



CalvertHealth

Humble
Hero.

Local man donates blood
for more than six decades
See story page 16



A Message from the President



Be Part of the Vision. Help us Build a Healthier Tomorrow.

CalvertHealth is a reflection of what matters most – the people of Calvert and their well-being. At the heart of every decision we make is you.

Today, we're in the final stages of the first phase of the \$51-million expansion project – the largest in our history. It's a big undertaking, but it will enable us to provide even better care. The second and third floors of the three-story addition will house spacious, modern,

private rooms allowing patients to rest peacefully where nurses and physicians can care for them in an environment that respects their privacy and comfort.

Private patient rooms are the new standard of care, and it's what our community deserves. We know patients in private rooms get better sleep, have less risk of infection and benefit from improved communication with staff. Quieter spaces lend themselves to personal discussions regarding sensitive issues about your health. And there's extra space for visitors and families, whose involvement in caring for the patient results in faster healing.

For more than a century, we have been determined to bring the highest quality of care to our community. It is a rich heritage of dedication and commitment to excellence. We invite you to join us. Be a part of the *Building on a Century of Care Capital Campaign* by considering a gift to the CalvertHealth Foundation using the enclosed remittance envelope. Be part of the vision to build a healthier tomorrow for you and your family.

Dean Teague, FACHE
President and CEO

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ON THE COVER

Joseph Harris of
Huntingtown has regularly
donated blood since 1956.

See page 16 for
more details.

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

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

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

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

2018 Year in Review

Every day the team at CalvertHealth focuses on making a difference in every life we touch. For more than a century, our guiding philosophy has been to ensure the services we provide to our patients are of the highest quality. This commitment to quality and safety is evidenced by the results of our patient outcomes and the recognition received from Centers for Medicare and Medicaid Services (CMS), The Joint Commission, American Heart Association and others.

Over the last five years, CalvertHealth has spent more than \$61 million to upgrade technology, improve facilities and expand services. This includes \$8.4 million toward the \$51 million expansion project. Additionally, in fiscal year 2018, we invested more than \$18 million in community benefit activities including charity care, mission-driven services, health screenings, outreach programs and more.

KEY HIGHLIGHTS AND ACHIEVEMENTS

- Garnered the American Heart Association's highest honor for outstanding stroke care – the Gold Plus Quality Achievement Award – for the seventh year in a row. CalvertHealth Medical Center is also a designated Primary Stroke Center by the Maryland Institute for Emergency Medical Services Systems.
- Ranked #1 in state for lowest risk of in-hospital mortality.
- Recognized as a leader in airway safety initiatives by The Joint Commission's Leading Practice Library.
- Identified as having one of the lowest readmission rates in state.

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

Fiscal Year 2018: July 1, 2017- June 30, 2018

INCOME:

Gross patient service revenue	\$	201,837,191
Income from other sources	\$	4,424,688
Less uncollectable expenses and charity care	\$	(50,466,484)

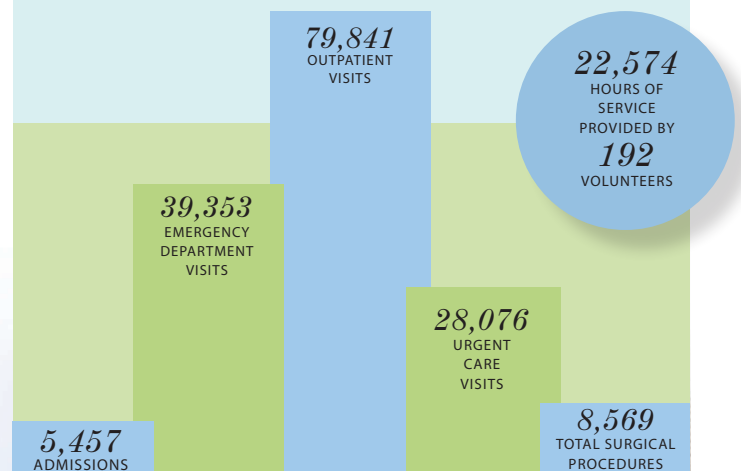
TOTAL OPERATING REVENUE \$ **155,795,395**

EXPENSES:

Salaries, wages and employee fringe benefits	\$	84,324,868
Operating supplies and services	\$	56,414,090
Depreciation and interest expense	\$	14,181,391

TOTAL OPERATING EXPENSES \$ **154,920,349**

INCOME (LOSS) FROM OPERATIONS \$ **875,046**



Private Rooms

Optimize Safety, Elevate Patient Experience

When the three-story tower at CalvertHealth Medical Center (CHMC) opens later this spring, it will usher in a new era of patient safety, comfort and privacy. The opening marks the completion of the first phase of the \$51-million expansion and renovation project which began two years ago.

The 43,575-square-foot addition consists of two, all-private, 20-bed units on levels two and three for medical-surgical patients as well as areas for medical and support staff. The first floor is home to a new lobby, gift shop and outpatient services area for patients who need ongoing care.

Once new construction is completed, renovations will begin to convert the existing double rooms to private rooms. Plans call for an inpatient dialysis unit to be added to the 2nd floor as well as a 14-bed observation unit. The final phase of the project is slated for completion next year.

“Delivering the best possible patient experience was at the center of this project each step of the way,” said CalvertHealth President and CEO **Dean Teague**. “From the initial design to the final furnishings, every decision was weighed with the patient’s well-being in mind.”

He went on to add, “Our nurses felt strongly the Hill-Rom Centrella™ Smart+Bed was the best option for our patients. So, that is the one we went with.” The beds offer numerous safety features.

Teague said the spacious private rooms boast large windows to let in the natural sunlight, a 49-inch flat-screen TV, a safe in the closet and a sleeper bed he personally tested, which allows visitors to stay overnight with their loved ones. “When a patient is used to a particular caregiver, it helps them feel less anxious when they are able to have someone familiar with them,” he said.



A new video monitoring system has significantly helped reduce patient falls.



“A key feature of the Hill-Rom Centrella™ Smart+Beds are the colored icons,” said Shelley Morgan, RN, “which help caregivers monitor bed safety status at a glance.”

“We are committed to doing everything we can to ensure the safety of our patients while they are with us.”

– CalvertHealth President & CEO Dean Teague

Producing a Measurable Impact

The smart beds coupled with a new video monitoring system being used with patients at risk for falling has produced a 63 percent reduction in patient falls with injury from 19 in 2017 to seven last year.

“It is very significant that we were able to make that kind of impact from one year to the next,” said **Shelley Morgan, RN**, director of professional practice at CalvertHealth.

She highlighted some of the major advantages of the Hill-Rom Centrella™ Smart+Bed. “It has a SafeView® system that helps caregivers monitor bed safety status at a glance with easy-to-read visual projections.”

