



# CalvertHealth

## Men's Health

A Little Prevention  
Goes a Long Way.

*See Story page 14.*



## A Message from the President

## In This Issue



### *Vision Forward*

My name is Jeremy Bradford, and I am honored to have been selected as the next President and CEO of CalvertHealth.

CalvertHealth has experienced incredible growth in its more than 100-year history. In addition to the amazing team of individuals working around the clock to care for our patients, CalvertHealth has been blessed to have forward-thinking leaders with tremendous vision. I look forward to carrying on that legacy.

I am passionate about health care and providing the safest patient experience possible. As I begin my tenure at CalvertHealth, I want you to know that this community matters to me. You matter to me. And I promise that should you, or a loved one, ever need to turn to CalvertHealth for care – you will be treated like family, with the same level of care I would expect for my wife or my own children. You can read more about my family on page 4 and why we chose to make Calvert County our home.

I look forward to meeting many of you as my family settles into the community. If you see me at the grocery store, or at a school or athletic function, please introduce yourself. CalvertHealth is a vital resource dedicated to the health and wellbeing of our community. I look forward to being able to lead this organization and further advance our mission.

Thank you for your support. It is a privilege to be a part of an exceptional team of people who are driven to provide the very best care for our patients and their families.

Jeremy Bradford, MBA  
*President & CEO*  
*Calvert Health System*

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# Get Outside

## *Spring is here and summer is on the way!*

The days are longer, the weather is warmer and hopefully, you are choosing to enjoy these days by spending more time outside.



Earlier this year, CalvertHealth announced its 1000 Hours Outside Challenge. The challenge is inspired by a global movement designed to help both children and adults match their screen time with green time.

1000 hours outside may seem unattainable to some, but any additional time spent outside is a win! This challenge is all about making small changes that will have a big impact on your overall health. Taking everyday activities outside, such as eating lunch or reading a book, will really rack up the hours fast! So set a goal that works for you and get outside!

Scan the QR Code below to download hour trackers or sign up for our monthly newsletter. You can also keep up with challenge participant Becca by reading her monthly blog posts. Getting outside while working full time and having little ones at home can be a challenge in itself, but it is possible!

We also want to celebrate each hour with you! Make sure to share your outside stories or pictures on social media and tag @CalvertHealth (Instagram and Facebook) and use the hashtag: #CalvertChallenge or #GetCalvertOutside.

SCAN THIS QR CODE  
with your phone to see  
all the resources



Here are some ways you can get outside this season:

**TAKE A HIKE.** American Chestnut Land Trust (ACLT) is doing a 12 Hikes in '23 Challenge. Take one hike per month, or play catch up so you have 12 hikes under your belt by the end of the calendar year.

**GO ON AN ADVENTURE.** Calvert County Parks & Recreation has a scavenger hunt available on their website. Visit any park (even if it's not located in Calvert County) and see how many items you can find.

**LEARN SOMETHING NEW.** Head to the library, grab a book and read in your favorite hammock, outdoor chair or poolside (just don't forget the sunscreen).

**GROW SOMETHING.** Create an outdoor flower bed or garden and tend it. You can even use a temporary raised bed intended for seasonal use only (*just in case you don't have a green thumb*).

**EXPLORE YOUR OWN BACKYARD.** Well, maybe not your backyard, but get out there and see everything our beautiful area has to offer! There's beaches, boardwalks, outdoor eateries, parks and nature trails and so much more.

# New CalvertHealth CEO Puts Focus on Quality, Collaboration and Community

“What excites me the most about coming to CalvertHealth,” said new president and CEO Jeremy Bradford, “is the unwavering commitment to quality patient care. The board, the physicians, the leadership, the staff, the volunteers ... they are ‘all in.’ That is a significant strength.”

Bradford, 46, who stepped into the CEO role on March 1, is a seasoned healthcare executive who has distinguished himself in a wide array of leadership roles for more than 20 years. Most recently, he served as president of Good Samaritan Hospital in Illinois, a 134-bed regional referral center.

“His capabilities, character and experience demonstrate why his selection was a unanimous decision,” said CalvertHealth Board Chair **Rev. David Showers**, who chaired the nationwide search effort. “He also has a deep history as a collaborator who builds strong relationships

among partners, which will be key to maintaining our independence.”

