you may experience.”

As a dietitian, she recommends getting your fiber from food sources over taking supplements. “Fiber supplements don’t provide the variety of fibers, vitamins, minerals and other beneficial nutrients that foods do.” However, she said, fiber supplements may be necessary for some people with certain medical conditions.

## Why it Works

“The #1 thing fiber helps is maintaining good bowel health,” said Mohn. “Soluble fiber helps to lower your cholesterol, reducing your risk of heart disease. It binds with the LDL (or bad cholesterol) and doesn’t allow it to be absorbed.

“It also helps control blood sugar, too. That’s for everyone, not just diabetics. Everybody’s blood sugar fluctuates. Fiber helps slow down the rate at which things digest and get into the bloodstream and become glucose.”

Fiber is a natural appetite suppressant. “Because it sits in your stomach longer and it takes longer to digest,” Mohn explained, “fiber helps to promote a sense of feeling full.”

She went on to add, “If your blood sugar is not spiking up or down, then you have more consistent energy. Fiber keeps you more satisfied, so you’re not overeating. We make better food choices when our blood sugars are normalized.

“Additionally, the good bugs that make up your microbiome feed off

fiber and flourish,” explains Mohn. “Healthier gut bacteria help lower inflammation, which has been linked to obesity and nearly every major chronic health problem.”

She stressed, “One of the best ways to maintain a clean and healthy colon and digestive tract is to get enough dietary fiber. Colon cancer has been linked with a high-processed diet and chronic constipation.”

## Fitting in More Fiber

“Fruits and vegetables in their most natural form are good choices for fiber,” said Mohn. “It’s a good idea to get at least four to five servings each day and spread them out throughout the day.

“For example, start your day with oatmeal topped with berries,” she said. “Maybe, at lunch you have chili or lentil soup and some whole-grain crackers and an apple. As an afternoon snack, you might have cut-up veggies with some hummus. And at dinner, have a potato and a serving of vegetables with fruit for dessert.”

## CalvertHealth **DIABETES EXPO**

### *Helping People with Diabetes Live Well*

**Date:** Tuesday, Oct. 25

**Time:** 2:30 – 6:30 p.m.

**Location:** CHMC back parking lot  
(during Farmers Market)

This outdoor event is free and open to the community. Educational speakers, screenings, displays, healthy food samples, giveaways and more!

**Call 410.535.8233 for more information.**



## Sweet Potato & Black Bean Chili

This quick vegetarian chili is chock full of fiber. Make a double batch and freeze the extras for lunch or dinner another day.

### INGREDIENTS

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chili pepper
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

### DIRECTIONS

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook stirring often, until the onion is softened, about 4 minutes.
2. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds.
3. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer, and cook until the sweet potato is tender, 10 to 12 minutes.
4. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

**Make ahead tip:** Cover and refrigerate for up to three days or freeze for up to three months. *Makes 4 servings*

### NUTRITION FACTS

*Per 2-cup serving:* 323 calories, 13 grams protein, 55 grams carbohydrates, 16 grams fiber, 13 grams sugar and 8 grams fat

# IMPORTANCE OF Strength Training As We Age

OCTOBER

IS PHYSICAL  
THERAPY  
MONTH

Exercise – especially strength training – is not just beneficial for the young, healthy and already fit. Studies show it’s also one of the best defenses against the effects of aging by helping to build bone density, increase endurance, improve balance and reduce your risk of falls – thus maintaining your independence longer.

We know we should move more and sit less. Research tells us many of the changes in our musculoskeletal system result more from disuse than from simple aging. Yet, fewer than 10 percent of Americans regularly exercise – *and the most sedentary group is older than 50 years of age.*

The current scientific evidence recommends adults get two days of muscle strengthening or “resistance” exercise each week in addition to 150 minutes of moderate-intensity aerobic activity for overall health and well-being.

Recently, we talked with **Brendan Keena, DPT** and **Diana Adamson, DPT** of CalvertHealth Outpatient Rehabilitation to learn more about the importance of strength training as we age.

## Use It or Lose It

“As we age or become sedentary, our muscles deteriorate like everything else,” said Keena. “So, it’s important to keep them up and running.”

