



CALVERTHEALTH

DISCOVER 5-Star Care

CalvertHealth Earns Nation's
Highest Quality Rating



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Celebrating Achievement, Embracing the Future

This year, CalvertHealth Medical Center achieved a remarkable milestone: a 5-star rating from the Centers for Medicare & Medicaid Services, the highest possible distinction. This recognition is highlighted in more detail on pages 4-5, but I want to take a moment to share what this milestone means to me.

A 5-star rating is a reflection of the dedication, compassion and professionalism of our entire workforce. From nurses and physicians to support staff and administrators, every member of our team plays a vital role in ensuring patients receive the highest quality care in a safe, supportive environment. This achievement is a testament to the culture we have nurtured—one rooted in excellence, accountability and trust. Scan the QR code below to hear from our employees directly about what makes CalvertHealth a special place to work.

This recognition also affirms our commitment to the community. For more than a century, CalvertHealth has stood as a trusted partner in health, dedicated to keeping care close to home. Every innovation we introduce—from robotic-assisted surgery to the planned renovation of the Family Birth Center, from Grand Rounds to community-focused education programs—builds on that foundation, ensuring that we meet the evolving needs of the people we serve.

Although this milestone gives us reason to celebrate, it is also a reminder that excellence is a journey, not a destination. Our focus remains on continually improving, advancing clinical expertise and expanding access to care. We strive to set new standards not only for our hospital but also for the entire community.

As we look ahead, I am filled with pride—not only in our achievements but in the people behind them. Their unwavering commitment to patient-centered care ensures CalvertHealth continues to be a place where individuals and families feel supported, heard and cared for at every stage of life.

*Thank you for trusting us with your care.
Together, we will continue to build a healthier,
stronger and more vibrant community.*



ON THE COVER The 5-star rating from the Centers for Medicare & Medicaid Services is the highest possible rating a hospital can receive and places CalvertHealth Medical Center among the top 10% of hospitals nationwide. **See story page 4.**

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CalvertHealth Medical Center does not discriminate with regards to patient admissions, room assignment, patient services, visitation privileges or employment on the basis of race, color, national origin, ethnicity, age, gender, sexual orientation, gender identity or expression, physical or mental disability, religion, culture, language, ability to pay or socioeconomic status.

Scan the QR Code for more information. ➤



Metabolic and Bariatric Surgery Program Receives Accreditation

Earlier this year, CalvertHealth's Metabolic and Bariatric Surgery Program received accreditation from MBSAQIP (Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program) as a comprehensive center. CalvertHealth earned this prestigious designation by meeting rigorous, nationally recognized standards for bariatric surgery quality, safety and patient care.

"This accreditation is a testament to the excellence of our multidisciplinary program and the commitment of our entire team to providing the highest quality of care," said **Dr. Ramzi Alami, MD, FACS, FASMB**, medical director, Metabolic and Bariatric Surgery Program at CalvertHealth Medical Center (CHMC).

Dr. Alami, a leading weight loss authority who is fellowship trained in the latest minimally invasive techniques, has performed more than 2,000 bariatric surgeries in the last 17 years. He stressed, "The expertise, education and follow-up at CHMC combine to produce a highly effective program for those needing weight loss management."

According to bariatric nurse navigator **Tracey Csillag, RN, MSN, CBN**, CalvertHealth's two bariatric surgeons, Dr. Alami and **Dr. Gregory Dalencourt**, have completed more than 287 bariatric surgeries since the program began in 2021. Additionally, she said they have seen thousands of patients struggling with obesity. "Currently, in the program we have more than 500 surgical patients and more than 300 non-surgical patients."

CalvertHealth Celebrates Major Milestone – 250th Robotic Surgery

Recently, CalvertHealth Medical Center reached a major clinical milestone: 250 robotic-assisted surgeries completed since launching the program in March 2024. "These procedures represent more than just numbers," said CalvertHealth President and CEO **Jeremy Bradford**, "They're a clear sign of how we're using innovation to improve patient outcomes and bring leading-edge care to our community."

He went on to add, "I'm proud to share that the 250th robotic procedure was performed by **Dr. Helmut Pfalz**, who recently achieved robotic certification status, further strengthening our surgical team's capabilities." Dr. Pfalz, a board-certified general and hand surgeon, has been in practice for more than 21 years.

The robotics program is the latest step in the medical center's multi-faceted strategy to grow its surgical program to provide area residents with enhanced access to advanced surgical options. Robotic-assisted surgery offers several important benefits to patients including less pain, shorter hospital stays, quicker recovery, smaller scars and improved patient satisfaction.

While general and bariatric cases have dominated so far, Bradford reports the surgeons have performed a wide array of procedures (including more delicate cancer surgeries such as prostatectomy) – underscoring the strength and versatility of CalvertHealth's robotic surgery program.

Pictured (l-r) are Drs. Ramzi Alami, Gregory Dalencourt and Helmut Pfalz.



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CalvertHealth Garner's Prestigious 5-STAR RATING

from CMS for Quality of Care and Safety ●●●

CalvertHealth Medical Center (CHMC) has achieved a 5-star overall hospital quality rating from the Centers for Medicare & Medicaid Services (CMS), placing it among the top 10% of hospitals nationwide. The 5-star rating from CMS is considered highly significant because it is based solely on objective data and patient outcomes.



National Distribution of Overall Hospital Quality Star Rating (July 2025)

Overall Rating	Number of Hospitals
1 Star	233 (8%)
2 Stars	663 (23%)
3 Stars	942 (33%)
4 Stars	762 (26%)
5 Stars	291 (10%)

CalvertHealth was one of only four hospitals in Maryland to receive 5 stars – the highest possible rating a hospital can receive. CMS annually releases their updated star ratings for thousands of Medicare-certified hospitals nationwide. The ratings are based on performance of 46 hospital quality measures. These measures are divided into five quality categories: mortality, safety of care, readmission rates, patient experience, and timely and effective care.