Bradford’s move from one of the largest healthcare organizations in Southern Illinois to CalvertHealth, an independent community hospital, underscores his belief that quality care is best provided close to home.

“When I walk around CalvertHealth Medical Center, what I see is loyalty and a committed team,” said Bradford. “The amount of tenure in this organization is phenomenal. That tells me they are committed to our patients and their families.”

Bradford readily admits he was attracted by CalvertHealth’s excellent reputation. At the same time, he was equally drawn by the system’s commitment to providing safe and high-quality care and promoting wellness for a healthier community.

“The focus on community wellness really resonated with me,” he added. “It is essential to partner with the community to ensure the health and well-being of its members are being met. I think you achieve this through collaboration and partnerships to keep health care close to home.”



*“When you put quality at the center of your decision-making then ultimately everything else follows.”*

*- Jeremy Bradford  
CalvertHealth President & CEO*

## Commitment to Service

Bradford was inspired at an early age to pursue a healthcare career after spending summers in Florida with his aunt, who was a nursing home administrator. “I truly admired her passion for helping people,” he said. “I said one day I want to be like her and here I am.”

He brings broad-ranging leadership experience within many different healthcare sectors both on the inpatient and outpatient side to his new role. During his tenure at SSM Health, he led many successful operational and growth initiatives but points to his team’s response to the COVID-19 pandemic as the accomplishment he is most proud of.

“It was a pivotal moment for me,” Bradford said. “It was truly remarkable how everyone rallied together to ensure that no matter who walked through our doors, they were provided with the highest level of quality care.”

## Making a Difference

Nothing makes Bradford happier than helping others be successful. “It is why I chose health care as a career... to make a difference.” His approachable style is both genuine and engaging. “I am a true believer that when you help the members of your team succeed, then ultimately the patient is successful.”

Bradford has a proven track record of inspiring and empowering others to be their best while demonstrating integrity and the importance of being a servant leader. “It is all about the willingness to be vulnerable... that allows people to get to know the real you.”

While there are certainly challenges ahead, Bradford believes CalvertHealth is well positioned to build on its strengths to address the issues created by rising labor costs, nationwide staffing shortages and ongoing supply chain problems. “COVID has indelibly changed the landscape of health care for larger systems and community hospitals alike. However, that has not changed our mission. Patient safety and quality will remain the top priority regardless of what challenges we face.”

He went on to add, “We stand for health, for care and for doing our best every day. And every single day, we put the patient at the center of those decisions.”

## GETTING TO KNOW Jeremy



**Hometown:** I grew up in a small town in Kentucky on the Ohio River about three hours from St. Louis. It was a place where people looked after one another. There was a hometown feel much like Calvert County. I am the oldest of three and have two younger sisters.

**The sports teams you root for:** My grandfather was a Cincinnati Reds fan so I had no choice but to be a Reds fan growing up but I also rooted for the St. Louis Cardinals. My dad is a big Orioles fan. We’re already making plans to take in a game at Camden Yards.

**Favorite song:** “Don’t Blink” by Kenny Chesney. The lyrics remind us to cherish life and enjoy every minute of it. You get one chance to get it right. Lastly, it touches on putting first things first – like spending time with your family.

**What’s playing on your car radio?** I like country music. It kind of takes me to my roots. I relate to the lyrics.

**Activities you enjoy outside of work?** In my free time, I like spending time outdoors with my family. We enjoy hiking and golfing together. I also enjoy fishing and hunting and working on the farm.

**Who has had the greatest influence on you and why?** My parents instilled in me at a young age to always make a difference, be a man of character and to treat others with respect. Another individual who sticks out in my mind is my grandmother. If I needed advice, she always had the right answer whether I wanted to hear it or not.

**What do you consider your greatest accomplishment?** Raising our two children, Maggie Beth and Turner, in partnership with my wife, Ginny (pictured at left). I know we have a way to go but I feel we’ve done a great job in being true examples to our children.

**What do you enjoy most about your work?** Helping others succeed. Nothing makes me happier than seeing those I work beside be successful.

**If you could give one piece of advice to young people, what would it be?** Always do the right thing for the right reason... make a difference and follow your dream.

