



CALVERTHEALTH



Purpose Powered
Meet the people who
make CalvertHealth
exceptional.

Heart Smart

Expert shares what every
woman needs to know

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Your habits play a big role
in living longer, better

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Prepare now before
a medical emergency
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Earning Your Trust Every Day.

As we move into a new season of growth and opportunity, I want to reaffirm our unwavering commitment to the community we are privileged to serve. Our vision—to be the trusted healthcare leader, delivering a lifetime of exceptional care—guides every decision we make and every investment we pursue. It is more than a statement; it is a promise to our patients, families, team members and neighbors.

Earning a 5-star rating from the Centers for Medicare & Medicaid Services (CMS) reflects our relentless focus on quality, safety and patient experience. Being recognized as a *Great Place to Work* underscores our belief exceptional care begins with an engaged, supported and valued workforce. Most recently, we were honored to be named to *Forbes'* inaugural list of top hospitals—a distinction that places us among leading institutions nationwide and highlights the extraordinary work happening here every day.

While these recognitions are meaningful, our responsibility extends beyond our hospital walls. Health care is constantly evolving, and it is critical the voices of our community are represented at every level of decision-making. I am proud to serve on the Board of Trustees for the Maryland Hospital Association and to now also serve on the Regional Policy Board for Region 3 of the American Hospital Association. These roles allow us to collaborate with peers across the state and nation, shape policy discussions and advocate for resources that strengthen access to care locally.

We are also actively engaging with our state legislators to ensure they understand the unique and evolving healthcare needs of our region. A particular focus for us is expanding access to primary care and strengthening care delivery models that keep patients connected to the right level of care at the right time. As demand grows, protecting and enhancing access to care—especially preventive and primary care services—remains one of our most important priorities.

The future of health care will require innovation, partnership and steadfast dedication. With the support of our board, physicians, team members, community partners and you, we will continue to invest in programs, technology and people who make a lasting difference.

Thank you for your continued trust. Together, we will realize our vision—today and for generations to come.

ON THE COVER CalvertHealth Patient Care Technician Carlotta Kerr goes above and beyond in supporting her patients and colleagues. **See story page 15.**

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Investing in What Matters Most for Our Community

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. >



CalvertHealth Nationally Recognized for Exceptional Stroke Care

CalvertHealth Medical Center (CHMC) has received the American Heart Association's highest honor for outstanding stroke care – the *Gold Plus Achievement Award* – for the 13th year in a row. This recognition is a testament to CalvertHealth's commitment to providing the most up-to-date, evidence-based treatment – ultimately leading to more lives saved and reduced disability.

“With a stroke, every minute counts,” said CalvertHealth President & CEO **Jeremy Bradford**. “The Gold Plus Award demonstrates CalvertHealth's dedication to delivering excellent, proven stroke care.”

Last year, CalvertHealth cared for 395 community members who were diagnosed with some form of stroke. Nationwide, stroke is a leading cause of death and disability. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).

CHMC is also certified as a Primary Stroke Center by the Maryland Institute for Emergency Medical Services Systems. This designation assures stroke patients at CalvertHealth is using the latest and best therapies and treatments to ensure the best possible outcomes. Additionally, CalvertHealth hosts a stroke support group on the first Tuesday of each month from 1-2 p.m. For more information about CalvertHealth's stroke resources, go to: CalvertHealthMedicine.org/Stroke.

New MRI Plays Important Role in Advancing Patient Care

A new, updated and technologically advanced MRI (*magnetic resonance imaging*) system recently added to CalvertHealth Medical Center brings



significant patient care benefits. A major advantage of this enhanced technology is faster scans, which means less anxiety for the patient. At the same time, it produces better images, leading to a more accurate diagnosis.

The increased efficiency also allows CalvertHealth to serve more patients. Another strength of this new system is the ability to scan vascular structures without contrast, which is key for patients who have compromised renal function or are unable to have contrast.

Additionally, the new \$4.7-million MRI suite is located directly across from the Diagnostic Imaging Department inside the medical center – ensuring improved access and an elevated patient experience as well as operational efficiency and diagnostic accuracy. The previous MRI was in the medical office building.

A portion of the funding for the new MRI came from the *United We Thrive Cancer Care Campaign*. Advanced MRI is critical to cancer care because it provides superior high-resolution, soft-tissue imaging that enhances early detection, precise staging, and personalized treatment planning.



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Advanced Surgery, Close to Home ●●●

How CalvertHealth Delivers Expert Care with a Personal Touch

When surgery is on the horizon—whether routine or complex—patients want reassurance they’re receiving the safest, highest quality care possible. At CalvertHealth, that commitment to excellence is built into every step of the surgical experience.

Today, community members have access to an exceptional team of board-certified specialists, advanced minimally invasive technology, and a coordinated approach designed around comfort, safety, and continuity of care.

From robotic-assisted procedures to specialized care in breast surgical oncology, bariatrics, vascular, and orthopedic surgery, CalvertHealth offers comprehensive services typically associated with larger health systems—yet delivered right here at home.