Scientists say “*resistance training*” is one of the best ways to help slow that decline. It not only maintains muscle strength and power (what you’ll need while opening a jar or pushing a heavy door), but it makes everyday activities like cooking, cleaning and climbing stairs less difficult.

Keena said it’s important to include muscle strengthening activities that work all the major muscle groups (*legs, hips, back, abdomen, chest, shoulders, and arms*). Strength training can include lifting weights, working with resistance bands, doing exercises that use your body weight for





resistance (like going from sitting to standing) and some forms of yoga.

“It’s all beneficial,” said Keena. “Something is better than nothing. Even if you haven’t always been active, starting with just a few minutes a day and slowly increasing your intensity and duration can have significant benefits on musculoskeletal health.”

Adamson stressed the importance of doing exercises that stress your muscles. “If we never cause our muscles to work a little bit harder, we tend to lose muscle mass. If all we’re doing are the same activities each day, then we don’t challenge our muscles and we don’t gain any strength.”

## Making Everyday Activities Easier

For many seniors, losing their independence is a major concern. This is where functional strength comes into play. “With strength training you’re not going to need as much help getting up from a chair, in and out of a car or walking to the bathroom,” said Keena.

“Strength training helps people maintain or increase their endurance and activity tolerance,” said Adamson. “When we have a sedentary lifestyle, we lose our endurance and we’re not as able to do as much activity at any one time without feeling so fatigued.”

She went on to add, “When we focus on strength training that helps improve how much they can do without feeling tired.”

Incorporating strength training into your weekly fitness routine can have other health benefits, as well. “It helps increase bone density, which is especially important for older women,” said Keena.

“Strength training also helps to increase balance,” said Adamson. “As we get older that’s another

*“Strength training is vital to staying active and independent.”*

*- Brendan Keena, DPT,  
CalvertHealth Outpatient  
Rehabilitation*

thing we tend to lose. When we have poor balance, we have a higher risk of falls and we develop a fear of falling. This anxiety causes us to do less.”

She went on to add, “It also helps to increase our resting metabolic rate. So, even after we’re done exercising, we’re still burning calories at a higher rate for a significant amount of time afterward.

“Any time we’re burning more calories than we’re consuming helps with weight loss or preventing weight gain, which in turn is going to help with preventing heart disease and diabetes.”

## Tips For Getting Started

If you don’t already exercise, check with your healthcare provider to see if it’s safe to start. Once you’re cleared, Keena said, “I think the local senior centers would be a really good resource for getting started.”

The Calvert County Office on Aging (OOA) offers a wide array of free exercise classes focusing on muscle strength for all levels at their centers in North Beach, Prince Frederick and Lusby. For more information, go to: [healthycalvert.org](http://healthycalvert.org).

Additionally, these facilities feature fitness centers, which are free for those 50 and older. According to OOA Program Manager **Kristy Alleva**, an orientation is provided to new participants.

“Not every exercise is appropriate for every person,” said Adamson. “So, that’s why it’s important to be screened by someone who’s trained to know your limitations, who can say: ‘Here’s



## The Benefits of Getting Stronger

Research has identified multiple ways strength training can benefit older adults, including:

- ✓ Maintaining muscle mass
- ✓ Building bone density
- ✓ Increasing endurance
- ✓ Improving balance
- ✓ Managing weight
- ✓ Preventing diabetes/heart disease

Source: National Institute of Aging

what’s recommended to be safe with what you’re doing, without causing potential injury.”

Other resources include the community wellness department at CalvertHealth Medical Center, (which offers virtual classes), Calvert County Parks & Recreation (pickleball is especially popular with seniors) and the Edward T. Hall Aquatic Center.

Keena said the physical therapists at CalvertHealth Outpatient Rehabilitation are trained to provide assistance to those who need more support. “As physical therapists, we have a lot of tools to assess fall risk, strength and balance,” he said.

Adamson said the goal of physical therapy in this instance is to teach patients how to help themselves for the long-term. “As long as patients are motivated to help themselves, we can almost always find a way to help them.”

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

## DIABETES EDUCATION

### Diabetes Self-Management Class

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

### CCHD Living Well with Diabetes

This six-week interactive workshop for adults with type 2 diabetes is discussion based and covers a variety of topics such as how to deal with changes in your blood sugar, nutrition planning, label reading, depression and more. For more information, call 410.535.5400 x 459.