The colored icons (which shine on the floor) at the foot of the bed indicate whether the bed is in its lowest position, the alarm is on and the side rails are properly set. “Our nurses or anyone on staff can easily identify with a quick glance that everything is OK by looking at the colored icons projected on the floor.”

The bed can also provide verbal safety prompts in multiple languages, such as: *“Please don’t get up”* or *“Your care team has been called.”* There is a motion-activated night light which brightens the path to and from the bed. Additionally, the bed alarm can be set to go off when patients (who need assistance) move toward the edge of the bed. “The goal here is to intervene before something happens,” said Morgan.

The foot of the bed can be extended six inches for tall patients. Other features include a storage area for personal items like electronic devices and an easily accessible USB charging port on the side rail. “This is a huge patient satisfier,” said **Susan Stevens**, director of patient experience and volunteer services at CHMC.

Responding in Real-Time

Each private room is equipped with the GetWell Network®, an interactive television education system aimed at helping patients stay healthy after they go home. Morgan explained, “Patients and their family members can watch diagnosis-specific videos so they better understand what caused their illness, how it can be treated and how they can prevent being readmitted to the hospital.”

She went on to add, “After watching each video, a patient is able to reply if they have more questions and this alerts their nurse to follow up. Patients are also able to see the medications prescribed for them during their hospitalization and learn about their purpose and any possible side effects.” Through the GetWell Network® patients can also access the Internet, watch movies on demand, play games or listen to music.

During their stay, patients are also asked to rate their experience. “Through the GetWell Network®, we ask them about the quality of their food, the cleanliness of their room and the responsiveness of their care team,” said Morgan. “The responses are immediately sent to the responsible department such as environmental or food services. This gives us the ability to respond in real-time to meet our patients’ needs.”



The GetWell Network® allows patients to view educational videos and check on their medications in addition to using the Internet, watching movies or listening to music.

PATIENT CARE BENEFITS

The new private patient rooms at CHMC help:

- ✓ Increase comfort
- ✓ Improve communication
- ✓ Promote education
- ✓ Reduce risk of falling and infection
- ✓ Enhance satisfaction

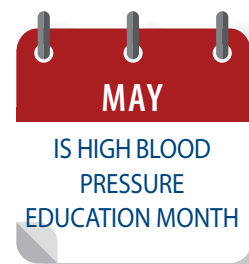
Watching Extra Closely

“Our data shows the AvaSys® TeleSitter® system is helping us keep our patients safer,” said **Diane Couchman**, vice president and chief nursing officer at CalvertHealth. The technology enables audio and visual monitoring of patients at risk for falls or self-harm.

She said there are currently 10 mobile TeleSitter units in use on the medical-surgical floors and another 10 ceiling-mounted devices in the emergency department.

The mobile unit has a video camera and 2-way audio that transmits to a central monitoring station, where a trained observer watches the patient continuously, even at night. “If we see a patient trying to get out of bed without assistance or pulling on an IV line, we can vocally intervene while simultaneously summoning a nurse,” said Couchman. “If the situation needs an immediate response, the telemonitor can initiate a stat alarm which can be heard throughout the unit.”

Couchman said the Patient and Family Advisory Council was in favor of the new technology. The council provides valuable input into the planning process for new services and programs. She said the feedback from family members has been positive, as well. “Families really like that someone always has eyes on their loved ones while they are in our care.”



Know your NUMBERS

You've checked into your doctor's office and are called back to a treatment room. A nurse takes four major vital signs: pulse, respiratory rate, body temperature and blood pressure—these will give your doctor a general idea of how your body is doing. "Each body is different, but these target numbers are widely used to evaluate your health," said board-certified cardiologist **Dr. Samuel H. Foster**, who is the medical director of the cardiac rehabilitation program at CalvertHealth Medical Center.

Why are Blood Pressure Numbers Important?

By taking your blood pressure, your doctor can measure how hard your heart is working to pump blood around your body through your arteries. If your arteries are narrowed by a buildup of plaque from fat, cholesterol or other substances, your heart has to work harder to push blood through them to nourish and provide oxygen to your brain, organs and tissue.

"A high blood pressure number alone, from one doctor's appointment reading, is not a gauge of overall health," said Foster, "but, combined with other tests and an exam, it can help indicate areas to monitor."

What Do the Numbers Mean?

Blood pressure readings contain two numbers expressed as a fraction, 120/80. You'll hear your doctor or nurse say "120 over 80." The first number is systolic pressure—the pressure in the arteries when the lower part of the heart beats and squeezes blood against the artery wall. The second number is diastolic pressure—the pressure in the blood vessels between heart beats. Normal blood pressure for adults of all ages is between 90/60 and 120/80.

What are the Symptoms of High Blood Pressure?

"High blood pressure alone really doesn't have any symptoms and many people don't even feel that anything is wrong," said Foster. "It is called a 'silent killer' because people feel that if they don't have symptoms then they don't need to worry. Unfortunately, it is the complications from high blood pressure that present symptoms, such as shortness of breath, headaches, chest pain and slurred speech."

What Are the Risks of High Blood Pressure?

"Risks from continued, untreated high blood pressure include heart failure, heart attack, stroke, kidney failure and blindness," said Foster, "which is why it is important for patients who have high blood pressure to take steps to lower their risk."

Despite being largely preventable, heart attacks, strokes, heart failure and other cardiovascular-related conditions led to 2.2 million hospitalizations in 2016, resulting in 415,000 deaths according to the Centers for Disease Control and Prevention (CDC) research. Many of the heart events were in middle-aged adults, age 34-64, with about 775,000 hospitalizations. High blood pressure is the second leading cause of kidney failure among African Americans and the leading cause of death due to its link with heart attacks and strokes.

The DASH Diet for Healthy Blood Pressure



High blood pressure is the second leading cause of kidney failure among African Americans and the leading cause of death due to its link with heart attacks and strokes.

The DASH Diet - the Best Treatment for High BP

“The first, and number one treatment, for high blood pressure is adjusting what you eat,” said Foster who recommends DASH [Dietary Approaches to Stop Hypertension].

DASH is a lifelong approach to healthy eating that encourages you to reduce the sodium (salt) in your diet and to eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium. DASH limits salt to 2,300 mg a day, as compared to a typical American diet which can include 3,400 mg of sodium a day.

“Unfortunately, altering your diet is not a simple fix for some people who find it hard to make changes in the foods they eat, or how they prepare their food, but I

promise my patients once they make healthy eating a habit, they will feel better and more energetic,” said Foster. “There is also the benefit of losing weight and reducing the medications you take.”