A Surgical Team You Can Trust

The surgical specialists of CalvertHealth Medical Group (CHMG) bring extensive expertise across multiple disciplines. As the hospital’s employed provider network, these surgeons work closely with hospital staff, anesthesia teams, nursing units, and post-operative care providers. This tight integration means patients experience streamlined communication, faster coordination, and a seamless journey from consultation through recovery.

CalvertHealth’s surgical teams maintain an excellent safety record, including extremely low surgical site infection rates, a key indicator of high-quality surgical care. Their commitment to best practices and meticulous attention to detail helps ensure patients feel confident and supported throughout their procedure.

Innovating with Technology—Without Losing the Human Touch

Robotic-assisted surgery has transformed the landscape of minimally invasive care. Using advanced technology that enhances precision and control, CHMG robotic surgeons can perform certain procedures through smaller incisions—leading to less pain, quicker recovery time, and reduced hospital stays.

This hybrid model—employed CHMG surgeons working alongside independent community surgeons—ensures that residents have access to a wide range of providers and expertise while receiving care in the same trusted hospital setting.

“When you bring advanced surgical capabilities into a community hospital, you elevate care for everyone. Our surgeons blend leading-edge technology with deep clinical expertise to achieve exceptional results for our patients.”

- Dr. Theodore Tsangaris, Chief Medical Officer and Breast Surgeon



Why Having Surgery in a Hospital Matters

Whenever appropriate, choosing a hospital-based surgical setting provides significant advantages for patients that go beyond the procedure itself:

- ✓ **Advanced Safety Standards**
Hospitals maintain rigorous infection control measures, 24/7 emergency response capability, and multidisciplinary oversight that outpatient centers can't always match.
- ✓ **Full Spectrum of Support Services**
From imaging and lab services to anesthesia and post-operative care, all critical support happens in one place—ensuring continuity and reducing delays.
- ✓ **Resources for the Unexpected**
If complications arise, hospitals are equipped to intervene immediately with critical care teams, overnight monitoring, and advanced equipment.
- ✓ **Seamless Care Coordination**
Surgeons, nurses, case managers and specialists collaborate in real time, giving patients a smoother experience from evaluation to recovery.

For many procedures, a hospital setting provides peace of mind—not only because of the expertise of the surgical team but also because of the comprehensive care environment that surrounds them.

It's also important to note that many independent community physicians also maintain surgical privileges at CalvertHealth Medical Center. This includes specialists from various private practices throughout the region who choose to operate here because of the hospital's strong clinical standards, patient safety record, and high quality surgical environment.

The Surgical Specialists of CalvertHealth Medical Group

CalvertHealth Medical Group is the employed provider network of CalvertHealth. Our surgical team includes board-certified specialists offering expert care in general surgery, orthopedic surgery, urology, vascular surgery, bariatric surgery, and more. As part of our integrated system, these providers work side-by-side with hospital-based teams to ensure a seamless experience before, during, and after surgery.

With our surgical team, quality and safety go hand in hand with comfort and compassion. Our specialists are the difference between care and caring.

What Sets Our Team Apart

- An excellent patient safety record
- Extremely low surgical infection rate
- Board-certified experts across multiple specialties
- Advanced surgical suites with robotic and minimally invasive options
- Personalized care with system-wide coordination

Extensive Experience in Broad Range of Surgical Specialties:

- General Surgery
- Gynecologic Surgery
- Urologic Surgery
- Hand Surgery
- Vascular Surgery
- Plastic and Reconstructive Surgery
- Metabolic and Bariatric Surgery
- Surgical Oncology of the Breast
- Orthopedic Surgery



To learn more or request a consultation, visit CalvertHealthMedicalGroup.org or call the practice directly.

SCAN
TO LEARN
MORE



CalvertHealth offers robotic-assisted surgery for a growing number of procedures, giving our surgeons enhanced precision and control. This minimally invasive approach means smaller incisions, less pain, and faster recovery—so you can get back to what matters most.

What Women Need to Know to Protect Their Hearts ●●●

Every woman can take steps every day toward a more heart-healthy lifestyle. While you cannot change some of your risk factors like family history or age, you can take plenty of other steps to lower your risk of heart disease. Take your first step today – *by becoming more aware.*

Heart disease is the #1 leading cause of death among women in the United States. Each year, more than 300,000 or 1 in 5, die from it. Yet, research shows it is a silent killer. One study revealed that only 50% of women under 55 who had a heart attack thought that they were at risk. That is why learning your risk and taking action to reduce it is vital.

*Recently, we talked with **Kristen Knowles, CRNP** of Calvert Internal Medicine Group to learn more about heart disease in women and the changes you can make to help protect your heart. Knowles, who is a board-certified adult gerontology nurse practitioner, works directly with patients to safely prevent as well as manage cardiovascular disease.*

Q *What are the first signs of heart disease in women?*

There are first typical and atypical or subtle signs of heart disease in women. These range from fatigue or unusual tiredness, dizziness, shortness of breath and nausea to pain in the chest, neck, jaw, shoulder, upper back or arms.

Q *At what age do women start having heart problems?*

Heart disease can affect women at any age; however, it typically presents after age 55 due to a decline in estrogen. In recent years, heart disease has been on the rise in younger women with risk factors like diabetes, high blood pressure and high cholesterol.