## HEALTH & WELLNESS

### Rock Steady Boxing for Parkinson's

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

### Early Riser Fit for Life & Fit for Life

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

## HEALTHWISE

### Medical Nutrition Therapy

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

### FREE Quit Tobacco Classes

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

### Safe Sitter and Safe@Home

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

## MATERNITY & FAMILY EDUCATION

### Baby Care Basics

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

### Gestational Diabetes

A FREE virtual class for pregnant women that have been diagnosed with gestational diabetes and/or previously diagnosed and want to get pregnant again. Register online.

## SUPPORT GROUPS/ WELLNESS WORKSHOPS

### Breast Cancer Support Group

This group meets every 3rd Thursday of the month. For more information email [megan.hance@calverthealthmed.org](mailto:megan.hance@calverthealthmed.org).

### Lactation Services

Lactation services for pre and postnatal mothers with one-on-one instruction is available. Call 410.414.4819 to schedule.

### Bariatric Wellness Workshop

Open to pre- and post-operative patients and features presentations on topics such as nutrition, exercise, life after surgery and more! Register online.

### Cancer Support Group

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

### Diabetes Wellness Workshop

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

### Parkinson's Wellness Workshop

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

### Stroke Wellness Workshop

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

## CANCER SCREENINGS

### CCHD Colorectal Cancer Screenings

*You may be eligible for no-cost screenings if:* You are age 45 or older, you have no health insurance, your health insurance does not fully cover the cost of the screening or if you are under 45 with a family history or symptoms. Call the Calvert County Health Department at 410.535.5400 x 343 to determine eligibility. *Program funded by the Maryland Cigarette Restitution Fund Program.*

### CCHD Breast and Cervical Cancer Screenings

*You may be eligible for no-cost screenings if:* You are a woman age 40-64, 65 and older with Medicare Part A only, you have no health insurance, your health insurance doesn't fully cover the cost of screening or you are under 40 with an abnormal exam. Call the Calvert County Health Department at 410.535.5400 x 343 to determine eligibility. *Program funded by Maryland Department of Health and CDC.*

# People, Programs and Services in Our Community

## SAVE THE DATE



### PINK & BLUE MEMORIAL TOURNAMENT

#### Help Us Celebrate our 12<sup>th</sup> Year!

Enjoy the day and help a worthy cause. Your contribution will support cancer care at Anne Arundel Medical Center and CalvertHealth Medical Center.

**DATE:** Monday, Oct. 10  
**PLACE:** The Cannon Club  
 Call 410.414.4570  
 for more information.

## CALVERTHEALTH Diabetes Expo

Helping People with  
Diabetes Live Well

**DATE:** Tuesday, Oct. 25  
**TIME:** 2:30 – 6:30 p.m.

This outdoor, open-air event is free and open to the community. Educational speakers, screenings, displays, healthy food samples, giveaways and more!

Call 410.535.8233  
 for more information.



Saturday,  
October 1

Support the Breast Cancer 5K as more than 700 friends and survivors run or walk around beautiful Solomons Island.

#### > WAYS TO REGISTER:

Scan the QR code or in person at the CalvertHealth Foundation Office



# Cancer Survivor CELEBRATION



Join the CalvertHealth Cancer Program and Community Wellness Teams as we celebrate life, recognize survivors and support cancer patients and caregivers.

#### Join us for food, fun, giveaways and prizes.

The celebration will provide an opportunity for everyone living with a history of cancer to safely connect with one another and to recognize those who have supported them along the way.

#### Celebrate Life

### Yoga in the Vineyard

**Date:** Thursday, Sept. 29  
**Time:** 5-8 p.m.  
**Place:** Running Hare Vineyard

The fee for this event is \$25 due upon registration. Use QR Code at right or visit our website [CalvertHealthMedicine.org/Events](http://CalvertHealthMedicine.org/Events) for more information. Alcohol will be available to purchase directly from Running Hare for an additional cost.

#### Continue the Celebration with these Events

#### Yoga in the Park: \$12

Enjoy a one-hour yoga session followed by health and wellness education.