CMS developed the program in 2007 to help consumers make more informed decisions by giving them a way to compare hospitals based on quality ratings. CMS awarded 90 fewer hospitals five stars in 2025 compared to 2024. *(See chart at left for National Distribution of Overall Hospital Star Quality Rating).*

“This is an incredible achievement,” said CalvertHealth President and CEO **Jeremy Bradford**. “This national recognition speaks to our commitment to excellence in clinical quality, operational performance and patient outcomes.”

He went on to add, “At CalvertHealth, our vision is clear – to be the trusted healthcare provider, delivering a lifetime of exceptional care. That vision drives everything we do. To our patients, our families, our community – this is for you. Thank you for trusting us with your care.”

Quality Care that Puts Patients First

“It is precisely our patient-centered focus that motivates us to continually improve so that we deliver the best care in the safest way possible,” said **Nicole Hedderich, MHA, RN, CPHQ, CPHRM**, Associate Vice President for Quality & Risk Management.

TRUST. COMMITMENT. LEADERSHIP.

“It’s a testament to the high standards that we uphold every day.”

– Jeremy Bradford, President & CEO

She added, “Patient safety and quality of care are embedded in everything we do every day for every patient. It will always be our number one priority. By achieving a 5-star rating, we are underscoring our commitment to high-quality care to the community we serve.

“Our patients deserve to know when they step through the doors of CalvertHealth, they are doing so with the confidence the care they are receiving is top-notch,” said Hedderich.

She went on to explain, “The overall star rating measures not only the safety of care provided, but also the efficiency with which we manage care for our patients. We also strive for the patient to enter and exit our facility with a confidence level that all their interactions with our staff were comprehensive, effective, and were provided with compassion and kindness.

“The star ratings include all these aspects of experience, not just the clinical care, but how we made you feel when you were here,” said Hedderich.

Continuing to Raise the Bar

She stressed, “Just because we’ve reached our goal (of a 5-star rating) does not mean our work stops here.”

At CalvertHealth, performance improvement is seamlessly integrated into every aspect of patient care, aligning with our mission: *to improve the health and well-being of those we serve.*”

She touched on several examples to elaborate. For instance, daily leadership safety huddles, weekly and quarterly executive rounding and dedicated safety committees continue to improve care by promoting communication, identifying concerns and addressing issues in real-time.

“There are always going to be opportunities to do better and we recognize that, but it’s a commitment to integrity,” said Hedderich. “We’re in it (health care) because we care about our patients.”

She added, “Our achievement of a 5-star rating did not happen by luck. We are a high-achieving team that has remained dedicated, focused and driven in providing high-quality care for our community.” (At right, see *How We Measure Up*).

HOW WE MEASURE UP

Bradford said, “These accolades reflect who we are and what we stand for as an organization.” He went on to add, “They also inspire us to continue striving for excellence in all that we do.”

2025 – Honored by *Becker’s Hospital Review* as one of Top 150 Places to Work in Healthcare for the second year in a row.

2025 – Attained accreditation by *MBSAQIP* (Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program) as a Comprehensive Center.

2025 – Recognized as one of the *Top 100 Hospitals in the US by Premier*, as published in *Fortune*.

2024 – Earned a “B” Hospital Safety Grade from the *Leapfrog Group* for our commitment to patient safety and the prevention of medical errors.

2024 – Received American Heart Association’s highest honor for outstanding stroke care – *the Gold Plus Quality Achievement Award* – for 12 years in a row.

2024 – Named one of *America’s 100 Best Hospitals for Critical Care by Healthgrades* for the third year in a row.

2024 – Recognized as one of the “100 Great Community Hospitals” in the US by *Becker’s Hospital Review*.

2024 – Garnered *Modern Healthcare’s Innovator Award* for launching a multi-track pilot program aimed at reducing emergency department wait times.

2023 – Awarded coveted three-year accreditation from the *American College of Surgeons Commission on Cancer* placing us among the top community cancer programs in the country.

We are CalvertHealth and we stand for health, for care and for doing our best every day – for you.



EXCELLENCE. ACHIEVEMENT.

CalvertHealth Takes Major Steps to Enhance Women's Health Services Locally

CalvertHealth is paving the way – literally – for meaningful advances in care for women's health. With one major renovation complete and another on the way, big changes are in the works for providing a coordinated, convenient and comprehensive approach to meeting the diverse range of women's healthcare needs at every stage of their lives.



This summer, the 15,000-square-foot CalvertHealth Center for Women's Health opened on the main hospital campus in Prince Frederick. According to CalvertHealth Vice President of Strategy and Business Development **Kasia Sweeney**, the vision for the women's center is to provide a supportive environment, which fosters collaboration and communication between CalvertHealth's providers so that services are offered seamlessly while focusing on each woman's distinct needs and goals.

At the same time, an ambitious renovation of the Family Birth Center at CalvertHealth Medical Center is moving forward with construction expected to begin early next year. The project will renovate 15,000 square feet of existing space and set a new standard for mothers and newborns in our community.

New Women's Center Elevates Patient Experience

As of July 1, all outpatient appointments at CalvertHealth OB/GYN are held in the spacious new women's center instead of spread out through multiple offices. Now, there is a single check-in desk for all patients, which can number 150-180 per

day. A renovated waiting room has lots of windows creating an open and airy space.

"With all the providers working out of the same center, it's much easier for collaboration for better care. It's quicker to find another doctor for a second opinion," said board-certified obstetrician and gynecologist **Dr. Barbara Estes**, who serves as director for women's health with the CalvertHealth Medical Group.

The new center also includes more rooms for inpatient procedures such as biopsies. These additional procedure rooms allow for pain management to be offered for some procedures such as IUD placements. Nitrous oxide is available to help ease discomfort and anxiety for these procedures.

The new women's center is also large enough to house future growth. Additional exam rooms allow more providers to see patients. The expanded space makes it possible to offer access to rotating specialists in areas such as fetal maternal medicine. By providing these specialists locally, CalvertHealth aims to reduce the burden on patients and ensure they receive the care they need close to home.

“With all the providers working out of the same center, it's much easier for collaboration for better care.” – *Dr. Barbara Estes*



Renovation Will Modernize Family Birth Center

The transformation of the patient experience extends to the inpatient Family Birth Center. The nearly \$10-million planned renovation will bring significant updates – including modernization of 12 postpartum rooms and labor rooms, designed to provide comfort and safety for both mother and baby. The planned improvements were heavily influenced by feedback received in focus groups.