Q *What are the leading causes of heart disease in women?*

The most common causes of heart disease in women include:

- Hypertension or high blood pressure
- High cholesterol
- Diabetes
- Smoking/tobacco use
- Obesity
- Stress
- Unhealthy diet
- Family history



“As a second-time mom, I’d like to stress the importance of heart health as well as mental health in women, especially mothers. Too often, we put everyone else first and that can greatly impact our health. I encourage us to show up for ourselves the same way we do for our families and those we love.”

– Kristen A. Knowles, MSN, RN, AGPCNP-BC

Q *Why is it important to know your heart health numbers?*

Knowing your numbers helps detect problems early and prevent complications. Heart health numbers include blood pressure, cholesterol, BMI-body mass index, fasting glucose and A1C blood sugar average over a 3-month period.

Q *What are the silent signs of a heart attack in a woman?*

Silent signs of heart attack in women include:

- Extreme fatigue
- Shortness of breath
- Nausea, vomiting or indigestion
- Anxiety or feeling of impending doom
- Back, neck or shoulder pain

Q *How can women lower their risk of heart disease?*

Risk of heart disease can be lowered by:

- 150 minutes/week of moderate activity
- Managing blood pressure, cholesterol, blood sugar
- Eating a heart healthy diet
- Maintaining healthy weight
- Limiting alcohol

Q *What exercises improve heart health?*

The best exercises for heart health include:

- Aerobic- brisk walking, biking, swimming, dancing, hiking
- Strength training- using bodyweight, resistance bands
- Flexibility and balance
- Interval training

Q *What are the top foods to avoid for heart health?*

Top foods to avoid for heart health are:

- Processed/fast foods
- Sugary drinks/sweets
- Fried foods
- Trans fats and hydrogenated oils
- Excessive red and processed meats
- Refined carbohydrates-white breads, pastries
- High-sodium foods – canned, packaged snacks



“Now, it’s time for me.”

At barely 5 feet tall, **Janet Mitchell**, 48, of Lusby had tipped the scales at nearly 230 pounds just two years ago. Today, after joining CalvertHealth’s weight management program, she has lost 68 pounds and is closing in on her goal.

Janet struggled for nearly three decades to shed the 80 pounds she gained during pregnancy with her two children. The extra weight had caused her issues both physically and mentally – leading to high blood pressure, high cholesterol, and exercise-induced asthma as well as depression and anxiety.

Before losing the weight Janet said, “I hurt all over all the time. I would wake up hurting and go to bed hurting. I was unhappy with myself and did not like the way I looked. It was a vicious cycle.”

In 2000, Janet learned she had Hashimoto’s disease, a common autoimmune disorder where the immune system attacks the thyroid gland, damaging it and leading to an underactive thyroid. This slows metabolism, causing symptoms like fatigue and weight gain.

It was becoming a grandmother that motivated her to change. “I love just getting down on the floor and playing with my granddaughter,” said Janet. “I wanted to be the kind of granny who can do anything and everything with her. I didn’t want to say we can’t do that because Granny’s health won’t let her.”

As part of CalvertHealth’s weight management program, Janet said she has changed her eating and exercise habits and takes a GLP-1 medication. Never a breakfast eater, she now starts her day with a nutritious shake. “When my husband and I go out to eat, we choose the healthier options and we share.”

Janet also rides her Peloton® bike for 20-30 minutes three to four times a week as soon as she comes home from work. She also does strength training twice a week using resistance bands. “I just want to tone not add bulk. After two C-sections, you get a little pooch.”

Six months ago, she had to buy all new clothes. “On my most recent vacation,” Janet said, “I didn’t have to use my inhaler even one time. Before, short walks would cause wheezing. They have even lowered my blood pressure medication. My husband said I have the twinkle back in my eyes.”

But she is not stopping. “I’m not at my goal yet. I would tell anybody who is struggling with losing weight to ‘try it.’ You just have to work the program. If you put in 100%. It will give you back 100%.”



TO LEARN MORE about CalvertHealth’s Weight Management Program, visit [CalvertHealthMedicine.org/Transform](https://www.CalvertHealthMedicine.org/Transform)

TIPS

to Boost Your Health
as You Age

Healthy aging is not just about living longer – *it's about living better*. Research suggests that only 15 – 25% of aging is dependent on your genes. That means the rest is up to you. Healthy habits can play a major role in preventing and managing chronic diseases associated with getting older.

Recently, we talked with **Dr. Alaa Ahmed** and **Dr. Thiri DeMars** of CalvertHealth Primary Care (CHMG PC) to discuss healthy aging and learn more about what each of us can do every day to enhance our quality of life and maintain our independence well into our later years. CHMG PC has locations in Prince Frederick, Solomons and Twin Beaches.

“As we get older, having a primary care provider who truly knows us is essential.”

“It can also improve trust, ensure better follow-up and make it easier to address medical issues early,” said Dr. Ahmed. “Research consistently shows that strong continuity of care leads to better outcomes, fewer hospitalizations and lower mortality.”

Dr. DeMars agreed: “Having a positive and respectful relationship with a primary care provider fosters honest conversation and discussions that can lead to better understanding of health goals as well as achieving those goals more efficiently.”