**September 21, 5:30-7 p.m.**  
 Cove Point Park

**October 5, 5:30-7 p.m.**  
 Dunkirk District Park

**October 12, 5:30-7 p.m.**  
 Hallowing Point Park

**October 19, 5:30-7 p.m.**  
 Cove Point Park



### Jingle Bell Run/Walk

**DATE:** December 3  
**TIME:** 8 - 10:30 a.m.  
**PLACE:** Quiet Waters Park  
 Annapolis, MD

[dpcancerfoundation.org](http://dpcancerfoundation.org)



**Farm Fresh Food  
 Meets Southern Maryland  
 Hospitality**

Tuesdays from  
 2:30 - 6:30 p.m.  
 through mid-November

## Living Our Healthiest Lives

Get to know some of the providers at CalvertHealth better with our new “Ask the Providers” series. We asked our providers to provide their top recommendations for just one thing to improve health.

### ASK THE PROVIDERS

# What Small Change Can Make a BIG IMPACT on Your Health?

*Getting started is always the hardest part.*

When it comes to improving our health, making small changes is a good way to build new habits – or get rid of unhealthy ones. Look for simple tweaks you can easily work into your daily lifestyle and build on your success.

Making too many changes at once can often leave us feeling overwhelmed. Taking things one step at a time is a good strategy for staying motivated and keeping us moving forward toward our goal of living our healthiest lives.





## “ Drink more water.

The national average recommended daily intake (depending on source) is 80-120 ounces of water per day. Many patients admit to only drinking 30-50 ounces of water per day. Water has so many health benefits, including increasing satiety which aids in weight loss. Additionally, water aids in digestion, constipation, helps flush toxins from the bladder, and carries nutrients and oxygen to your cells. There are so many benefits to incorporating more water into daily life!

– **Kathleen Hyde, CRNP,**  
*CalvertHealth Primary Care*



## “ Stop drinking soda/ luxury drinks regularly.

Whether it is a regular or diet soda, a latte from Starbucks, an energy drink from Walmart, or a nightly cocktail or beer after work, these are extra, unnecessary calories that add up slowly (or sometimes quickly) over time. Make these drinks a “special treat” once or twice a month. By making this simple lifestyle change, not only will you save a significant amount of money, but you will feel better and probably lose a few pounds.

– **Dr. Ervind Bhogte,**  
*CalvertHealth  
General Surgery*



## “ For smokers, the answer is easy: QUIT IMMEDIATELY.

Do whatever you have to do to be rid of tobacco. Quitting smoking is the single most important beneficial action anyone can take.

## For nonsmokers, increase physical activity.

Supposedly, “sitting is the new smoking.” Modern American lifestyles are too sedentary. A simple daily walking program such as 30 to 45 minutes at a decent pace will do wonders for cardiovascular health, metabolism, weight control, and muscle tone and mass. And you’ll feel better.

– **Dr. Kenneth Abbott,**  
*Medical Oncologist,  
CalvertHealth Hematology  
& Oncology*



## “ Gradually replace drinks such as sodas, coffee, tea, and juice (especially any drinks containing sugar) with water.

This simple, small change can help in many areas of your health, especially your urologic health. Your bladder will thank you, and it is also a simple way to reduce the risk of diabetes and helps with weight loss. Several studies have shown that for every can of soda that you replace with water per day, you can expect to lose one pound every two to three weeks, or up to 15-20 pounds per year with one simple change.

– **Dr. John (Jack) Cooper,** *CalvertHealth Urology*



## “ Get off the screens!

For kids, increased screen time has been associated with delayed language development, poor sleep, obesity, and behavior problems. Outside of screen time needed for school work, most kids should get less than two hours of screen time per day (this includes all screens - phone, TV, iPad, computer).

– **Dr. Monica Mehta,**  
*Mehta Pediatrics*

# As Youth Mental Illness Soars, Task Force Calls for Screening Earlier to Identify Those At Risk

An influential panel of experts says all kids ages eight to 18 should be screened regularly for anxiety. This recommendation by the United States Preventive Services Task Force comes at a time when mental health problems among kids nationally and locally have escalated – prompting more emergency visits and hospital admissions.

In making the recommendation, the task force noted kids with anxiety disorders are at higher risk of anxiety disorders and depression as adults, along with related risks like substance abuse.

The task force also recommends that kids 12 and older continue to be screened for depression, a recommendation that has been in place since 2016.