“The medical community is not waiting on a scientific breakthrough in treating high blood pressure—we already know that small changes in diet and exercise, quitting smoking and limiting alcohol is the best treatment for improving blood pressure and thereby improving heart health over a lifetime,” said Foster.

If you have questions about your blood pressure, make an appointment to talk with your primary care physician. *If you don't have a primary care physician, contact the physician referral line at 888.906.8773.*



Recipe for a HEALTHIER YOU:

Weekly trip to a local farmer's market

With spring comes the opening of Calvert County Farmer's Markets and roadside stands that contain an abundance of fresh fruits, vegetables and sometimes bakery items made from whole grains to help you on your way to lower blood pressure and better heart health. For a complete listing of area farmers markets, visit calvertag.com.

MEET THE DOCTOR

Samuel Foster, MD is a board-certified cardiologist with Calvert Internal Medicine Group in Prince Frederick. He also holds board certifications in internal medicine and cardiovascular imaging. For more information on Dr. Foster or any of the cardiologists affiliated with CalvertHealth, go to: CalvertHealthMedicine.org.



CPR Training for New Parents & Caregivers

Preparation for At-Home Emergencies Before They Leave the Hospital

CalvertHealth First-in-Maryland to offer Infant CPR Anytime® Training

Ten seconds. According to the American Heart Association (AHA), if CPR begins within 10 seconds of witnessing someone, of any age, becoming unresponsive due to a cardiac event, they have the best chance of reviving them. Every second that the heart is not pumping oxygen-rich blood, brain cells begin to die.

For parents and caregivers of infants and young children, having the knowledge to recognize and act in an emergency is crucial. The sooner emergency care is provided, on site, the better the outcome will be for a child.

Recognizing that educating parents on infant emergency response is crucial, the team at CalvertHealth partnered with the American Heart Association to initiate the **Infant CPR Anytime® Training program** to educate parents on lifesaving techniques before they leave the hospital with their baby.

CalvertHealth Medical Center and the Center for Family Birth Care is the first hospital to formally initiate the program in Maryland. The program combines in-hospital, in-room training by video, followed by mom doing a return demonstration with a nurse. A take-home training kit with a practice manikin allows parents to continue infant CPR training with family members, siblings, babysitters and other caregivers who will have contact with their baby.



Although CHMC provides infant CPR through its Community Wellness Department, there was a gap in the number of babies being born at the hospital and the number of people taking the courses. “We know that the days and weeks after a child’s birth are hectic and exhausting for new parents. That’s why we designed this program – to provide infant CPR training before moms are discharged from the hospital,” said CHMC CPR Coordinator **Wendy Cox**, who is also an American Heart Association coordinator of CPR training. Cox continued, “Our goal is to train 100 percent of parents on what to do if a child is choking, non-responsive or not breathing – before they leave the hospital.”

The Centers for Disease Control and Prevention estimates that there are about 3,600 infants who die in the U.S. every year due to unsafe sleeping environments. Unintentional suffocation is a leading cause of all injury deaths for infants under the age of one according to AHA. Every year, Maryland has an average of 55 sleep-related deaths—that’s more than one infant dying every week from a largely preventable cause, according to the Maryland Patient Safety Center.

“One death is one death too many,” said CHMC Center for Family Birth Care Director **Donna Arnstein**, who along with members of her staff initiated the push to establish the Infant CPR Anytime® Training at CalvertHealth. “Currently, our nurses work with moms after delivery teaching them all aspects of newborn care —this program will reinforce and add to the knowledge



base of new parents,” said Arnstein.

The take-home kits, co-branded with the American Academy of Pediatrics, include everything parents and other caregivers need to learn the lifesaving skills of infant CPR and infant choking relief in about 20 minutes, including a baby CPR personal manikin, a bilingual DVD and a skills reminder card. CHMC covers the entire cost of the kits.

As a healthcare professional with more than 10 years of CPR training, Cox knows that the more practice in CPR training a person goes through, the more confident and calm they will be in an emergency.

RISK FACTORS in Infant Deaths

- In at least 72 percent of cases, there were soft objects in the infant’s sleep area
- In 54 percent of deaths, the infant was sleeping with an adult or another child (bed-sharing)
- In 45 percent of cases, the infant was sleeping in an adult bed
- Thirty-seven percent of infants were found on their abdomen or side

(Source: Maryland Patient Safety Center)

Unintentional suffocation is a leading cause of all injury deaths for infants under the age of one according to AHA.

Community Wellness Center Offers CPR Training and More

In addition to in-hospital infant CPR training for new parents, CalvertHealth Medical Center offers a variety of training opportunities through the Community Wellness Center, including ABCs of Breastfeeding, Baby Care Basics, Childbirth Education and CPR and First Aid classes that cover skills for people of all ages.

Infant CPR, led by a certified American Heart Association instructor will be offered in the Calvert Medical Arts Building on:

- April 27 at 9 a.m.
- May 13 at 6 p.m.
- June 10 at 6 p.m.

The class is \$24 per person and advance registration is required.

For more detailed information on all of the classes offered, see the calendar pages in this issue, call the Community Wellness Department at 410.535.8233 or visit CalvertHealthMedicine.org/Classes.

Be Part of the **Vision**

Help Us Build a Healthier Tomorrow.

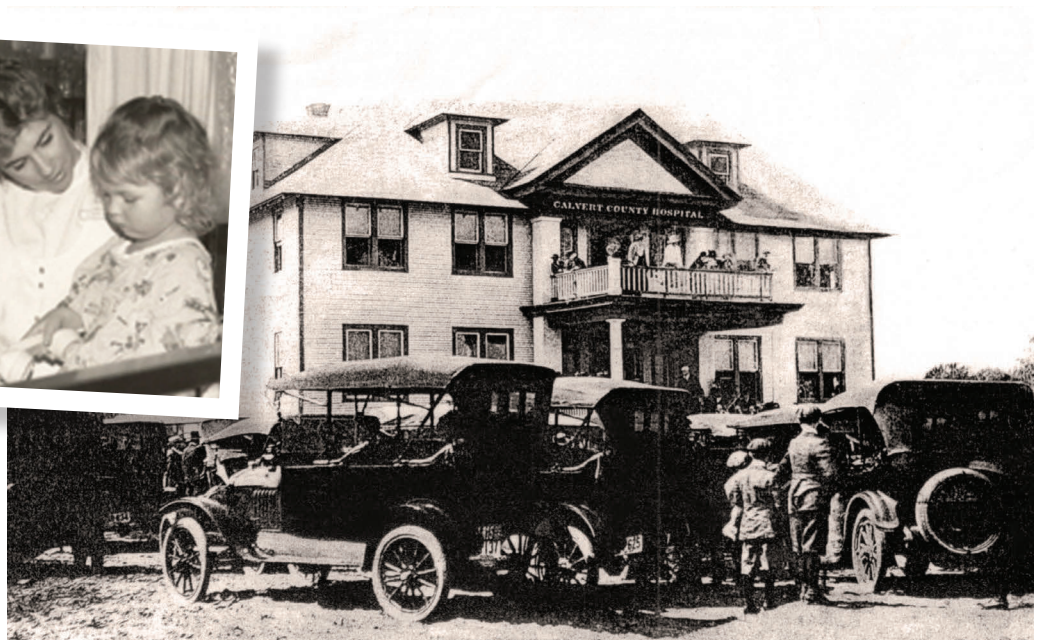
Over the years, the medical center has transformed to meet the changing needs of our growing community. As we look to the future, we gratefully accept the continued responsibility of providing safe, high-quality health care for our patients and their families.