“Regular visits catch health issues earlier, when treatment is easier and outcomes are better.”

Dr. Ahmed stressed: “Vaccines and age-appropriate screenings help prevent serious infections and detect conditions like cancer, heart disease and osteoporosis before they become more complex.”

Dr. DeMars added: “Honestly, regular checkups, vaccines and screenings are important for everybody but even more so for older adults. Ideally, you want to maintain a proactive approach to health due to the natural aging process.”



“Healthy habits play a major role in preventing and managing chronic diseases.”

Dr. DeMars emphasized: “Healthy habits can not only prevent chronic disease progression, it can even reverse chronic disease. Most of my visit time with patients is focused on these healthy habits. It is the one thing that patients can do that has only benefits with no side effects that medications often come with.”

Dr. Ahmed concurred: “Healthy daily routines – such as staying active, eating balanced meals, getting adequate sleep and avoiding tobacco use – play a major role in preventing and managing chronic diseases, including heart disease, stroke, diabetes, many cancers and cognitive decline.

“Positive lifestyle choices can not only add years to your life but also life to those years.”

Dr. DeMars added: “For those of us that are looking to continue to do the things we love and enjoy the hobbies and activities that we have been looking forward to, and spending quality time with friends and family, healthy lifestyle choices is how we maintain our health so we get to do those things.”

Dr. Ahmed highlighted, “Physical activity and healthy eating support both body and brain health. Exercise, especially resistance training, helps maintain strong bones and muscles, *reducing the risk of falls and fractures*. Research also shows that regular activity and good nutrition are among the most effective ways to *protect cognitive function and lower the risk of dementia* as we age.”

Dr. DeMars also underscored the importance of mental wellness. “While physical activity, nutrition, sleep

“Your primary care doctor is your best partner in guiding and supporting you toward healthier aging.”

– Dr. Alaa Ahmed, CalvertHealth Primary Care

and stress management are all very important – mental wellness plays a key part in your overall health. Your social connectivity and social wellness also play a huge role in our health.”

“Start small – every step counts.”

“Even 10-15 minutes of daily activity can make a difference,” said Dr. Ahmed. “Choose exercises you enjoy and stay consistent. Incorporate simple nutrition changes, like adding one extra serving of vegetables per day.

“It is never too late to build healthier habits,” she said. “Research shows that adopting healthier habits at any age – 60s, 70s or beyond – can improve longevity, mobility, cognitive health and overall quality of life.”

Dr. DeMars concluded, “There is no one size fits all for everybody. It is never too late to establish care with a primary care provider and discuss your lifelong goals and health goals and how you can achieve them.”

MEET THE DOCTORS

Primary care physician **Alaa Ahmed, MD, PhD, MPH** of CHMG PC in Prince Frederick completed her training at Johns Hopkins University where she gained extensive hands-on experience in both clinical and community-



based settings. She is passionate about helping her patients stay healthy and has a special interest in obesity medicine and chronic disease prevention. Board-

certified family medicine physician **Dr. Thiri DeMars, MD, MPH** of CHMG PC in Solomons has been practicing seven years including positions in primary care, obstetrics and most recently as regional medical director for an urgent care facility. She wants her patients to know they have someone in their corner.



Tips To BOOST Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

Manage stress – try yoga or keep a journal.

Learn something new – take a class or join a club.

Go to the doctor regularly.

Connect with family and friends.

Get moving – try gardening, biking, or walking.

Choose healthy foods rich in nutrients.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



At the READY

Learn How to Identify and Handle Medical Emergencies Before They Happen ●●●



For many severe medical emergencies such as stroke, sepsis, and heart attacks, knowing the symptoms and how to respond to them quickly can mean the difference between life and death, or living with lasting complications.

Arm Yourself with Information

First, learn the signs for stroke, sepsis, and heart attack so you can have a solid foundation of knowledge for some of the most severe kinds of medical emergencies (*see sidebar below*).

Next, customize this knowledge for your family's individual situation. Every family is different – assess what medical emergencies your family has

experienced before or has risk factors for. Consider pre-existing conditions and the ages of your family members. Learn the symptoms of complications of these conditions and when to seek care based on your doctor's recommendations.

Especially for families with children, learn the signs of croup and other respiratory issues such as Respiratory Syncytial Virus (RSV) so you can be informed of the sounds and signs before they occur instead of Googling in the middle of a potential crisis. Sometimes, croup can be treated at home with steam rather than going to the emergency department, but respiratory distress from RSV is different.