The goal of the screenings, said **Michelle Morris-Deal, LCPC**, a social worker in the behavioral health unit at CalvertHealth Medical Center, is to help doctors and other providers identify at-risk kids early on in their illness so they can be treated before symptoms worsen.

These screenings are usually done by primary care physicians or pediatricians using standardized questionnaires that parents and/or kids answer, depending on their age.

Morris-Deal said, “The screenings help gauge where a patient is concerning their mental health and if there is a higher level of care or services needed.” In that instance, she explained, the provider can make referrals to a therapist or psychiatrist in the area or to the emergency department for further assessment and connection to appropriate community resources.

She went on to add, “It’s vital we identify at-risk kids early so they can have the opportunity to address things sooner with appropriate resources such as outpatient therapy and medication management to avoid the need for a higher level of care.”

## Numbers Jump During Pandemic

Morris-Deal said, “There was definitely an increase in ED (emergency department) visits, inpatient and PHP (partial hospital program) admissions during the pandemic here at CalvertHealth Medical Center.

“Some of the contributing factors I have seen are related to the toll isolation (during the pandemic) had on their social/emotional skills as well as their academic needs,” said Morris-Deal.

According to **Lisa Hartwell, RN**, who coordinates the partial hospitalization program,



*Michelle Morris-Deal, LCPC, advises parents: “Be available. Be there to talk, to listen and guide, as needed... provide opportunities to have conversations.”*

*“This is a state-of-the-art behavioral health facility.”*

*- Laura Lawson Webb,  
Director, CHMC  
Behavioral Health*



there were two occasions during the past year in which the adult program was temporarily closed in order to manage the high number of adolescents on the waitlist.

“At one point in February, there were 17 adolescents requesting admission,” said Hartwell. “Luckily, the adult volumes remained low so no adult patients were displaced.”

She went on to add, “Adults have more options available to them. They can travel to other facilities, which gives them more flexibility for treatment. Adolescents rely on parents and other adults in their lives for help with transportation, coordination and follow through. There is concern the adolescents on the waitlist run the risk of deteriorating further while waiting for treatment, which can lead to a higher level of care.”

Hartwell said the mental health issues adolescents are dealing with go beyond just feeling anxious. “The issues include but are not limited to depression, stress management, self-harm, suicidal thoughts, self-esteem, perceptual and distorted thoughts, anger management, impulsivity and self-care, which includes hygiene, sleep and daily maintenance.”

## How Parents Can Help

“Anxiety can go undetected in children because of a lack of understanding of what anxiety is and the signs to look for,” said Morris-Deal.

Signs of stress and anxiety in children often show up as physical or behavioral changes. According to Morris-Deal, some signs parents should be concerned about are: when their adolescent isolates (more often than not), they’re irritable, when they notice signs of scratching/picking or other forms of self-harm, lack of appetite or eating more than usual and/or sleeping too much or not enough.

“It’s important for parents to recognize the signs and to look for possible causes,” she said. Children may not recognize their own anxiety and may lack the maturity to explain what is causing them stress.

Morris-Deal said the best thing parents can do is be available. “Be there to talk, listen and guide, as needed. Provide them with the opportunities to have conversations.”

Hartwell said it’s important to validate their emotions. She advises to “avoid such comments as: ‘You have everything, why should you be sad/unhappy/anxious? You’ll be okay. You’re fine.’”

Morris-Deal said it is time seek the advice of a healthcare practitioner, counselor or therapist when parents notice their symptoms are persistent and it affects their ability to function.

## CalvertHealth Offers Adolescent Day Treatment Services



Long before COVID, CalvertHealth Medical Center (CHMC) took significant steps to address the community’s growing mental health needs – investing \$6.6 million to substantially renovate the behavioral unit (*creating separate areas for youth and adults*) and partnering with Sheppard Pratt Health to expand behavioral health services.

The addition of Sheppard Pratt Health, a noted leader in providing youth mental health services, means more behavioral health needs can be managed locally while ensuring access to specialized services in our community.

CHMC offers the only behavioral health day treatment program for adolescents (13-18 years old) in the tri-county region. Additionally, inpatient treatment is available for those who require 24-hour hospitalization.