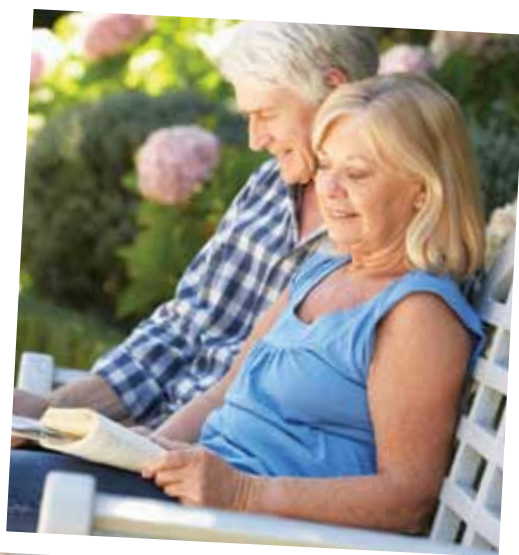
# READ MORE

*Studies Show It's Good For Your Health*

Cracking open a good book, listening to an audiobook, or reading an e-book can transport you to other worlds – and benefit your health!

Research shows regular reading improves brain connectivity, increases your vocabulary and comprehension, empowers you to empathize with other people, aids in sleep readiness, reduces stress, lowers blood pressure and heart rate, fights depression symptoms, prevents cognitive decline as you age, and contributes to a longer life. It doesn't matter the format or genre – all reading is good reading and also good for your health.

With the technology and resources available locally through Calvert Library, it's easier than ever before to reap the benefits of reading.




All Calvert County Public Schools students are automatically issued library cards. Books can be placed on hold for pickup at any Calvert Library location online, and the library provides free access to several apps for e-books, audiobooks, and more.

“Calvert Library believes in the power of learning and connection. Whether you’re reading to learn how to eat healthier, reading to better understand your neighbors, or just reading for a mental escape, it is all good for your well-being,” said **Carrie Willson**, Executive Director Calvert Library.

## Reading is Connection

For all age groups, reading and library events provide opportunities for connecting with other people. Reading to your child (or grandchild, niece, or nephew) builds a stronger relationship, increases speech and communication skills, enhances concentration, encourages a love of learning, and more.

Calvert Library coordinates their  **500 by Five** program to encourage caregivers to read 500 books to their children by their fifth birthday to reap all these benefits – which equates to less than two books a week for five years. There are storytimes for various age groups of children at all four Calvert Library locations, which provide connection points for kids and adults alike.

“It’s a real joy to take my grandson to *Storytime*, not just to see him learning to love reading, but also for me to connect to parents and grandparents with kids his age,” said Colleen Cano, grandparent of a child who attends *Storytime* at Calvert Library.

For adults, particularly seniors, library programs help forge connection and interaction. Calvert Library provides technical skills classes to seniors so they can learn how to use technology to connect with loved ones. *Brain Games* sessions at the library help adults keep their brains active with challenging games. Crafting groups keep minds nimble while providing time to socialize.

## Double the Benefits

Double the health benefits of reading by getting outside as part of the 2023 CalvertHealth 1000 Hour Challenge! Visit a bookmobile stop in your neighborhood (scan the QR code with your phone to see the schedule), read at a park, use the free Libby or Hoopla apps to access audiobooks and listen while on a walk, gather at a restaurant and dine outside to talk to friends about books you’ve read, take books on your outdoor adventures this summer to the pool, beach, or mountains.



# BOOK

## Medicine Cabinet

Try out one of these books for your “ailments” and scan the QR code for additional recommendations catered toward young adults and children. All books on this list are available to be placed on loan/hold at Calvert Library.

### Feeling Frustrated:

*The Sugar Jar* by Yasmine Cheyenne

### Feeling Stressed:

*Zen in the Age of Anxiety* by Tim Burkett

### Feeling Sad:

*Notes on Grief* by Chimamanda Ngozi Adiche

### Feeling Unmotivated:

*Carry On: Reflections for a New Generation* by John Lewis

### Feeling Hopeless:

*Braiding Sweetgrass* by Robin Wall Kimmerer

### Feeling Scared:

*Life Will Be the Death of Me... And You Too!* by Chelsea Handler

### Feeling Lonely:

*Under the Whispering Door* by T.J. Klune

### Feeling Bored: *The Power of Fun* by Catherine Price

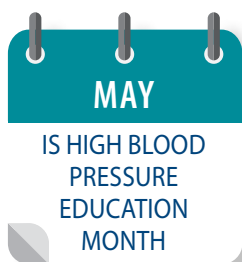
If you’d like a personalized list, answer a few questions and a Calvert librarian will respond with a list just for you. Fill out the form at <https://calvertlibrary.info/reading/book-suggestions-2/>

(This information is not intended to be a substitute for medical advice.)