The next step should be to create a wellness learning routine for your family. Every six months, or when you change the clocks, make a commitment to refresh your understanding of key

STROKE	HEART ATTACK	SEPSIS
<p><i>Learn the acronym for stroke symptoms and action:</i></p> <p>BE FAST:</p> <p>B Balance: Sudden loss of balance, dizziness</p> <p>E Eyes: Sudden loss of vision or blurred vision</p> <p>F Face: Uneven smile, one side of face is drooping or numb</p> <p>A Arm: One arm is weak or numb</p> <p>S Speech: Slurred speech or difficulty speaking</p> <p>T Time: Time to call 911</p> <p>Stroke is the fifth leading cause of disability in the United States and can happen at any time regardless of age. For each minute that passes during an untreated stroke, 1.9 million brain cells die according to stroke.org.</p>	<p><i>General symptoms for heart attacks include:</i></p> <ul style="list-style-type: none"> • Chest pain or discomfort • Pain or discomfort in the jaw, neck, or both • Pain or discomfort in the arms or shoulders • Shortness of breath • Feeling very tired, lightheaded, or faint • Nausea or vomiting <p><i>Symptoms for women can be different, including:</i></p> <ul style="list-style-type: none"> • Anxiety • Shortness of breath • Nausea • Vomiting • Upset stomach • Pain in the shoulder, back or arm • Unusual tiredness and weakness 	<p>Sepsis is a life-threatening response to an infection in the body where the immune system fights the body rather than the infection itself. A common misconception is that it can only happen in the hospital, but according to sepsis.org, 80% of sepsis cases start in the community.</p> <p><i>The acronym to learn the symptoms of sepsis is:</i></p> <p>TIME:</p> <ul style="list-style-type: none"> • Temperature higher or lower than normal • Infection signs • Mental status change such as confusion • Extreme pain or illness

Learning the Signs: Learning the signs of severe medical issues can ensure quick, lifesaving response and avoidance of additional complications.

awareness and prevention techniques using online resources and assess what skills could be valuable to your family. This can include refreshing knowledge on CPR, first aid, sepsis signs, assisting a choking person, and how to identify signs of a heart attack. In some cases, watching video tutorials can be helpful. This wellness routine could also mean scheduling a CPR course or checking when your CPR certification should be updated and scheduling a refresher course. To see what classes/courses are available, go to <https://www.calverthealthmedicine.org/Classes-Events>.

Preparing for Action

Think about the things you will need in your home and the information emergency personnel will need in case of an emergency. Consider the other people who may care for loved ones in your home and ensure caregivers have access to crucial information they may need to provide to 911 dispatchers and emergency medical services in case of emergency such as medications and dosage, primary care doctor, and known conditions and allergies.

Along with the personal emergency medical information, consider posting the phone numbers and addresses of the

primary care, urgent care, and emergency providers your family uses and familiarize yourself with what conditions are recommended for each (*see sidebar below: Right care. Right time. Right place.*)

Then, work to ensure your home and vehicle have the supplies needed. In addition to any personal medications, the Red Cross suggests the following in a home first aid kit: 2 absorbent compress dressings (5 x 9 inches), 25 adhesive bandages (assorted sizes), 1 adhesive cloth tape (10 yards x 1 inch), 5 antibiotic ointment packets (approximately 1 gram), 5 antiseptic wipe packets, 2 packets of aspirin (81 mg each), 1 emergency blanket, 1 breathing barrier (with one-way valve), 1 instant cold compress, 2 pairs of nonlatex gloves (size: large), 2 hydrocortisone ointment packets (approximately 1 gram each), 1 3-inch gauze roll (roller) bandage, 1 roller bandage (4 inches wide), 5 3-inch x 3 inch sterile gauze pads, 5 sterile gauze pads (4 x 4 inches), Oral thermometer (non-mercury/non-glass), 2 triangular bandages, tweezers, and emergency first aid instructions.

The Red Cross also suggests making first aid kits for other specific activities as needed such as boating, camping, and hiking.

RIGHT CARE. RIGHT TIME. RIGHT PLACE.

Choosing the appropriate care setting so your care won't be delayed is important when dealing with medical emergencies and complications. The CalvertHealth Emergency Department will see every patient who turns to us for care, but patients are prioritized according to their condition. Remember, if you are experiencing a true emergency, you should always call 911 as Emergency Medical Services can begin providing care while en route. If there is a true emergency, call 911 before administering care to the affected person.

For severe injuries and life-threatening issues call 911.



PRIMARY CARE

Call or see your provider for your regular medical problems or most urgent needs.

- Check-ups or physicals
- Common illnesses
- Fever or flu-like symptoms (If younger than 1 year or having difficulty breathing, go to the ER)
- Cough, cold, sore throat or earache
- Health advice
- Strains and sprains
- Medication refills or changes
- Muscular/joint pain
- Burning with urination
- Ear or sinus pain
- Routine tests
- Flu shots and other vaccines



URGENT CARE

Go to the Urgent Care for common things that need to be treated soon, but your primary care provider is not available.

- Allergic reaction without lips or throat swelling
- Animal or insect bite
- Back pain
- Deep cuts or those requiring stitches
- Minor burns or rashes
- Dental pain
- Minor work-related injury
- Possible fractures
- Eye infections or irritation
- Strains or sprains
- Nausea, vomiting, diarrhea
- Burning with urination
- Ear aches or sinus pain



EMERGENCY DEPARTMENT

Go to the Emergency Department for serious life-or-limb threatening conditions.