Pictured is the original two-story hospital which later became a nursing home and now serves as the Calvert County Sheriff's Office.

For more than a century now, the philanthropic efforts of our community have helped CalvertHealth Medical Center achieve many important accomplishments and make a real difference in the lives of those we serve. The people of Calvert County were so eager to support the first hospital; they made more than \$2,000 in pledges at the 1919 dedication. It is on this rich heritage of dedication and commitment to excellence that we continue to build upon today.

Rich Heritage. Bright Future. Building on a Century of Care.

In 2016, the CalvertHealth Foundation embarked on a three-year Capital Campaign to raise funds needed to support the hospital's largest expansion project ever – a \$51-million addition and renovation to the medical center to convert to all private patient rooms on its medical/surgical floors. The initial goal was \$3 million and two years into the campaign, through generous leadership gifts, the Foundation has raised \$3.1 million. Lynette Entzian, chair of the Foundation, said, "The support has been so overwhelming, and we have so many more people who want to be a part of this effort that we have decided to reach for a new goal of \$4 million by the end of the project." After



BE A PART OF History

the new private rooms open in Spring 2019, renovation of the current rooms will begin with the entire project coming to conclusion in 2020. Throughout the early stages of the campaign, many philanthropic supporters stepped forward with key gifts that have sustained the campaign and propelled it forward. “The outpouring of support for this project is a true testament to the passion of our community to bring the absolute best care to our family, neighbors and friends,” said long-time Calvert County resident **Marianne Harms**, Foundation board trustee and champion for the campaign. To date, 1,002 people have made contributions to the **Building on a Century of Care Capital Campaign**.

“All gifts are important; all gifts are appreciated; all gifts make a difference,” said CalvertHealth President and CEO **Dean Teague**. “As we celebrate our 100-year history and work to sustain a bright, healthy future for CalvertHealth, I cannot think of a better time to become a CalvertHealth Foundation supporter. A project of this scope does not happen without the contributions and commitment of many individuals, and the effort they represent, play a major role in bringing this \$51-million expansion project to fruition.”



We invite you to join us as part of the **Building on a Century of Care Capital Campaign** for CalvertHealth Medical Center. Be part of the vision to build a healthier tomorrow for you and your family.

Your gift will have a positive impact on health care in our community and leave a lasting legacy to see us through the next 100 years. Use the enclosed remittance envelope, visit our website at CalvertHealthFoundation.org/CapitalCampaign or call the Foundation Office to speak directly with a member of the foundation team.

All campaign gifts received by Dec. 31 will be recognized in a future issue of CalvertHealth magazine. Gifts of \$1,000 or more will be included on the CalvertHealth Foundation website, updated weekly, and gifts of \$10,000 or more will be recognized on a donor recognition wall proudly displayed in the newly renovated medical center lobby.

PROJECT HIGHLIGHTS

- Cost of project: \$51 million
- Start date: Fall 2017
- Completion date: 2020
- Cost per private room: \$700,000 (*to construct and equip*)
- New construction: 43,575 square feet
- Renovation: 32,910 square feet

PRIVATE ROOM BENEFITS

- ✓ More privacy
- ✓ Better sleep
- ✓ Less risk of infection
- ✓ Space for family and loved ones
- ✓ Better outcomes

CAMPAIGN HIGHLIGHTS

Largest gift: \$500,000

First and smallest gift: \$1 from 10 year-old girl

Total gifts: 1,002

The 2018 Harvest Ball raised more than \$775,000 for the campaign

Be a part of the 2019 CalvertHealth Gala. Proceeds from this event will fund the expansion and celebrate the 100-year history of the hospital. *Early sponsorship deadline - July 31.*

CalvertHealthFoundation.org/CalvertHealthGala
November 16, 2019
Gaylord Resort,
National Harbor



CalvertHealth is proud to join with our community partners to bring you classes, wellness programs, health screenings and events to help you live a healthier life. For more information about the listings provided here, please call the numbers listed or contact the CalvertHealth Community Wellness Office at 410.535.8233. For a complete listing of classes and events, please visit our website at CalvertHealthMedicine.org/Classes.

DIABETES EDUCATION

Diabetes Self-Management Class

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

CHMC Classroom 2 (basement level)
Taught by certified diabetic educators, this comprehensive one-day class includes individual meal planning, meter training, health assessment, goal setting and follow up by a registered nurse and certified diabetic educator. Physician referral required, covered by most insurance. To register, call 410.414.4809.

CCHD Prevent T2 Diabetes

Designed for those with prediabetes, this year-long lifestyle change program is divided into 16 weekly sessions followed by monthly sessions. Classes form regularly, call 410.535.5400 x357 for more information.

CCHD Living Well with Diabetes

A no cost, six-week self-management class for those with Type 2 or prediabetes. New classes begin on April 15 and April 18. Call 410.535.5400 x459 for more information.

HEALTH & WELLNESS

Dinner with the Dietician: Nutrition Fads & Trends

June 6 6:30-7:30 p.m.
Patuxent Health Center

Back by popular demand, this class offers nutrition advice for long-term healthy eating. \$10 per person, includes dinner.

Meal Planning Workshop: A Beginners Guide to Meal Planning

May 23 6:30-8 p.m.
Patuxent Health Center

This hands-on workshop will teach you everything you need to know to be successful with meal planning. Each participant will leave with a personalized meal plan. \$10 per person.

Weight Loss for Life

Wednesdays 5:30-7:15 p.m.
May 29 – July 17
Patuxent Health Center

This eight-week session blends nutritional education with a registered dietician and group fitness instruction to help you learn how to lose weight and keep it off. \$90 per person.

Healthy4Life

Tuesdays 6:30-8 p.m.
May 14 – July 2
Patuxent Health Center

Healthy4Life is a weight management program for boys and girls ages 13-18 years-old. Course topics include learning healthy eating, portion sizes and label reading as well as exercising in a group setting with a personal trainer (at Results Health & Fitness Club in Prince Frederick). \$90 per person.