SCAN THIS QR CODE with your phone to see all the resources referenced in this article (and more)



# Making These Lifestyle Changes Can Lower Your Blood Pressure and Reduce Your Risk of Heart Disease



High blood pressure is one of the most common and preventable risks for heart disease – a top health concern for Southern Maryland residents. “With our society growing in every sense heavier and obese, we are even seeing high blood pressure in kids,” said board-certified cardiologist Dr. Samuel Foster.



## DID YOU KNOW?

**It is estimated nearly half of adults in the U.S. have high blood pressure.**

*Source: American Heart Association*

“Something that was rare is becoming commonplace,” said Dr. Foster, who has a special interest in preventive cardiology. “Unless we make real changes, in 10 years we are looking at a significant increase in chronic cardiovascular diseases such as heart failure, strokes and heart attacks.”

According to Dr. Foster, lifestyle changes can make a real impact in terms of quantity and quality of life. One of the most effective ways of lowering blood pressure is weight loss. “Yes, we have the medications but we need to encourage more physical activity.”

He went on to add, “I tell my patients this is a partnership. You have to be an active participant. You cannot be passive, engage in your health. When you come to see me, I want to hear you are walking more, cutting back on your salt intake and following a healthy eating plan like the DASH diet.

“A large part of this is ‘mindfulness’... in other words being aware and taking accountability,” said Dr. Foster. “There are real things we can do but you have to work hard at it and work consistently at it.”

“As with anything you want to get good at...repetition is the key,” he added. “If you do the right thing long enough it becomes a habit. What we want to cultivate in our patients are healthy habits and a healthy lifestyle.”

*Recently, we sat down to talk with Dr. Foster to learn more about high blood pressure, why you should pay close attention to it and what we can do to lower our blood pressure and keep it down.*





### Q *How serious is high blood pressure?*

The biggest issue is the lack of symptoms. Most people do not realize they have it. This is why a yearly screening is so important, especially for those with a family history. *You have got to know your numbers.* (The United States Preventive Services Task Force recommends annual screening for adults 40 and older and those who are at increased risk.)

### Q *What can happen if it's not treated?*

The problem with hypertension is that it affects the whole cardiovascular system. Your risk of heart attack, stroke, heart failure and chronic kidney disease...all of these are the result of blood pressure that is not well controlled. *You must be proactive when it comes to blood pressure. You can take control of it.*

### Q *What increases my risk for high blood pressure?*

Some of the risk factors for high blood pressure cannot be controlled, such as your age or family history. But you can lower your risk by making lifestyle changes, such as eating a healthy diet that is low in salt, getting regular physical activity and maintaining a healthy weight. Alcohol use and smoking can also contribute to blood pressure issues. There is a race component, as well. *Blacks and minorities are at a significantly higher risk of developing hypertension than whites.*

### Q *Why is early detection so important?*

When you can identify the issue and bring about behavioral changes or interventions that are not drugs you are more likely to be successful. At the same time, you reduce your risk of heart attack, stroke, kidney failure ... the whole gamut of cardiovascular diseases. Early detection can also lead to a significant reduction in those events and bring about a 40 percent reduction in death rate.

### Q *How much can regular physical activity and a healthy diet help?*

Physical activity not only helps control high blood pressure, it also helps manage your weight, strengthen your heart and lower your stress level. *The American Heart Association recommends adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity or a combination of both, spread throughout the week.* Eating a diet that is high in fruits and vegetables, and whole grains and low in saturated fats and salt can reduce your blood pressure.

### Q *What role does good quality sleep and stress management play?*

Stress plays a role in this as does the lack of proper sleep. Getting fewer than six hours of sleep for several weeks – can contribute to hypertension as can long-term (chronic) emotional stress. Let your healthcare provider know if you often have trouble sleeping.

## Foster Named Chief of Staff

The medical staff at CalvertHealth Medical Center has elected Dr. Samuel Foster of Calvert Internal Medicine Group in Prince Frederick as its new chief of staff. The board-certified cardiologist, who joined CHMC in 2004, has been in private practice for 19 years.