- Chest or abdominal pain
- Allergic reaction
- Severe animal or insect bite
- Asthma attack
- Burns (severe or multiple areas)
- Difficulty breathing or speaking
- Broken bones protruding from skin
- Stroke or one-sided weakness
- Severe bleeding or coughing up blood
- Head injury or other major trauma
- Persistent vomiting or diarrhea; dehydration
- Poisoning or overdose
- Seizures
- Loss of consciousness
- Suicidal feelings

Your Guide to a Spectacular, Safe Summer ●●●

Since summer months mean plenty of time in the sun and on the water, every family should take steps to ensure the best parts of summer can be enjoyed to the fullest.



Safe on the Water

Drowning is one of the leading causes of death of children, according to the Red Cross. More children ages 1- 4 die from drowning than any other cause and drowning is the second leading cause of death for children ages 5-14, according to the Centers for Disease Control and Prevention (CDC). Education and prevention are critical to ensure everyone is safe enjoying the beach or the pool this summer. Most drowning deaths for children under 15 years old happen in residential locations, so ensure your own pool or pools you visit have fences, are locked and you follow safety precautions.

The Red Cross recommends using “layers of protection” in and around the water, meaning not relying on just one thing to stay safe. Swimming lessons are recommended for all ages as well as CPR and rescue technique training for adults and older teens. Even if there are lifeguards, another adult should stay with and watch children free from distractions including cell phones. Children should be taught to always ask permission from an adult and to be accompanied by an adult while in the water. Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.

Even experienced swimmers should swim with a buddy and refrain from being under the influence of alcohol or drugs before water activities including supervising swimmers. The Red Cross still recommends wearing a life jacket when boating or fishing, even if you don’t plan to go into the water.

Communicate these safety expectations with everyone joining you on the boat, beach day, or pool day. Parents of children should discuss in advance which parent is in charge of watching which child(ren) and how to handle break times and bathroom breaks.

TIP: For parents watching multiple young children, a verbal “hand off” of children while in the water when one parent needs a break or to use the restroom can be a great safety measure. “You’re in charge of Joey,” the parent exiting would say. The other adult would reply, “Got it. I’m in charge of Joey.”



Safe in the Heat

Our bodies have the natural ability to maintain temperature by sweating, but summer makes this ability harder in hot temperatures, leading to the possibility of dehydration. Excessive time in the heat can lead to heat exhaustion and heatstroke, which can lead to delirium, organ damage, and worse, according to the National Safety Council.

It's best to stay inside during the hottest parts of the day to avoid the potential for dehydration and UV exposure. When preparing for a day outside, plan ahead. Drink a glass of water before bed the night before and upon waking. Ensure there's easy access to water and ample ways to refill throughout the day.

Also prepare by ensuring your family has an ample supply of sunscreen and backup sunscreen while on the go. This can mean a stash of sunscreen in the car as well as a purse or pool bag. Purchase UV-protectant gear such as sun hats, rash guards, and swimsuits. Make sure each member of the family has a pair of sunglasses available to them.

It's important to take breaks when spending time outside to reapply sunscreen, hydrate, and rest. Heat can more quickly and severely impact those whose jobs have them working in the heat, young children, people 65 years and older, and people with certain conditions or on certain medications. Be aware of what risk factors are present in your family or traveling group.

Getting Ahead: Sports Physicals

Avoid the back-to-school rush by scheduling sports physicals now. Staying active is important for kids and teens, and CalvertHealth is here to help them start the season strong.

CalvertHealth Primary Care offers school and sports physicals at all three convenient locations—Prince Frederick, Solomons, and Twin Beaches. These appointments include height, weight, blood pressure, vision screening, a physical exam, and a review of the student's medical history. Please note: a sports physical does not replace a comprehensive annual physical with your primary care provider.

Students should wear comfortable clothing such as loose shorts and a T-shirt. Anyone under 18 must be accompanied by a parent or guardian. Please bring any required school physical forms with the student sections completed and signed, along with prior vaccination records and a photo ID. Insurance coverage may vary; please contact your provider directly for details.

If your child has had a well-child visit within the last year, an in-office appointment may not be necessary. You can drop off the required school forms for completion. Please note that a standard paperwork-processing fee may apply.

To schedule a sports physical, contact your CalvertHealth Primary Care office in Prince Frederick, Solomons, or Twin Beaches.

Sarah Fallin My Story:



Family Summer Hydration Tips

The second trimester of my second pregnancy is when dehydration caught up to me. Desperate to be outside in the summer of 2020 after being inside due to COVID protocols and a queasy first trimester, I went outside without much of a thought. I found myself experiencing dehydration so much easier while pregnant and it made me more in tune with my body's particular hydration needs. I learned some lessons and tips the hard way:

- ✓ When going anywhere outside in the summer, I fill up then pack mine and my kids' refillable water bottles in the car. I also pack a large extra water bottle with ice water. Far too many times, my kids have finished their water bottles and then mine. Having a refill station in the back of my car has saved me and my friends on outings!
- ✓ I keep electrolyte and flavor packets in my purse. Sometimes my kids get so busy and hot having fun outside that water is the last thing on their minds until it's too late. Lemonade is still better than not hydrating at all.
- ✓ Have a variety of no-sugar hydration options available in the summer. When it's hard to drink plain water, it can be a lot easier when it's infused with cut fruit. Sometimes, my kids even find plain soda water more palatable than regular water.
- ✓ Make it fun for kids. Try novelty straws, crushed, ice, cut fruit, or fun ice cube shapes.
- ✓ I move all my outdoor workouts indoors in the summer. While some people may be able to adjust by walking or running in the early morning hours or the evening, the temperature doesn't drop enough for me when I'm active outside. Know your body!
- ✓ I stock up on cheap kids' sunglasses from the dollar store and keep them in a basket near our front entrance and some spares in the car. This way, they're easily accessible and can be borrowed by friends who come over or forget them while out and about.