“The commitment of the leadership here is so impressive,” said newly appointed behavioral health director **Laura Lawson Webb, RN-BC, MSN**, who brings 30 years of experience to her new position. Since 2019, she served as vice president and chief nursing officer at Sheppard Pratt, where she played a critical part in developing the strategic direction of the organization and ensuring strong clinical teams and processes to provide the highest quality clinical care.

In her new role at CalvertHealth, she will leverage her extensive behavioral health experience to share best practices and bring world-class care to Southern Maryland.

**SCAN the QR CODE**  
for a listing of adolescent  
mental health services  
available in our  
community.



## CalvertHealth Primary Care Adds New Provider

Certified Family Nurse Practitioner **Keri Reed, MSN, APRN, FNP-C**, has joined



CalvertHealth Primary Care in Solomons and Prince Frederick. The practice provides personalized health care for the whole family including screenings, preventive medicine, complete physicals and well-woman exams.

The providers are specialists in family medicine and trained to diagnose, treat and manage a wide range of medical conditions from acute to chronic disease for all ages.

Reed has 23 years of nursing experience with 20 years in emergency medicine. She is known for being a great listener and patient advocate. "My focus is on building an ongoing rapport with patients by listening well to their healthcare concerns and partnering with them in managing their care."

After earning her bachelor's in nursing in 1999 from Jacksonville University in Florida, Reed went on to obtain her master's in nursing last year from Cedarville University in Ohio. Most recently, she worked in a local neurology practice and has a special interest in the treatment of ADHD in children.

Her philosophy of care emphasizes educating patients so they feel empowered and informed about their health. "I want their visit to provide them with the resources they need as well as a clear and concise plan that has been developed with their input."

## Stallings Joins CalvertHealth Hematology & Oncology

**Kerri Stallings, RN, MSN, AGPCNP**, brings nine years of nursing experience in a diverse range of clinical settings to her role as Oncology Nurse Practitioner at CalvertHealth. She will see general oncology patients in the CalvertHealth Hematology & Oncology practice.

As an Adult and Gerontology Primary Care Nurse Practitioner she has advanced training in caring for older adults and specializes in caring for patients with critical conditions and chronic illnesses.

"I'm excited to join the hematology/oncology team at CalvertHealth," she said. "It is abundantly clear they are passionate about the care of every patient." Stallings said she was also attracted to their integrated and holistic approach to patient care.

"I look forward to getting to know our patients and helping them through their treatment." She is readily available to answer patients' questions, see those with urgent concerns and provide follow-up care, as needed.

Stallings began her career in health care in 2013 as a staff nurse at Calvert Nursing Center. It was here she developed her passion for caring for older adults. "This is where I truly learned to appreciate the older population. I felt a need to protect them as I would my own family member."



## Vascular Center Welcomes Filippelli

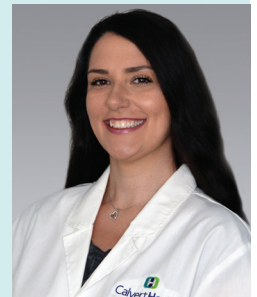
The Center for Vascular Care at CalvertHealth is pleased to welcome board-certified nurse practitioner **Hannah Filippelli, MSN, CRNP, FNP-BC**, to its team. She joins board-certified vascular surgeon **Dr. Joseph Wuamett** and will see patients in the office as well as those who are hospitalized.

The vascular center provides evaluation, prevention, management, treatment and follow-up care for a wide range of vascular issues from varicose veins to aortic aneurysms as well as dialysis access and chronic wounds.

Filippelli said she decided to pursue a nursing career after the impact nurses made on her own life when her dad was diagnosed with lymphoma. She earned her bachelor's in nursing in 2015 from West Virginia University and went on to complete her master's in nursing in 2020 from Chamberlain University in Illinois.

She worked in the emergency department the majority of her career but was also a critical care transport nurse and PACU nurse. Most recently, she worked in a local neurology practice, where she managed and treated various neurological disorders including dementia, ADHD, multiple sclerosis and chronic migraines.

Filippelli said, "I spend a lot of time developing relationships with each of my patients to promote open communication, trust and honesty to ensure their diagnosis and treatment plan is optimal."