The 18-month project will also feature enhanced breast-feeding support and patient follow-up, ensuring new mothers receive the guidance and care they need during this crucial time.

A key feature of the renovation is the addition of four Labor, Delivery, Recovery and Postpartum (LDRP) rooms. These rooms allow mothers to deliver, recover and learn to care for their new babies all in one room, without having to move from a birthing room to a separate postpartum room. This enhances comfort and convenience for both the patient and her family.

These rooms include a mini fridge, comfortable sleep arrangements for the support person and a smart TV. Even the bathrooms are thoughtfully designed with postpartum moms in mind with a cutout in the wall to hold the myriad of postpartum supplies needed.

During construction, the current postpartum rooms will become temporary delivery rooms and postpartum rooms will be moved upstairs. Additionally, the new Birth Center will have one centralized nursing station, which will aid in staffing and collaboration throughout the whole center.

“The layout of the new nurses station will make it much easier for nurses to see patient rooms on both the labor and postpartum sides of the unit and coordinate care,” said Dr. Estes.

To further enhance care, additional physicians have recently been hired so that one provider is dedicated exclusively to labor and delivery during the day. This means patients with outpatient appointments or procedures are far less likely to experience last-minute delays or cancellations if their provider is needed in the Family Birth Center. With this model, physicians now rotate call times and patient visits, so expectant mothers become familiar with multiple doctors throughout their pregnancy.

OB Nurse Navigator Provides Extra Support

In an effort to provide the safest, most comprehensive care, many hospitals have moved toward a collaborative care model in which physicians rotate to share responsibilities. This approach ensures patients benefit from a team of providers while allowing doctors to maintain a healthy balance in their schedules. Still, some patients miss the personal connection that came with the single-doctor model. That’s where OB Nurse Navigator **Cheryl Windsor, BSN, RN, CCE**, comes in.



“She’s everybody’s mother,” said Dr. Estes.

Cheryl, who is a certified childbirth educator with more than 20 years’ nursing experience, meets with each expectant mother at least three times throughout their pregnancy. She provides education regarding prenatal care, birthing options and postpartum wellness; personalized guidance, answering any questions and concerns expectant mothers may have; care coordination to help manage appointments, screenings and tests; and emotional support to help navigate any challenges patients may encounter.

“Cheryl provides the continuity throughout the pregnancy, even though the doctor changes,” said Dr. Estes.

Pictured below, the new 15,000-square-foot Center for Women’s Health brings together advanced technology and state-of-the-art design in one convenient location. The center reflects CalvertHealth’s ongoing commitment to access, quality and innovation in women’s health.



New Cancer Initiatives Bring Significant Patient Care Benefits

CalvertHealth Launches Multidisciplinary Breast Cancer Clinic and First-Ever Clinical Trial

CalvertHealth is excited to announce the launch of two cancer initiatives – a multidisciplinary breast cancer clinic on its Prince Frederick campus and the medical center’s first-ever clinical trial in cooperation with Duke Cancer Network – that are bringing significant patient care benefits to those being treated locally.



Recently, we talked with board-certified medical oncologist **Dr. Arati Patel** of CalvertHealth Hematology & Oncology to learn more about how these advances are shaping treatment planning and improving patient outcomes. Dr. Patel has been treating oncology patients in Southern Maryland for 23 years. She currently serves as the medical oncology director for the Sheldon E. Goldberg Center for Breast Care at CalvertHealth.

According to Dr. Patel, the multidisciplinary breast cancer clinic improves patient care by providing coordinated, streamlined diagnosis and treatment planning within a single visit. This approach involves a team of specialists collaborating to create a unified treatment plan, minimizing delays and ensuring patients receive comprehensive, informed care.

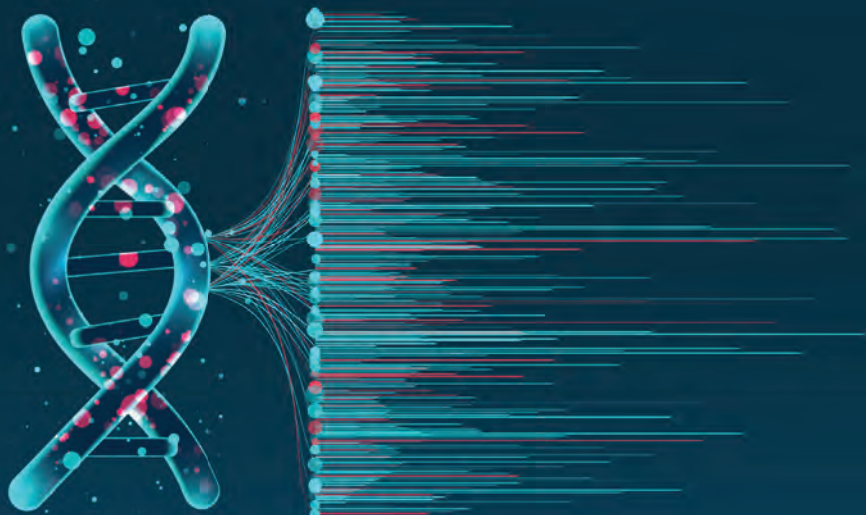
Breast Clinic Will be Model for Other Cancers

Dr. Patel said, “Normally, a newly diagnosed breast cancer patient would be meeting these providers in a sequence. But now, we’re getting the opportunity to see that patient together. So, early on we are ensuring everybody is getting all the same information. This strategy ensures all the key specialists are working together to develop a patient-centered plan upfront.”

She went on to add, “Research shows when a patient is cared for with a multidisciplinary approach, they truly do have better outcomes, better survival, better quality of life and are more satisfied with their care. We are able to address the patient’s needs (physical, mental, social and financial) holistically and we’re able to put all that together as part of their team.”