Weigh to Wellness

Tuesdays 5:30-6:15 p.m.
Patuxent Health Center

Now on Tuesdays! Join us for weekly weigh-ins and a half-hour weekly discussion to keep you accountable and motivated! \$10 per class or \$30 per month.

During Construction:



All visitors should use the Emergency Department entrance when attending a class at CalvertHealth Medical Center.

Weigh to Fitness

Mondays 6-7 p.m.
Patuxent Health Center

Join us for a weekly fitness coaching session with a personal trainer in a group setting. Get help starting an exercise program, have your fitness questions answered and discuss techniques so you can get the most out of your fitness routine. \$15 per class or \$45 per month.

HEALTHWISE

CalvertHealth Foundation Estate Planning Series

Charitable Trusts: Where Philanthropic Planning Meets Estate Planning

April 3 4-5 p.m.
Classrooms 1 and 2

Selecting the right assets to fulfill charitable goals takes careful planning. This information session will help participants understand the many tax benefits and long-term wealth implications when selecting a charitable trust as part of the estate plan. Learn how trusts can be used to generate life income, lower tax burden, shelter assets and make a difference to the charitable causes you most value. Presented by Thomas Bird, Wells Fargo Advisors, this seminar is free and open to the public; pre-registration is appreciated by calling 410.535.8348.

Calvert Hospice Presents Understanding VA Benefits

June 11 1-2:30 p.m.

If you or your spouse is a United States Veteran, you may be eligible for benefits through the Veteran's Administration. These benefits may include financial payments, long-term care placement, home care benefits, funeral benefits and/or medical equipment. VBA Benefits Representatives from the Veterans Administration will be available for individual consultations. To register and reserve a time, please call Calvert Hospice at 410.535.0892.

People, Programs and Services in Our Community

Heartsaver CPR

June 29 9 a.m.-2 p.m.

Calvert Medical Arts Building, Suite 205
Fees apply, advance registration is required.

Basic Life Support for Healthcare Providers

Required for all healthcare providers, this course is offered multiple times per month. Visit CalvertHealthMedicine.org/Classes for times and dates. Fees apply, advance registration required.

MATERNITY & FAMILY EDUCATION

ABCs of Breastfeeding

May 7 6-8 p.m.

CHMC Classroom 1 (basement level)

Taught by a board-certified lactation consultant, this class will give the knowledge and confidence to initiate and maintain breastfeeding. Space is limited, advance registration required.
\$30 per couple.

Childbirth Education Classes

May 11 9 a.m.-5 p.m.

Classroom 1 (basement level)

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breastfeeding education and more! Expectant mothers 30+ weeks are welcome. \$75 per couple, register under the name of mom-to-be.

Breastfeeding Support Group

Wednesdays 1:30-3:30 p.m.

Please check at information desk for room location during construction.

Baby Care Basics

April 10 6:30-8:30 p.m.

May 15 6:30-8:30 p.m.

June 12 6:30-8:30 p.m.

Classroom 2 (basement level)

A pediatrician and registered nurse offer a comprehensive overview of baby care for new and expectant parents (and

grandparents). Please note there is no CPR training in this course. Advance registration is required. \$40 fee per couple.

Infant CPR

April 27 9 a.m.

May 13 6 p.m.

June 10 6 p.m.

Calvert Medical Arts Building, Suite 205
A great follow-up to Baby Care Basics! Led by a certified American Heart Association instructor, this course will teach CPR for infants (birth-12 months). \$24 per person, advance registration is required.

Safe Sitter

April 13 9 a.m.-3 p.m.

May 18 9 a.m.-3 p.m.

June 8 9 a.m.-3 p.m.

Classroom 2 (basement level)

Safe Sitter is a medically accurate hands-on program that teaches boys and girls ages 11-14 how to handle emergencies when caring for children or when home alone. Advance registration required.
\$45 per person.

CANCER SCREENINGS

Colorectal Cancer Screenings

You may be eligible for no-cost screenings if you are age 50 or older. Call the Calvert County Health Department at 410.535.5400 x 343 to determine eligibility. Program funded by the Maryland Cigarette Restitution Fund Program.

Breast and Cervical Cancer Screenings

You may be eligible for no-cost screenings if you are a woman aged 65+. Call the Calvert County Health Department at 410.535.5400 x 350 to determine eligibility. Program funded by Maryland Department of Health and CDC.

SUPPORT GROUPS

A variety of support groups are available for breastfeeding, diabetes, Parkinson's disease, Lyme disease, breast cancer, general cancer and stroke. Call 410.535.8233 for times and locations.



WANT TO KNOW MORE?

For a complete listing of classes and events, please visit our website at:
CalvertHealthMedicine.org/Classes

SAVE THE DATE



CalvertHealth Foundation

BENEFIT GOLF CLASSIC

Monday, May 6, 2019

Old South Country Club | Lothian, MD

Go to CalvertHealthFoundation.org/BenefitGolfClassic for more information

FREE SKIN CANCER SCREENING

Date: May 16, 2019

Time: Noon to 2 p.m.

Place: Calvert Dermatology
Medical Arts Building
Suite 200
Prince Frederick, MD

Register online:
CalvertHealthMedicine.org/Classes
or call 410.535.8233

APRIL

IS PARKINSON'S
AWARENESS
MONTH

ROCK STEADY BOXING

Empowers People with Parkinson's to "Fight Back"

"I really enjoy the camaraderie," said Rock Steady Boxing (RSB) participant **Barbara Michael**. "I've learned I can do things I didn't think I could." The fun and interactive fitness program is helping local residents who are living with Parkinson's develop better balance, strength and flexibility while building confidence and making new friends.

It's estimated there are more than 1 million people in the United States with Parkinson's disease, a degenerative movement disorder which can cause deterioration of motor skills, balance, speech and sensory function. More than 60,000 new cases are diagnosed each year. At Rock Steady Boxing, Parkinson's is the opponent.

"My balance has really gotten better," said the 75-year-old Huntingtown resident, who has taken the class since last fall. "Even my doctor said she could see a difference."

Norma Ketay, who was diagnosed last summer, said, "I've noticed I have more



Rock Steady Boxing instructor, Clemie Pizillo (pictured right), helps Barbara Michael focus on moving her arms and legs simultaneously while maintaining balance.

ROCK STEADY BOXING CALVERT

strength. She praised their instructor: “Clemie (Pizzillo) is so positive. She leaves us with a big smile and a lot of great energy and I appreciate that so much.”

The 70-year-old Dunkirk resident added, “The class has given me a lot more confidence... just to accept what’s going on and to keep going.”