## Maddox Joins Urology Practice

Certified Physician Assistant **Lori Maddox, PA-C, ATC**, has joined urologist **Dr. John Cooper** in Prince Frederick. The practice provides comprehensive care for a full range of urologic conditions including prostate health, overactive bladder, kidney stones and urologic cancer.

"I am excited to help increase local access to high quality urological care by assisting Dr. Cooper in assessing and treating patients in the clinic and surgical settings," said Maddox, who has over 16 years of experience as a PA, including three years in urology.

She went on to add, "I have a special interest in urological cancer screening and I look forward to working with patients to help them understand their risk and develop a plan based on the latest research."

Maddox graduated from the Wichita State University PA program in 2005 and has enjoyed working in multiple specialties over her career while serving as a military spouse. She is also a nationally certified athletic trainer.

She values the team approach to patient care. "I believe collaboration is essential to helping patients understand their condition and plan of care. As a team, we will work together to optimize your urological health."



## Laur Chosen to Lead Level 2

**Amy Laur, RN, BSN**, has been named Level 2 Director at CalvertHealth Medical Center and will oversee the 14-bed Observation Unit as well the 20 private patient rooms on the medical-surgical floor. She has a proven track record of effective leadership and was recently honored by her peers with the Excellence in Leadership Award.

Laur, who has 24 years of nursing experience, joined CHMC in 1999. "I love being able to serve the community where I have lived for many years," she said. "Each person takes great pride in making Calvert the best it can be. I am surrounded by people who support each other and work together for the common goal of making a difference in every life we touch."

Prior to the opening of the new patient tower in 2020, she was actively involved in the planning of the new Observation Unit. Laur describes her team on Level 2 as "second to none. They are always striving to learn more, to be better and improve outcomes."

She went on to add, "While the last two years (*during the pandemic*) have been challenging, I have seen the best teamwork and strength that I have ever witnessed."



## Barker Named ICU Director

CalvertHealth Medical Center has chosen **Jessica Barker, RN, BSN, CPAN**, as director of the Intensive Care Unit. Barker, who has 14 years of experience in health care, joined CHMC in 2014. She brings a vast amount of critical care experience to her new position.

She became a clinical coordinator seven years ago and has continued to grow in different leadership roles across the organization including manager of the post-anesthesia care unit (PACU) and Director of Professional Practice. When the pandemic hit in 2020, she was instrumental in helping to convert the PACU in a matter of days to an overflow ICU to accommodate the surge in COVID patients.

Barker said her focus as ICU director is to "motivate and encourage my team so they feel supported and empowered to do their best every day. I strive to provide them with a safe and positive environment where they can thrive and take phenomenal care of their patients."

She went on to add, "The ICU team at CalvertHealth Medical Center is top-notch ... the providers, nursing staff and patient care techs all contribute to providing outstanding care. They are a high-functioning team and I am honored to be part of it."



# The CalvertHealth Gala Tradition Continues

*Fundraising Effort Aims to Transform Cancer Care in Our Community*

The CalvertHealth Foundation is pleased to present the 2022 Gala for Cancer Care on Saturday, Nov. 12 at the MGM National Harbor Grand Ballroom. For more than 30 years, friends of the hospital have come together for one memorable evening to raise meaningful support for critical programs and services.

After a two-year hiatus due to COVID concerns, the ball is back. Proceeds from this year's gala will help support the advancement of cancer care at CalvertHealth Medical Center (CHMC) – including the development of a robotic surgery program and an affiliation with a national leader in cancer care that will open the doors to clinical trials and research for local patients close to home (*see story on page 3*).

“The theme for this year's gala ‘*Where Hope Grows*’ underscores the significant impact this fundraising initiative will have on the lives of those who rely on CalvertHealth Medical Center for their cancer care,” said Foundation Chair **Denise Bowman**.



*“This is what happened to my daddy.”*  
– *Linda Sinagra-Smith, Huntingtown*

“When my dad's colon cancer was found 30 years ago during an appendectomy, he was 57. They closed him up and told my mom he had maybe two years to live,” said **Linda Sinagra-Smith** of Huntingtown.

“It was a small community hospital in Connecticut. They didn't have the knowledge and the expertise to care for him. It was a very difficult time ... all of their children had jobs and no one was able to go up there to be with them.