MOLECULAR TESTING plays a crucial role in personalized cancer care by identifying specific genetic mutations within a patient’s tumor, resulting in the most effective and targeted therapy. By identifying genetic changes (mutations) in cancer cells, we are better able to understand its behavior and predict how it might respond to specific treatment.” - Dr. Arati Patel



Dr. Patel said, “Our goal is to use the breast clinic as a model for how we develop multidisciplinary clinics for other tumor sites including thoracic (lung), GU (prostate, bladder, kidney) and GI (esophageal, gastric, colon).”

New Clinical Trial Enhances Treatment Planning

According to Dr. Patel, CalvertHealth approved its first patient for a MRT (molecular tumor registry) trial in cooperation with Duke Cancer Network (DCN) on May 1. “Our participation in this trial is a real win for us. It allows us to be on the forefront of treatment planning,” she said.

The clinical trial culminates more than two years of planning and preparation and represents a pivotal step in CalvertHealth’s collaboration with Duke Cancer Network, one of the nation’s top-ranked cancer programs.

Dr. Patel described the process involved. “Basically, we obtain molecular information from our cancer patient and upload it into the DCN database, which becomes part of a much larger database that is used for clinical understanding and research. In addition, the patient’s very specific information is discussed at the Duke Molecular Tumor Board (MTB) and their recommendations come back to us, so we can adjust treatment, if needed.”

The Duke Molecular Tumor Board is a multidisciplinary team of about 40 experts that meet weekly to discuss select cases. The goal is to ensure that each patient receives the most informed, up-to-date treatment recommendations possible. Locally, CalvertHealth medical oncologist **Dr. Bilal Ahmed** serves as principal investigator and leads clinical research at CalvertHealth Medical Center.

Dr. Patel explained why molecular testing plays such a crucial role in personalized cancer care. “By identifying genetic changes (mutations) in cancer cells we are better able to understand its behavior and predict how it might respond to specific treatment.” This approach, known as *precision medicine*, aims to tailor treatment plans to the individual’s unique cancer characteristics, potentially improving outcomes and minimizing side effects.

New trials and targeted therapies are continually being approved for use in patients with specific genetic alterations. But the volume and complexity of molecular profiling data make it difficult for oncology care teams to keep up with those clinical advances in real time. Duke’s Molecular Registry of Tumors (MRT) and Molecular Tumor Board (MTB) were developed to address this ongoing challenge.

She said medical oncologists at CalvertHealth order molecular testing for their patients according to national guidelines. Those patients who have undergone molecular testing are eligible to enroll in the MRT trial. According to **Lisa Hartwell, RN**, clinical research coordinator at CalvertHealth, as of Sept. 5, 14 patients had enrolled in the MRT trial and all of them have been discussed at the Duke molecular tumor board.

McAuliffe to Lead Oncology Services at CalvertHealth

CalvertHealth Medical Center (CHMC) has

named seasoned nurse executive **Joanne McAuliffe, DNP, RN, OCN, NEA-BC** to oversee its oncology services. She brings 30 years’ leadership experience in academic medical center and community-based oncology programs to her new role.

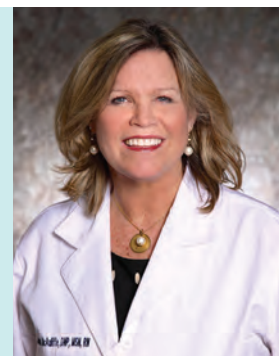
McAuliffe said, “This has well-equipped me to support the oncology team at CalvertHealth in implementing the strategy to meet the current and future needs of the community, including prevention, risk awareness, routine screening and surveillance.”

She began her career as a clinical oncology nurse in 1989 at Johns Hopkins and went on to obtain her master’s degree in 2008 and doctor of nursing practice in 2014, both at Johns Hopkins University. She is an oncology certified nurse and obtained advanced certification as a nurse executive.

“I was immediately drawn to the oncology team-based model of care – where each member plays a vital role in providing patient- and family-centered care,” said McAuliffe.

McAuliffe said she was impressed with CalvertHealth’s strong reputation for delivering high-quality care and several specialty programs, including oncology. “The affiliation with the Duke Cancer Network is a testament to CalvertHealth’s commitment to growing and sustaining a cancer program that aspires to provide cutting-edge treatments and make significant contributions to cancer research.”

She went on to add, “I am excited to join the outstanding multidisciplinary team who have invested their careers to advance cancer care and the cancer programs at CalvertHealth.”



WANT
MORE?

SCAN THE QR CODE
to learn more about the
multidisciplinary breast
cancer clinic.



CALVERTHEALTH'S NETWORK OF CARE

CalvertHealth has grown into a comprehensive health system dedicated to meeting the needs of our communities across Southern Maryland.

At the heart of our system is CalvertHealth Medical Center, supported by an expanding network of physician practices, urgent care centers, outpatient services, and innovative joint ventures. Together, we are making high-quality, coordinated care more accessible than ever.

Through our joint ventures with **American Radiology Services**, CalvertHealth offers advanced diagnostic imaging at two convenient locations in Prince Frederick — the **Calvert Medical Imaging Center** and the **Patuxent Medical Imaging Center**. These centers provide patients with timely access to state-of-the-art imaging close to home.

Through strong regional partnerships with **St. Mary's MedStar** and **UM Charles Regional**, CalvertHealth is able to extend vital services beyond our main campus. Together, we support the **Chesapeake-Potomac Home Health Agency** in Hughesville, which provides skilled nursing, rehabilitation, and home health services — helping patients recover safely and comfortably at home while remaining connected to their care team.

We are also partners with the **Chesapeake-Potomac Regional Cancer Center**, with locations in Charlotte Hall and Waldorf. These centers bring advanced cancer care and radiation oncology services to the region, ensuring patients have access to expert treatment and compassionate support throughout their journey.

Guided by our vision to be *the trusted healthcare leader, delivering a lifetime of exceptional care*, we are working every day to earn that trust — one patient at a time, one experience at a time. From preventive and primary care to specialty services and advanced treatment, CalvertHealth is committed to delivering exceptional care close to home.

Explore the many ways CalvertHealth is here for you and your family, wherever life takes you.