CalvertHealth sponsors the local Rock Steady Boxing class, which is an affiliate of the national RSB program. Seed funding for the program came from a \$5,000 donation to the CalvertHealth Foundation by the **Davidsonville Ruritan Foundation (DRF)**, which covered the start-up costs including staff training and equipment. The program is being sustained by participant fees but additional donations are welcome. “We’re proud to support such a worthwhile program that is producing such amazing results,” said DRF Director **Eleanor Entzian**.

The 90-minute class is offered three times a week on Monday, Wednesday and Friday at the Patuxent Health Center in Prince Frederick. There are two sessions, level 1-2 for people who do not need any assistive device and level 3-4 for participants who use a cane, walker or wheelchair.

According to Pizzillo, she currently has 19 participants in the two levels including seven women and 12 men ages 63-81. She plans to add more sessions if enrollment grows. The fee for the class is \$100 per month, which includes 12 classes. There is also a one-time \$40 fee for the initial assessment,

FITNESS BENEFITS

Rock Steady Boxing participants say the class has helped improve their:

- ✓ Balance
- ✓ Endurance
- ✓ Strength
- ✓ Posture
- ✓ Flexibility

which determines which level is most appropriate for each participant. Registration is available online at CalvertHealthMedicine.org/Classes.

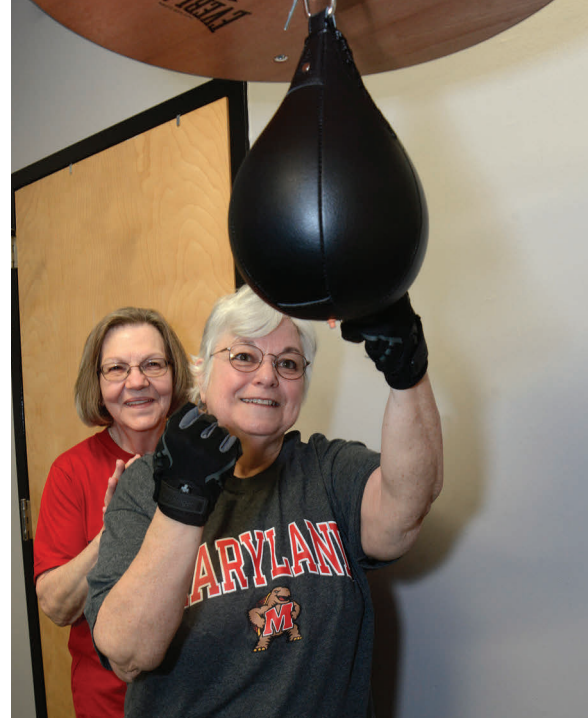
Participants are required to get a medical release from their doctor. Pizzillo encourages anyone who is interested in finding out more about the program to come and observe a class.

She said, “Rock Steady Boxing is designed specifically for Parkinson’s patients at any stage—from the newly diagnosed to those who have been dealing with it for 20 years.”

Pizzillo emphasized the class contains a lot of variety from yoga and tai chi during the warm-up portion to chair and ball exercises and, of course, non-contact boxing. “They like the unexpected, the surprise and the fun, so we like to appeal to that.”

“Volunteers are a big part of the program,” said Michael. “They’re right there if we stumble or need some extra help.” Volunteers also help with set-up, putting on gloves and repeating instructions if a participant did not hear the instructions.

Janet Selke, 71, of Owings said she volunteered after observing a class. “Once you see the people and how hard they’re working, you want



Volunteer Janet Selke spots Norma Ketay while she works on her timing and eye-hand coordination with the speed bag.

to be a part of it.”

She went on to add, “You just want to help them get better. We’re here for whatever they need. Sometimes, it’s just a hand or an arm to steady them or to just be there for them.”

At the beginning of each class, every participant gives a personal weather report. “It’s just one word,” said Pizzillo. “It used to be cloudy, gloomy and stormy. Now, I hear more sunny.”

Get Moving with BIG!

CalvertHealth Outpatient Rehabilitation offers LSVT® BIG, an intensive 16-week exercise program taught by specially trained therapists that is customized to the specific needs and goals of each Parkinson’s patient. It is a rigorous course aimed at improving the movements needed for everyday life. An at-home regimen is provided to maintain the positive benefits gained. A physician referral is required. Call 410.535.8180 for more information.

UPCOMING Blood Drives

CalvertHealth Medical Center is hosting Red Cross blood drives on:

April 5

June 7

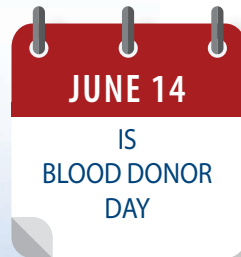
August 2

October 4

December 6



Humble Hero Saves Lives through Blood Donations



Every day, blood donors like **Joseph Harris** help patients of all ages – from accident and trauma victims to those having surgery or battling cancer. In fact, every two seconds someone in the U.S.

needs blood. The Huntingtown resident has donated regularly since his 20s when he was in the Navy.

The 86-year-old great-grandfather said he thinks about the people who are sick or hurt who need the blood he donates. “They are so thankful for it. It’s a blessing to be able to save a life.”

He went on to add, “I actually look forward to it. It’s not painful. I don’t even feel the needle going in.” Harris is a regular donor at the Red Cross blood drives hosted bimonthly at CalvertHealth Medical Center (CHMC) in Prince Frederick. Other drives are held around the county throughout the year at churches, service organizations, local businesses and fire departments. To find one near you, call 1-800-RED-CROSS or go online at: www.redcross.org.

“There is always a need for more blood and for more donors,” said **Mary Posey**, who coordinates the blood drives at CalvertHealth. She estimates about half of their donations come from CalvertHealth staff and the rest from the community. Appointments are encouraged but walk-ins are accepted.

“It’s important for people to realize we need a regular blood supply,” she said. “There tends to be a more critical

An avid cyclist since he got his first bike at age 10, longtime blood donor Joseph Harris still tries to ride at least three days a week.





“There is always a need for more blood and more donors.”

- Mary Posey, CalvertHealth Blood Drive Coordinator

need around the holidays and during the summer vacation months.” Posey said CalvertHealth sponsors seven to 10 drives per year. According to the Red Cross, three to four drives per year means that over 500 lives could potentially be saved.

Posey said the entire process including screening, healthiness test and the actual blood donation takes roughly 60 to 90 minutes. Generally, donors need to be in good health, 17 years or older and weigh at least 110 pounds in order to be eligible to donate.

After you register, a brief medical history including travel and medications will be taken before you donate. Then, you’ll be given a mini-physical to ensure you’re healthy enough to donate that day. The donation itself takes about 10 minutes. This will be followed by a period of refreshment and relaxation before you leave.