“I was living in Virginia with my husband who was in the Navy and our three young children who were in school and couldn't leave.

“So, my mom took him to Boston, two hours away, where she stayed in a hotel while he was treated because there was nothing back home. He lived to be 83.”



She went on to add, “As a breast cancer survivor treated by Dr. (Theodore) Tsangaris at CalvertHealth’s Surgery Center, I can tell you it means a great deal to be able to get the expert care you need without having to travel far.”

## Dedicated to Raising the Bar on Excellence

“We are very excited to announce we will be returning to our in-person gala on Nov. 12th at the MGM National Harbor,” said Gala Co-chair **Teresa Schrodell**. “This cause is very close to my heart. My husband, Michael, died of testicular cancer 21 years ago.” (See *Teresa’s story below*).

Her co-chair, **Linda Sinagra-Smith** of Huntingtown, has her own cancer story. “In the summer of 1991, my dad’s appendix burst and he needed surgery. During the procedure, it was discovered he had colon cancer.” (See *Linda’s story on opposite page*).

She went on to add, “I am very proud to be co-chairing this year’s gala with Teresa. Cancer care is one of the highest priorities we have in our county. I don’t think there is one person in Calvert who has not been touched by some form of cancer ...

with a friend, a family member or themselves.

“When a loved one is diagnosed with cancer, you want one thing – the best care for them,” said Sinagra-Smith. “The affiliation with Duke Health is about bringing the best to our community by expanding access to the latest research and clinical trials. So, our loved ones can get world-class cancer care close to home...close to family and friends... close to the emotional support that makes all the difference.”

## Be a Part of Something Big

According to Schrodell, the gala committee has spent months planning what promises to be a spectacular evening. “We have a wonderful group of volunteers,” she said. “They are so dedicated to helping the hospital get better and better.”

The popular black-tie gala is the hospital’s largest and longest-running fundraiser. Since it began, the ball has raised more than \$5.6 million – helping to equip the Sheldon E. Goldberg Center for Breast Care, to create the Mobile Health Center, to add private patient rooms and to expand behavioral health services.

**SCAN the QR CODE** to learn about sponsorship opportunities, buy tickets or book your overnight stay.



For more information, please call the Foundation office at 410.414.4570 or send an email to: [foundation@calverthealthmed.org](mailto:foundation@calverthealthmed.org).

Don’t miss what has become one of Calvert’s most highly anticipated events. A choice of sponsorship packages is available including reserved seating and special recognition. Tickets are \$350 per person/\$700 per couple and include a cocktail reception, fine dining and dancing to great music by *Infusion*.

“We want to thank our early sponsors and especially our presenting sponsor, the DeCesaris/Prout Cancer Foundation, for their generosity, loyalty and passion for helping CHMC provide the highest quality cancer care for Southern Maryland residents,” said **Theresa Johnson**, Vice President for Brand Strategy and Philanthropy.

The gala also features a silent auction where guests can bid on a curated selection of items from sports tickets to artwork. Dickinson Jewelers, a longtime hospital supporter, is once again sponsoring the jewelry raffle where one lucky ticket holder will win a \$5,000 shopping spree at their store.

*“Giving up wasn’t an option.”*

*– Teresa Schrodell, Dunkirk*



“My husband was 29 when he was diagnosed with testicular cancer in 2000,” said **Teresa Schrodell**, who lived in Churchton then. “It was so advanced there was no specialist who could handle it at the time at Calvert.

“We had a one-year-old at home,” she said. “Giving up wasn’t an option. His fraternity brother in Michigan helped coordinate drivers to make the 100-mile round trip with him every day for six weeks for radiation and chemotherapy in downtown Baltimore.

“When they couldn’t do anymore for him, we traveled to Indianapolis to see Dr. Lawrence Einhorn, who wrote the protocol for treating testicular cancer.

“I lost Michael on Aug. 23, 2001. My hope is that others do not have to go through what we went through... leaving the county... to see specialists.”





**CalvertHealth**<sup>®</sup>

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

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

**Physician Referral Line:**  
**888-906-8773**

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

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

RESIDENTIAL CUSTOMER



# Cancer Care.

Now backed by  
the expertise  
of Duke Health.



**CalvertHealth**  
Cancer Center

**DukeHealth** AFFILIATE