● PRINCE FREDERICK

★ **CalvertHealth Medical Center**

100 Hospital Road
PHONE 410.535.4000

- Behavioral Health
- Cancer Care
- Infusion Therapy
- Cardiopulmonary Services
- Diagnostic Imaging
- Emergency Services
- Family Birth Care
- Inpatient Care
- Speech Therapy
- Stroke Care
- Surgical Services
- Vascular Services
- Wound Care

Medical Office Building

- 110 Hospital Road
- CalvertHealth Gastroenterology
 - CalvertHealth General Surgery
 - CalvertHealth Hematology & Oncology (Infusion)
 - CalvertHealth Center for Digestive Diseases & Weight Management (*Surgical and Non-Surgical Weight Loss*)
 - CalvertHealth Center for Women's Health
 - CalvertHealth Plastic & Reconstructive Surgery
 - CalvertHealth Urology
 - CalvertHealth Center for Vascular Care
 - CalvertHealth Primary Care

Medical Arts Building

- 130 Hospital Road
- CalvertHealth Sheldon E. Goldberg Center for Breast Care
 - CalvertHealth Outpatient Rehab (PT/OT)
 - CalvertHealth Orthopedics & Sports Medicine
 - Calvert Medical Imaging Center

Annex Building

- Community Wellness & Outreach

● DUNKIRK

Dunkirk Medical Building

- 10845 Town Center Blvd.
- CalvertHealth Outpatient Rehab (PT/OT)

● TWIN BEACHES

Twin Beaches Community Health Center

8924 Chesapeake Avenue
• CalvertHealth Primary Care

● SOLOMONS

Solomons Medical Offices

- 14090 H.G. Trueman Road
- CalvertHealth Obstetrics & Gynecology
 - CalvertHealth Outpatient Rehabilitation (PT/OT)
 - CalvertHealth Primary Care
 - CalvertHealth General Surgery
 - CalvertHealth Breast Care

● WALDORF

- 1036 St. Nicholas Drive
- CalvertHealth Center for Digestive Diseases & Weight Management (*Surgical and Non-Surgical Weight Loss*)

Partners in Care

Our partnership with Patriot Urgent Care expands the CalvertHealth Network of Care beyond traditional office visits, giving patients timely access to walk-in services for non-emergency needs. With centers in Calvert and St. Mary's counties, Patriot Urgent Care strengthens our commitment to providing convenient, connected care throughout the region.

Patriot Urgent Care Dunkirk

(in the Dunkirk Medical Center across from McDonald's)
10845 Town Center Blvd., Suite 108

Patriot Urgent Care Prince Frederick

821 N. Prince Frederick Blvd.

Patriot Urgent Care Solomons

14090 H.G. Trueman Road, Suite 1300

Patriot Urgent Care California

45325 Abell House Lane



Expanding access. Building trust. Leading the region in health care.

Our Network in Action

CalvertHealth's Network of Care goes beyond our medical center, physician practices, and urgent care sites. Through innovative partnerships, we are able to bring even more specialized services to our region — expanding access, strengthening coordination, and keeping care close to home.

American Radiology Services – Prince Frederick

In partnership with American Radiology Services, the Calvert Medical Imaging Center and the Patuxent Medical Imaging Center deliver advanced diagnostic imaging locally, combining trusted expertise with state-of-the-art technology.

Chesapeake-Potomac Home Health Agency – Hughesville

Together with St. Mary's MedStar and UM Charles Regional, we support home health services that help patients recover safely at home, while staying connected to their care team.

Chesapeake-Potomac Regional Cancer Center – Charlotte Hall & Waldorf

In partnership with St. Mary's MedStar and UM Charles Regional, these centers provide advanced cancer care and radiation oncology, bringing expert treatment and compassionate support closer to patients and families.

For more information on CalvertHealth providers and services go to:
CalvertHealthMedicine.org



Twin Beaches Community Health Center



Dunkirk Medical Center



CalvertHealth Medical Arts Building



Medical Office Building



Waldorf



CALVERT CLIFFS

LUSBY

SOLOMONS



CalvertHealth Mobile Health Center

The mobile health center travels to underserved areas of our community to bring children and families essential primary care services, prevention and wellness programs.

For more information about the Mobile Health Center, its services, scheduled stops or to request a visit, call 410.535.8233.

CalvertHealth Annex



Solomons Medical Center



TIPS

For Protecting Your Family This Flu Season

Timing is Key to Effective Prevention, Treatment ●●●

Preparing for flu season starts well before anyone in the family gets the sniffles.

Timing your flu vaccination is key to prevention as well as staying on top of general illness prevention measures such as – hand washing, stocking your home medicine cabinet with the supplies you may need, and keeping handy contact information for your primary care provider and preferred urgent care location.

If you are in any high-risk group, you may need to talk to your primary care provider on how to treat cold and flu symptoms at home, keeping in mind your medical conditions.

Vaccine Recommendations

The time to get a flu shot is September through December with the ideal time being around Halloween.

“This generally gives the full protection for our full flu season through March,” said board-certified family medicine physician **Dr. Michelle Folsom-Elder** of CalvertHealth Primary Care. “If you can shoot for Halloween, you have protection by Thanksgiving, before we see an uptick in flu cases.”

The flu vaccine fairly reliably protects against various strains of the flu. Flu tends to be at its peak in our area starting in December. However, getting the flu shot too early means the protection it offers may wane by late spring when we still get cases in the community, Dr. Folsom-Elder said.

Dr. Folsom-Elder recognizes that changes within the Centers for Disease Control and Prevention (CDC) could prompt people to be hesitant about the flu vaccine this year. She urges patients to talk with their primary care providers and trust their recommendations regarding your flu care and prevention.

It’s a common myth the flu vaccine can cause people to get sick, but Dr. Folsom-Elder said, “When you get a vaccine, it’s your body’s job to make antibodies for whatever we are vaccinating you against. When you make antibodies, it may make you tired, achy or make your temperature go up. It can’t give you the actual virus.”

Plus, sometimes people get sick after a flu vaccine when there’s already community spread of the flu. This means getting the flu shot on time is necessary.