Posey suggested these tips to speed up the donation process. “Download the blood donor app or complete a RapidPass® online. After your first donation, use the digital donor card to scan in at registration.”

According to the Red Cross, Type O is routinely in short supply and in high demand by hospitals – both because it is the most common and because blood type O negative blood, in particular, is the universal blood type used for emergency transfusions.

Sometimes, people are hesitant to make their first blood donation but once they do they find the donation process easy and rewarding. Donors are encouraged to listen to music, read a book or simply close their eyes and rest for a few minutes.

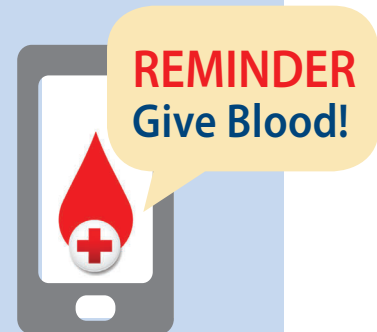
Afterward, enjoy an oatmeal cookie and some juice, like Joe, and feel the satisfaction of knowing you made a difference.

App puts the power to save lives in the palm of your hand



The Red Cross blood donation app has many exciting features including:

- Find local blood drives and donation centers quickly and easily
- Convenient, easy appointment scheduling and rescheduling
- Complete your RapidPass®
- Get notified when your blood is on its way to a patient
- Keep record of results from your mini-physical
- Receive appointment reminders
- Keep track of total blood donations
- Receive special blood shortage alert messages
- Join or create a lifesaving team, recruit other blood donors and view rankings on the Blood Donor Teams Leaderboard



The app is free and available for download on iPhone® and Android™ devices.

Expanding to Meet Behavioral Health Needs



Mental health is a critical part of overall health and wellness. It's important to know that mental illness can affect any one; a family member, a friend or even a coworker. Be sure to make healthy choices for both your physical and mental well-being and ask for help when needed.

According to the Substance Abuse and Mental Health Services Administration, one in five people in the U.S. has a diagnosable, and treatable, mental health condition. Further, statistics from the National Institute of Mental Health (NIMH) suggest there are millions of Americans who are experiencing emotional pain, depression or anxiety and who are not seeking or receiving treatment.

CalvertHealth provides behavioral health services through its primary care network, inpatient hospitalization, and the Partial Hospitalization Program (PHP) which is an intense, structured day treatment setting.

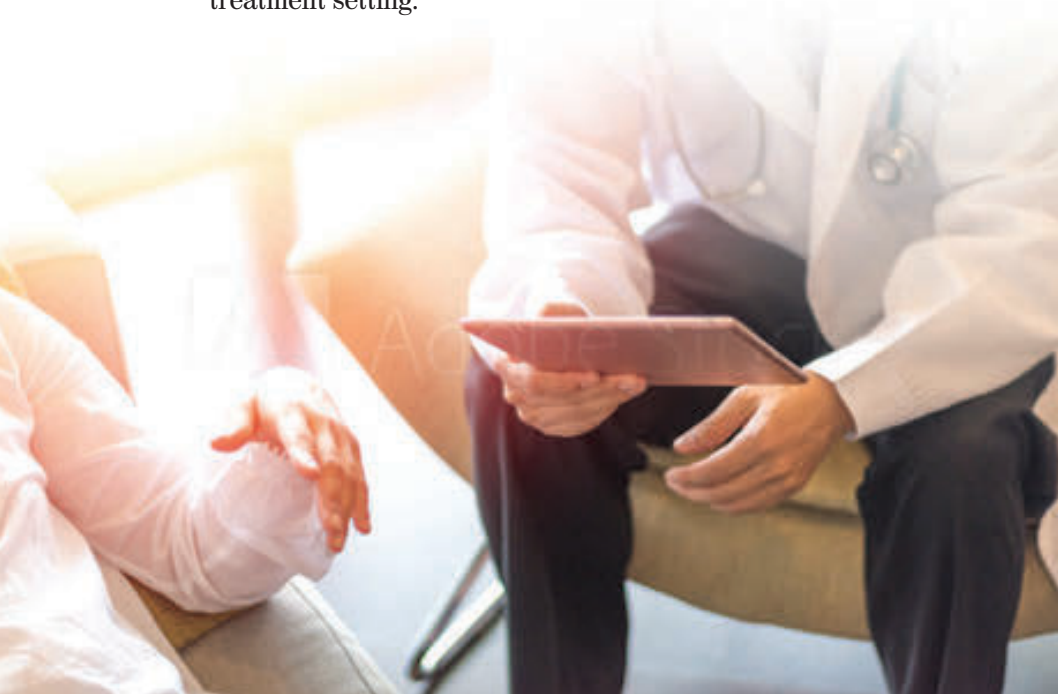
Expanding Behavioral Health Care in Calvert

This year, CalvertHealth Medical Center (CHMC) will begin renovating its Behavioral Health Unit to meet the growing needs of its adult and adolescent residents as well as those in surrounding counties.

“As the sole provider of inpatient behavioral health services in Calvert County, updating the patient areas and services we offer will allow us to meet the growing need for emergency and short-term mental health care,” said **Jennifer L. Messix, BSN, RN-BC**, the unit's new director.

The 12-month renovation is anticipated to cost more than \$5 million and is partially funded through an award of a \$1.7 bond grant through the state of Maryland under the Maryland Hospital Association's bond project program— the largest grant ever awarded to an individual organization. CalvertHealth will match those funds with a portion being raised by philanthropy.

The project will reconfigure the existing Behavioral Health floor into two wings: one for adolescents 13-17 years old and one for adults. Both wings will have inpatient rooms, dining and social areas, consultation rooms, staff facilities and areas for outpatient use.



RAISING HEALTHY TEENS

Be Aware of the Five Signs of Emotional Suffering

According to the National Institute of Mental Health, an estimated one-in-five Americans, or 43.8 million people, has a diagnosable mental health condition in a given year. With greater awareness of mental suffering, family and friends of adolescents will be better equipped to identify signs of emotional problems and behaviors in order to facilitate early intervention and treatment.



THERE ARE FIVE SIGNS OF EMOTIONAL SUFFERING

- 1 Personality changes.
- 2 Uncharacteristically angry, anxious, agitated or moody.
- 3 Withdrawal or isolation from other people.
- 4 May neglect self-care and engage in risky behavior.
- 5 Overcome with hopelessness and overwhelmed by circumstances.

What is Behavioral Health?

Behavioral health addresses mental health issues including depression and anxiety. The Behavioral Health Team at CHMC is prepared to manage a wide variety of conditions.