Where Purpose Meets Community ●●●

Behind every great patient experience is a team that supports one another.

At CalvertHealth, careers are more than jobs — they are callings rooted in compassion, connection and community. As a trusted community health system, we are proud to attract professionals at every stage of their careers who want to make a meaningful impact close to home.

What makes CalvertHealth special isn't just the work we do — it's the people who do it. Our teams support one another like family and care for our patients like neighbors. Their stories speak louder than any recruitment message ever could.

Meet three members of our team who embody what it means to be Calvert Proud.



● Allie Hummel, RN *Rooted in Community. Driven by Compassion.*

For Allie Hummel, nursing is both a profession and a personal mission. A Calvert County native and graduate of Salisbury University, Allie always knew she wanted to return home to serve the community where generations of her family live and farm.

Over her 13-year career at CalvertHealth, she has worked across several departments and earned certifications in CPR, Advanced Cardiovascular Life Support (ACLS), and Pediatric Advanced Life Support (PALS). With dedicated department educators and built-in education hours, she continues to stay at the forefront of patient care.

But for Allie, CalvertHealth became more than a workplace in 2018 when she was diagnosed with Hodgkin's Lymphoma shortly after the birth of her daughter.

"My CalvertHealth family surprised us with the most magical Christmas," she recalls. "Through the uncertainty of cancer treatment, medical bills and caring for a newborn, I was certain I was loved. CalvertHealth stood by my family's side through it all."

Today, Allie gives back by mentoring new graduate nurses and precepting new employees.

“ I have always enjoyed helping new nurses acquire the right training and skill set to serve at their best,” she says. “That’s how we strengthen care for our entire community.”



● Carlotta Kerr, Patient Care Technician
Excellence in Every Interaction.

After two decades working in larger healthcare organizations, Carlotta Kerr was drawn to CalvertHealth’s community-based setting and the calm, welcoming atmosphere of Southern Maryland. She believes deeply in respect, understanding and cultural awareness in patient care.

“I am driven by the trust our patients and their families place in me,” she says. “Seeing even small improvements is incredibly rewarding.”

Carlotta credits her supportive manager and collaborative team environment for helping her grow professionally. When she experienced the loss of her brother, her team ensured she had the time and space to grieve — and regularly checked in during her leave.

Carlotta stays current through continuing education, workshops and medical journals, and values CalvertHealth’s investment in advanced technology and innovation. A recipient of the organization’s Sunshine Award, which honors team members who go above and beyond in supporting patients and colleagues, she hopes to continue advancing into a leadership role.

“As a Jamaican at heart, I deeply appreciate all the understanding and support I have received,” she shares.



● Eric Buchanan, Lead Security Officer
Growing with the Organization He Calls Home.

CalvertHealth has always been part of Eric Buchanan’s life. His mother served as a labor and delivery nurse here for 35 years, and her legacy inspired him to give back to the same community.

Starting on the evening shift in 2009, Eric worked his way into a leadership role as Lead Security Officer. He credits strong mentorship — particularly from leadership with law enforcement and military backgrounds — for shaping his growth.

When Eric suffered a shoulder injury, his manager worked with him to maintain his hours and support his family responsibilities until he was cleared for full duty.

Now a father himself, Eric approaches each day with empathy. “Many people walking through our doors aren’t having a good day,” he says. “Bringing respect and kindness goes a long way.”

“I came here as a young man,” Eric says. “Working with the public has helped me grow exponentially.”



Why Choose CalvertHealth?

Certified. Recognized. Committed.

CalvertHealth is proud to be recognized as a **Great Place to Work**® Certified organization and named a **Top Place to Work in Health Care** nationwide by *Becker’s Healthcare* for two consecutive years. Our culture is grounded in teamwork, respect, and investment in the people who deliver exceptional care every day.

They also reflect what our employees already know — **CalvertHealth is a place where people feel valued, supported and empowered to grow.**

Benefits That Support Your Life

We offer a comprehensive benefits package designed to support you professionally and personally, including:

- Competitive salary
- Health insurance
- Free on-site parking
- Discounted meals
- 403(b) retirement plan
- Employee Assistance Program (EAP)
- Tuition assistance
- Opportunities for advancement
- A culture built on teamwork and respect

JOIN OUR TEAM

Ready to build a meaningful career close to home? Scan the QR code below to learn more and see all open positions.

SCAN TO LEARN MORE



INVESTING in What Matters Most

How the generosity of our community is strengthening health care – close to home.

Exceptional Care Begins with Community.

At CalvertHealth, generosity is more than a tradition — it is the driving force behind innovation, expanded access and a stronger future for health care in Southern Maryland. As an independent, not-for-profit health system, we rely on a partnership of individuals, families, businesses and community leaders who believe in our mission and invest in care close to home.