Managing Symptoms

Managing flu symptoms varies based on whether you are considered high-risk or not. The CDC considers high-risk patients to be those who are 65 or older, children under the age of 5 but especially under the age of 2, pregnant people, and those with chronic medical conditions.

Those who fall into high-risk categories should call their primary care provider to start treatment in the first 48-72 hours of symptom onset to avoid getting even more sick. Prescription flu medications can sometimes shorten the life of the flu and reduce the likelihood of complications. These medications help by slowing down the infection process, allowing the body's immune system to better combat the virus and reduce the severity and duration of the illness. However, over-the-counter medications may still be needed to manage symptoms.

For those who are not high-risk who have flu symptoms, Dr. Folsom-Elder says it's usually okay to see how you do for the first couple of days with over-the-counter medication.

Over-the-counter options for flu symptoms include Tylenol® and Motrin®. Tylenol® is approved for use from birth, but Motrin® is for after 6 months old. For people over 1-year-old, honey can reduce coughing. Saline nasal sprays and suction can help with congestion. Humidified air can help reduce the likelihood of continued problems and can ease symptoms for all age groups and risk factors.

Whether you are at a high-risk or not, a high fever or shortness of breath is cause for concern and to call your primary care provider. If they are not available, visit an urgent care location.

"Urgent cares can do testing; they can give nebulizers. Some urgent cares have X-ray capabilities to make sure there's no pneumonia," Dr. Folsom-Elder said.

If you have diabetes or hypertension, be cautious about the sugar contents in over-the-counter medications. Those with diabetes should purchase sugar-free cough syrups, while those with hypertension should avoid medications with decongestant. Make sure to have a conversation with your provider before the onset of flu season to come up with a plan of safe treatment for your situation.

The number one way to protect against the flu is to get your flu vaccine!

Getting an annual flu shot will lower your risk of getting sick by 40-60% and if you do get the flu, it is often less severe. You can get your flu shot at your primary care provider's office, your local pharmacy or at a variety of flu vaccine clinics throughout the community.

RESPIRATORY CARE at the Right Time and Right Place

It's crucial to ensure you get the care you need for flu or other respiratory illness symptoms in the right place to help you in an emergency situation and to keep the emergency department from getting backed up with non-emergent care needs.



PRIMARY CARE PROVIDER

- ✓ For those who are at high risk (65+, young children, chronic conditions), call your primary care provider for any flu or other respiratory illness symptoms for their awareness and recommendations even if an appointment is not necessary.
- ✓ Infants under 3 months old experiencing any illness
- ✓ If general cold symptoms don't start improving after 7-10 days



URGENT CARE

- ✓ Concerning symptoms and the primary care provider is not available
- ✓ Fever (100.4 or greater) that does not come down with over-the-counter medication, and you are feeling ill



EMERGENCY DEPARTMENT

- ✓ For those with asthma who must use their rescue inhaler more than every 2 hours
- ✓ Shortness of breath
- ✓ Chest pain
- ✓ Inability to hold fluids
- ✓ Passing out
- ✓ Confusion
- ✓ Fatigue
- ✓ For those with chronic conditions experiencing a flare up combined with flu or other respiratory illness symptoms
- ✓ For a fever (100.4 or greater) that will not come down when combined with any other emergency symptoms

For severe injuries and life-threatening issues call 911.

CalvertHealth Primary Care Welcomes New Providers

CalvertHealth Primary Care is excited to welcome **Thiri DeMars, MD, MPH, Alaa Ahmed, MD, PhD, MPH** and **Michelle Munson, MSN, APRN, FNP-C**. Our providers are trained to diagnose, treat and manage a wide range of medical conditions for every member of the family – babies, children, adolescents, adults and the elderly.

They are there for you when you need preventive health care such as physical exams, women's health screenings, and management of chronic illness or disease and when you need acute care for flu or injury. Their role is to be your advocate in achieving and maintaining good health.

As part of CalvertHealth Medical Group, our primary care providers also have direct access to our network of specialty providers who are trained to diagnose and treat more complicated conditions requiring specialized care.

CalvertHealth Primary Care has three locations (*see box at right*) and offers same-day sick visits along with early morning, extended evening and weekend hours. On-site phlebotomy (blood drawing) and laboratory services are also provided.

Ahmed Joins Prince Frederick Primary Care

Primary care physician **Alaa Ahmed, MD, PhD, MPH** completed her residency at Johns Hopkins University in Baltimore where she gained extensive hands-on experience in both clinical and community-based settings, preparing her to deliver high-quality, patient-centered care.

Dr. Ahmed said her training at Johns Hopkins emphasized not only clinical excellence but also the importance of prevention, health education and patient empowerment – meeting people where they are.

"I am passionate about helping people stay healthy, not just treating illness," said Dr. Ahmed. She has a special interest in obesity medicine and chronic disease prevention, particularly managing conditions like hypertension and diabetes through lifestyle changes and education.

She went on to add, "I am deeply committed to making health care accessible and understandable for everyone. I believe that small changes can lead to big health improvements and I am here to support my patients every step of the way."

She said her philosophy of care is rooted in partnership and respect. "I want my patients to feel heard, understood and empowered to take charge of their health. When they leave my office, I hope they feel supported and confident in their care plan."

Dr. Ahmed said she was drawn to the supportive environment at CalvertHealth and the opportunity to serve a diverse and growing population in Southern Maryland. "Their commitment to community wellness and quality care really resonated with me."



"My philosophy of care is rooted in partnership and respect."

Prince Frederick Primary Care

Medical Office Building
110 Hospital Road
Suites 110/111
Prince Frederick, MD
PH: 410.535.4488

Solomons Primary Care

Solomons Medical Offices
14090 H.G. Trueman Road
Suite 2100
Solomons, MD
PH: 410.394.3712

Twin Beaches Primary Care

Twin Beaches Community
Health Center
8924 Chesapeake Avenue
North Beach, MD
PH: 410.257.7279

Munson Joins Prince Frederick Primary Care

Board-certified
family nurse
practitioner

Michelle Munson, MSN, APRN, FNP-C brings 20 years' nursing experience to her

new role along with in-depth experience in managing chronic asthma, eczema, environmental and food allergies and immunologic disorders.