In 2016, the CHMC emergency department saw 1,386 mental health cases. In 2018, that number was 1,565 and is expected to continue to rise due to factors such as life stressors, substance abuse and bullying, said Messix.

When someone with a behavioral health emergency is taken to the ER in crisis, he or she is evaluated by a physician and by a member of emergency psychiatric services, which is comprised of licensed social workers/counselors, before being admitted for inpatient care, partial hospitalization or discharged with a follow-up plan in place.

Inpatient to Partial Hospital Program (PHP) Care

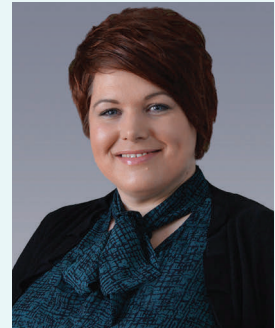
“The goal, with an individual in crisis is to stabilize the patient through inpatient care first and then immediately follow up with CHMC’s Partial Hospital Program or other outpatient treatment options,” said Messix.

The PHP program is an intense, structured day program where a team of nurses, social workers, mental health professionals, counselors and a psychiatrist are able to make individualized treatment plans, adjust medications and guide one-on-one and group therapy sessions, including family meetings. The PHP program operates from 8:30 a.m.-3 p.m. Monday through Friday. The CHMC Behavioral Health team collaborates on the care for each patient during their stay and prior to discharge to ensure the patient is working to meet his or her goals.

“I am very proud of the compassionate care that our Behavioral Health and Emergency Psychiatric Services teams provide our patients,” said Messix.

Messix Named Behavioral Health Unit Director

Jennifer L. Messix, BSN, RN-BC has been named director of Behavioral Health and will oversee Emergency Psychiatric Services, Adolescent and Adult Inpatient Behavioral Health, as well as Adolescent and Adult Partial Hospitalization Programs.



She earned her Associate’s Degree in Nursing from Macqueen Gibbs Willis at Chesapeake College, her Bachelor of Science in Nursing from Western Governors University and has begun work toward a Master of Science in Nursing with a focus on leadership. She is a board-certified mental health nurse through the American Nurses Credentialing Center and a member of the Behavioral Health Consortium, which allows leaders from area hospitals to discuss topics on providing safe, compassionate, quality care for patients.

Messix has a wealth of experience having worked in a variety of settings including a hospital emergency room, a residential treatment center, in acute inpatient settings, in partial hospital programs and assisted during behavioral crises in school settings. She has worked with behavioral health patients as young as age 5.

“I feel rewarded to see how I, as part of a team, can create the best possible outcome for patients who are often facing the most difficult experiences of their lives. I feel compelled to listen to people share their stories, to treat them with the utmost respect and compassion, and to teach them how to learn positive coping skills in order to deal with life’s stressors. Behavioral health is a specialty just like any other specialty within a hospital setting. No one should feel like they are less of a person because of a mental health diagnosis and should understand that the diagnosis does not define who they are as a person and what they are capable of achieving,” said Messix.”



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

Physician Referral Line:
888-906-8773

Maryland Relay Service:
800-735-2258

RESIDENTIAL CUSTOMER

CalvertHealth®

Safe, Patient-Centered Care

Taking the time to get to know our patients isn't something we take lightly. But when it comes to sending you home, we want you well enough to stay there... so you can live life to the fullest. That's because no matter what reason you came to see us, we put safe, reliable and effective care at the core of everything we do. Know us now - CalvertHealth, we're there for you when it counts.

One of the lowest readmission rates in the state

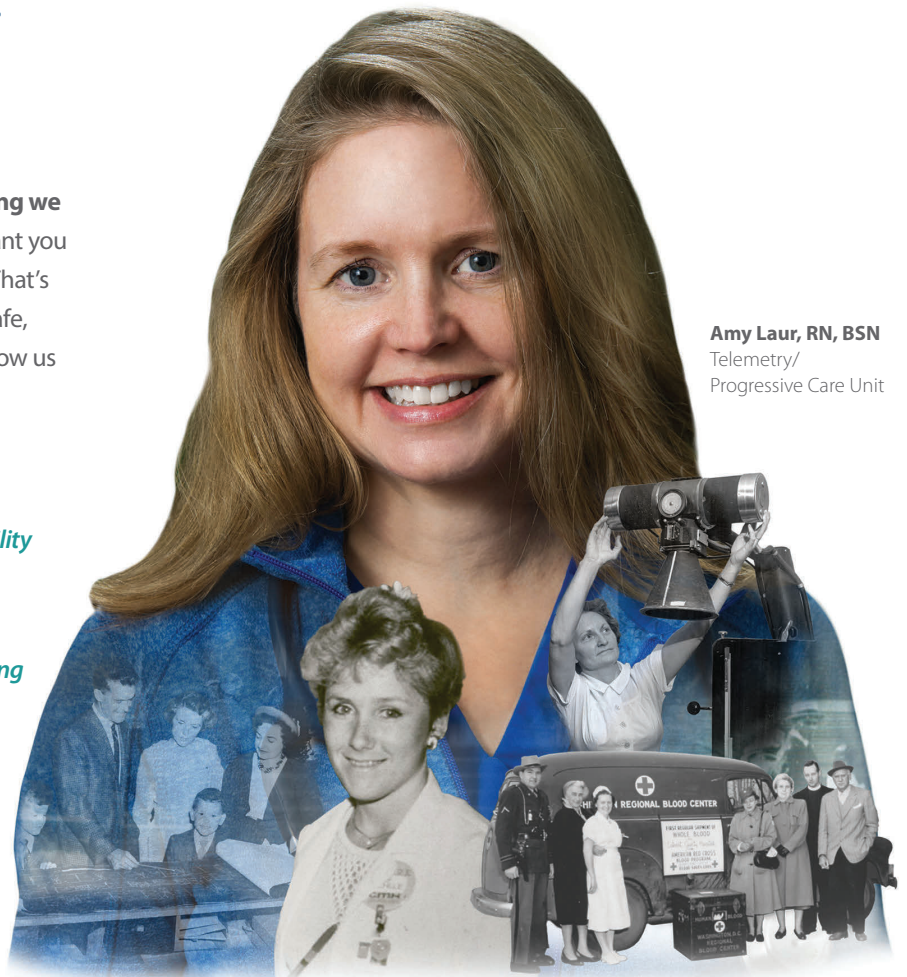
Ranked one of the highest in state for quality-based performance inclusive of satisfaction, safety and survivability

One of the highest survivability/lowest mortality rates in the state

Ranked in the top percentile range in the state for preventing hospital acquired infections such as C-Diff and MRSA

100 YEARS

CELEBRATE OUR PAST.
KNOW US NOW.



Amy Laur, RN, BSN
Telemetry/
Progressive Care Unit