In 2025, that support translated into meaningful impact — from advanced diagnostic technology and expanded orthopedic services to medical scholarships, youth philanthropy and community outreach connecting vulnerable residents to essential care. This collective generosity was reflected in 4,019 gifts from 1,486 donors, resulting in \$1.2 million in cash and pledges and an additional \$4.2 million in grant funding — a remarkable \$5.4 million in total support for CalvertHealth Foundation last year. These contributions strengthened programs, expanded services and ensured compassionate, high-quality care for every patient who turns to CalvertHealth.



Supporters gathered at the Cannon Club for the 2025 CalvertHealth Benefit Golf Classic, raising more than \$120,000 to establish the CalvertHealth Center for Orthopedics & Sports Medicine. Their generosity expanded specialty care services, allowing more patients to receive high-quality orthopedic care close to home.



A record-breaking 1,312 participants took to the shores of Solomons for the 16th Annual Breast Cancer 5K, raising more than \$160,000 in support of screening, diagnosis, treatment and survivorship services at the Sheldon E. Goldberg Center for Breast Care.



A Celebrated Return

In November 2025, the CalvertHealth Foundation welcomed 312 guests to a sold-out gala at Rod 'N' Reel Resort in Chesapeake Beach—marking the return of its signature benefit event. The evening raised more than \$475,000 in support of the upcoming full renovation of the CalvertHealth Family Birth Center, which is slated to begin later this year. Planned enhancements include updated, spa-like amenities, LDPR room options, enhanced security and family-centered spaces designed to elevate the maternity experience for families throughout Southern Maryland.

Chaired by CalvertHealth Foundation board member, **Tamika Tremaglio**, the gala returned to Calvert County at the request of supporters and reflected the community's strong commitment to advancing care close to home. Guests enjoyed fine dining curated by Michelin-rated chef **Robert Wiedmaier** and the Rod 'N' Reel's own Executive Chef **Kyung Soo Carroll**, live and silent auctions and entertainment throughout the evening. A highlight of the program came when **Kasia Sweeney**, Senior Vice President of Strategy & Transformation, honored retired OB providers who played foundational roles in creating and expanding the Family Birth Center. Their leadership and commitment helped shape the high-quality, compassionate maternity care CalvertHealth is known for today—and their legacy will continue to guide the work ahead. In that spirit, the evening celebrated a powerful continuum—honoring the past while investing in the future of family-centered care, close to home.

2025 Support

We gratefully acknowledge the premier sponsors whose leadership-level support made this event possible. We are equally thankful for the many additional sponsors and partners who contributed to our success.

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The CalvertHealth Foundation gratefully acknowledges the individuals and organizations whose generous gifts of \$1,000 or more in 2025 are recognized on the following pages. We also extend our sincere appreciation to the many additional supporters who contributed at every level—each gift, no matter the amount, plays an important role in strengthening health care close to home. We have made every effort to ensure the accuracy of these donor listings. If you notice an error or omission, please accept our apologies and contact the Foundation Office at foundation@calverthealthmed.org or 410.414.4570.

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Leadership in Action

The CalvertHealth Foundation is pleased to welcome two new members to its Board of Trustees—Cheryl Bare and James “Jim” Fleshman—whose professional expertise and commitment to community service will help advance the Foundation’s mission in meaningful ways.

Cheryl Bare, an accomplished educator turned award-winning real estate professional with Century 21 New Millennium, brings a deep passion for community engagement. Recognized as Charles County *Educator of the Year* and named *Top Producing Individual Realtor in Maryland* for 10 consecutive years, Cheryl also led one of the state’s top-ranked real estate teams for three years running. She resides in Owings with her husband, Jimmy.



Jim Fleshman joins the board with extensive experience in financial strategy as a CPA and Tax Director at Lombardo Ayers & Company, LLC. In addition to his leadership roles with the Calvert County Chamber of Commerce and the Calvert County Compensation Review Board, Jim has supported the Foundation as a guest presenter for the *Financial Wellness Series*, offering insights on year-end giving and tax strategies. He lives in Huntingtown with his wife, Candice.



This year also marks an important leadership transition. The Foundation proudly introduces **Barry Friedman** as the new *Chair of the Foundation Board of Trustees*. Barry’s longstanding dedication to CalvertHealth and his commitment to strengthening access to care close to home make him an invaluable leader during this exciting period of growth.

We also extend our heartfelt appreciation to **Frank Smith**, who has completed his term as *Board Chair* after years of extraordinary service. Frank will continue to lend his experience as *Immediate Past President*, serving as an *ex officio* member of the board.

“The impact of our mission is measured not only in progress but in the lives we uplift. With this momentum, we continue shaping the future of health care in our community.”

- Barry Friedman,
 Foundation
 Board Chair

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SATURDAY October 17, 2026 Solomons Island

Together, we can reach our goal of 2,000 participants united for one purpose! Join friends, neighbors and survivors for a great cause that strengthens our community. Your support truly matters — all proceeds benefit the Sheldon E. Goldberg Center for Breast Care.

SCAN the QR CODE for more information or to register today!