"I chose to specialize in family medicine because I value building long-term relationships with patients and caring for people across all stages of life," said Munson. She sees children 4 years and older. (*Continued on opposite page*)



"I believe in empowering my patients."

Her philosophy of care is rooted in treating the whole person – not just the illness. “I believe in empowering my patients through education, shared decision-making and compassionate support.”

She went on to add, “My goal is to help patients achieve long-term wellness and feel truly heard and valued in every encounter.” Munson said she was attracted to CalvertHealth because of their patient-centered approach and commitment to delivering high-quality care.

Munson started her career as a registered nurse in 2005 at the Washington Hospital Center and went on to work as a professional school nurse in Prince George’s County for eight years before becoming a nurse practitioner. Since then, she has worked in diverse clinical settings and most recently at an allergy, asthma and sinus center.

“This experience deepened my appreciation for individualized care and the importance of addressing root causes – not just symptoms,” she said. “I also have a growing interest in holistic and integrative medicine and am passionate about exploring complementary approaches that support overall wellness and enhance quality of life for my patients.”

DeMars Joins Solomons Primary Care

Board-certified family medicine physician **Thiri DeMars, MD, MPH** has been practicing seven years including positions in primary care, obstetrics and most recently as regional medical director for an urgent care facility in Waldorf.

“I am a strong believer in evidence-based practice and continue to strive to provide my patients the best and safest care we have available,” said Dr. DeMars. She graduated from the University of Maryland School of Medicine and went on to complete her residency at Penn State Milton S. Hershey Medical Center.

“During medical school I couldn’t pick between adult medicine that I loved and the children that brought so much positive energy and joy. I also thoroughly loved women’s health,” said Dr. DeMars. “Family medicine allows me to keep all the parts of medicine that I could not give up.”

Dr. DeMars said her philosophy of care “is to lead with kindness, honesty and perseverance. We may not get to all the answers right away but we won’t give up and more importantly, we will find a way to get them. I want my patients to know they have someone in their corner.”

She went on to add, “Working with families, moms and dads, and the children that are part of the family unit is a unique opportunity and privilege I have come to appreciate. I have also enjoyed community outreach and public health and advocacy for the field of medicine and the patients it serves.”



“I want my patients to know they have someone in their corner.”

10 REASONS Why You Need a Primary Care Provider

No matter how healthy you are, or what age you are, there are lots of reasons why you need a primary care provider. Your PCP:

- 1 Knows you and your history.
- 2 Coordinates and guides your care.
- 3 Catches potential issues early.
- 4 Keeps you healthier.
- 5 Lowers overall health costs.
- 6 Manages chronic conditions.
- 7 Teaches you ways to stay healthy.
- 8 Treats you when you’re sick.
- 9 Helps you get more advanced care when you need it.
- 10 Provides care tailored to you.

EXCEPTIONAL CARE

for a *Lifetime*



SCAN
TO LEARN
MORE



Running on Purpose

Newbie describes becoming mentally stronger, more physically fit. ●●●



I ran my first mile without stopping at the age of 33 last December. I was previously a person who said I'd only run when chased. To the previous version of me, running seemed like the worst kind of exercise: bouncy and high impact, just me and my body alone with my thoughts and maybe some music.

That all changed when I saw my sister run her first half marathon in the fall of 2024. I saw her collapse into her partner at the finish line with her arms around their neck, forgetting that a volunteer needed to hand her a completion medal. I joined the rest of her support squad in surrounding her with a sweaty, exhausted, celebratory hug. I knew I wanted that feeling of accomplishment, of being proud of my body, of knowing my accomplishments were worth celebrating, and having the support of people I cared about at the finish line.

I started a training plan for a 5k – running on purpose for the first time in my life, which was incredible to see myself progress every week. Soon enough, I could run for five minutes, 10 minutes, three quarters of a mile,

A radiant and proud CalvertHealth writer Sarah Fallin (pictured left) after running a 10k in March, despite struggling with migraine symptoms at the end of the race.



and beyond. The journey wasn't without hardship: two weeks before I was supposed to run a 5k race, the furthest I had ever done, I got pneumonia and had to drop out. I trained for a 10k race in March and didn't get the finish line experience I longed for because I inadequately prepared my fuel and hydration for the unique needs of my body.

Still, I've become mentally stronger and more physically fit than I have ever been. There's so few things in life that are rewarding fairly quickly. Every week, I was running longer distances without stopping until hitting my current peak of 6.5 miles.

Start Slowly

Studies have shown that even running five to 10 minutes per day at slow speeds reduced risks of death of all kinds and reduces risk of cardiovascular disease. You don't have to run fast or very long distances to reap these benefits.

Any form of regular exercise improves working memory and focus, contributes to better task switching ability, and provides elevated mood, according to Johns Hopkins.

Plus, for those who struggle to slow down their brains, I found running to be effective at getting me into a zone of breathwork. Running outside away from the everyday stressors of my life gives me space to be at peace, even when my body hurts. Plus, it gave me regular uninterrupted audiobook time!

“Running may not be the ideal sport for everyone, but everyone can find something beneficial in running.”

TIPS

for Starting Your Running Journey

1. Do not focus on speed: focus on building up how long you can run without stopping.
2. Define a goal that has nothing to do with distance or speed.
3. Pick a plan and stick with one that works for you. However, know that many popular beginner 5k programs may fall short of a 5k distance.
4. Build slow, sustainable progress with consistency. Slowly running three times a week will be better than forcing fast runs more frequently early on.
5. Use your life experience of living in your own body. For example, if you know you sweat a lot, know that hydration recommendations will be off for you.
6. Rest and recovery can be as important as training days. Learn how your body reacts to hard runs and learn what helps with the soreness. Learn stretches, experiment with heat, massage, and ice to find out what works for you in the early days of training.
7. Invest in running shoes from a dedicated running store from the first run. This will help prevent injury. The shoes your neighbor uses may not be the right kind for you as everyone has different needs and anatomy.
8. Trust the process. A lot of the time you may notice progress. Other runs may feel too hard.
9. Find what works to get in the zone, and know it may depend on the day. Music may work for some days, audiobooks for another. Have multiple resources at your disposal.
10. Know that your body goes through an adjustment period each run from being sedentary to heavy activity and learn what that is for you. Some runners say the first 1-2 miles feel the worst out of any run.

SCAN THIS CODE to see more about Sarah's running journey on the CalvertHealth blog. You can even sign up to join Sarah's team for new runners at this year's CalvertHealth Breast Cancer 5K on October 18.



Gifts of Gratitude

Paying It Forward with Heartfelt Thanks

“Some debts can only be paid forward. Someone else’s loved one will need that same fighting chance. That’s why we give.” – Bob Deasy



“I am eternally grateful to those whose divinely guided hands saved my life,” Reggie says. “Our gifts are about making sure others feel that same embrace of healing.” – Reggie White



When exceptional care inspires generosity, lives across Calvert County are touched in lasting ways.

When Bob Deasy collapsed without warning one ordinary afternoon, life changed in an instant. A stroke stole half his body’s function, and his wife, Palma Yanni, remembers those harrowing moments vividly. *“The world stopped when Bob collapsed. Every second mattered. CalvertHealth didn’t just respond. They fought for him.”*

Thanks to swift action and expert care, Bob not only survived but thrived. Just six months later, the couple was back sailing down the Patuxent River, grateful for each day they could share together. Their recovery story, they say, is more than personal—it’s a call to action.

“Some debts can only be paid forward,” Bob reflects. *“Someone else’s loved one will need that same fighting chance. That’s why we give.”*

The couple’s generosity is part of CalvertHealth Foundation’s Gifts of Gratitude program—an opportunity for patients and their families to honor the caregivers who touched their lives while making a difference for future patients.

Gratitude That Inspires Hope

The Deasys are not alone in wanting to give back. Reggie and Rosalind White also turned their gratitude into action after facing an unexpected and frightening diagnosis. At 65, Reggie was shocked to learn he had a rare form of male breast cancer.

Terrified, he found hope at CalvertHealth. *“When Dr. Tsangaris hugged me, I knew I’d found someone who truly cared,”* Reggie recalls, tears filling his eyes. His treatment restored not just his health but also his spirit. Today, he and Rosalind support the Gifts of Gratitude program so others can experience the same life-changing care.

“I am eternally grateful to those whose divinely guided hands saved my life,” Reggie says. *“Our gifts are about making sure others feel that same embrace of healing.”*



A Meaningful Way to Say Thank You

For many, gratitude goes beyond words. A compassionate nurse who offered comfort during a frightening diagnosis, a skilled surgeon who restored health or even a volunteer who brightened a difficult day—these moments of care often leave a lasting mark.

The Gifts of Gratitude program allows families to express thanks in a tangible way. Whether honoring an individual caregiver, a department or an entire program, every gift helps CalvertHealth invest in advanced technologies, expand facilities and ensure patients continue to receive exceptional, personalized care close to home.

“When you experience extraordinary care, gratitude becomes a powerful way to give back,” said CalvertHealth Foundation Executive Director **Amy Phillips**. These gifts strengthen our health system while celebrating the people who make healing possible.”

JOIN US IN MAKING A DIFFERENCE

The Gifts of Gratitude program is more than philanthropy—it’s a movement of kindness, recognition, and hope. By honoring those who cared for you or your loved ones, you ensure others receive the same extraordinary support when they need it most.

TO MAKE A GIFT, scan the QR code at right or visit CalvertHealthFoundation.org/GiftsOfGratitude. **Together, we can build a healthier tomorrow, one grateful gift at a time.**



Your Gift in Action

Every contribution to the CalvertHealth Foundation—large or small—has a direct and lasting impact on patients in our community. Gifts of Gratitude support urgent needs, enhance services, and sustain programs that touch thousands of lives each year.

Current priorities include:

The Fund for CalvertHealth: Flexible support for urgent and emerging needs.

Cancer Care: Access to advanced treatments, equipment, navigation and research opportunities.

Sheldon E. Goldberg Center for Breast Care: Comprehensive breast health services, from screening to survivorship.

Behavioral Health: Inpatient and outpatient mental health programs for adolescents and adults. CalvertHealth is the only facility in Southern Maryland with an adolescent program.

Surgical Services: Investments in specialized equipment and innovative procedures.

Helen P. Marcellas Pathways to Nursing Education Fund: Scholarships for employees advancing in nursing.

CalvertHealth Compassion Fund: Emergency assistance for CalvertHealth employees in crisis.

Every gift remains in the community, strengthening local health care for generations to come.

Phillips to Head Foundation

The CalvertHealth Foundation is pleased to welcome experienced philanthropy executive



Amy Phillips as its new Executive Director. Phillips brings with her more than 23 years of nonprofit leadership experience, including a strong background in healthcare philanthropy, grants management and community engagement.

What truly sets Phillips apart is her deep understanding of the unique role community hospitals play—and the powerful impact they can have when supported by generous, engaged community members.

Having served in leadership roles at several community-based healthcare organizations—including Augusta Health Foundation and Bath Community Hospital in rural Virginia—Phillips deeply appreciates the strength, resilience and close connections that define smaller communities like ours. Most recently, she led advancement efforts at Mountain Gateway Community College, where she oversaw fundraising, community outreach and public relations efforts to help strengthen educational access and opportunity for the area. Phillips said she feels a strong connection to CalvertHealth’s mission and is excited to be part of a community where people truly look out for one another.

The CalvertHealth Foundation Offices are located in the lower level of the medical center in Prince Frederick. Phillips can be reached by emailing amy.phillips@calverthealthmed.org or by calling 410.414.4570.

RESIDENTIAL CUSTOMER

**Every Patient Deserves
5-Star Care.
CalvertHealth Delivers.**



**Better
Quality**

CHMC Among
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Nationwide



**Better
Outcomes**

Based Solely
On Analysis
of Objective Data



Better Safety

Reflects High
Standards
We Uphold
Every Day



**Better
Experience**

At the Heart of
Every Decision
is Our Patients



Better Care

Always Looking
for Ways
to Raise
the Bar