The chief of staff is chairman of the medical executive committee and the general medical staff, oversees the physician credentialing process, is a member of the health system board of directors and represents the needs of the medical staff. At present, there are 288 medical staff members including active and consulting, as well as allied health professionals.

Dr. Foster has chaired the department of cardiology at CHMC and served as the medical staff's board representative for two terms. Currently, he is the medical director for the cardiac rehabilitation program.

"My main focus as chief will be to encourage physician engagement," said Dr. Foster. "This is essential to growing the next generation of physician leaders in the organization. Additionally, I want to help ensure the hospital maintains its independence. I believe this enables us to be more responsive to community needs."

He went on to add, "Unlike big medical centers, our doctors live in the community, are invested in the community and are known in the community. I think seeing the friendly face of someone you know from the community taking care of you lends itself to better patient outcomes.

"It is important for the community to recognize that we are one with them," said Dr. Foster. "The medical staff looks out for the interests of those we serve. Our rigorous screening process for new providers allows us to provide high quality care close to home, which is what everyone wants."

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

## DIABETES EDUCATION

### Diabetes Self-Management Class

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

## HEALTH & WELLNESS

### Fitness Offerings

CalvertHealth offers a variety of fitness classes such as Rock Steady Boxing for Parkinson's, Gentle Yoga, Tia Chi and Early Riser Fit for Life and Fit for Life. *Go online to learn more and register.*

### Medical Nutrition Therapy

Specialized one-on-one appointment for those in need of a personalized strategy for focusing on a healthier lifestyle by addressing barriers to healthy eating and much more. *A physician referral is required.*

## HEALTHWISE

### Cancer Screening Programs

Funding is available for colorectal, breast, cervical and lung screening and diagnostic testing for eligible residents. *Call Calvert County Health Department at 410-535-5400 x 343 to determine eligibility. Funded by the Maryland Cigarette Restitution Fund, Maryland Department of Health and CDC.*

## MATERNITY & FAMILY EDUCATION

### Baby Care Basics

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

### Childbirth Class

This one-day class prepares you and your support person for the upcoming birth of your baby. Topics covered are pregnancy, labor and delivery and comfort techniques. Discussions include types of delivery, postpartum and newborn care. *This class is taught by one of CalvertHealth's certified childbirth instructors. \$80 per couple, register online.*

### Gestational Diabetes

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

## SUPPORT GROUPS/ WELLNESS WORKSHOPS

### Bariatric Wellness Workshop

Open to pre- and post-operative patients looking for a supportive space to connect with peers, share experiences, feelings and questions. *Register online.*

### Breast Cancer Support Group

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

### Breastfeeding Support Group

Meets every Wednesday from 1-3 p.m. at the Harriet E. Brown Community Center in Prince Frederick. *Call 410.414.4819 for more information.*

### Cancer Support Group

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

### Diabetes Wellness Workshop

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

### Parkinson's Wellness Workshop

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

### Stroke Wellness Workshop

This group meets the 3rd Thursday of every month for people who have suffered a stroke, are survivors of a stroke and for those caring for someone who has suffered and survived a stroke. *Registration is free and required. Call 410.414.4759 for more information.*

YOUR HEALTH IS

*Our Mission*

CALENDAR 2023  
COMMUNITY EVENTS

PLEASE SAVE THESE EVENT DATES FOR 2023 >



**Women's EXPO:** May 9 (*rain date May 16*)



**Men's EXPO:** June 6 (*rain date June 13*)



**Buy Local Challenge:** July 24 through 31



**Back to School Event:** August 15



**Support Small Business:** September 5 (*rain date Sept. 12*)

**Diabetes EXPO:** Oct. 24 (*rain date Nov. 7*)

## SAVE THE DATE

CALVERTHEALTH  
Breast Cancer  
**5K**  
Run/Walk  
SATURDAY,  
OCTOBER 14  
Solomons Island



CalvertHealth Medical Center's 14th annual 5K will be held on Saturday, Oct. 14. Support the Breast Cancer 5K as more than 900 friends and survivors come together to raise awareness and funds for breast cancer in our community.

*Proceeds will benefit the Sheldon E. Goldberg Center for Breast Care.*

CalvertHealth  
**FARMERS MARKET**

*Farm Fresh Food Meets Southern Maryland Hospitality*

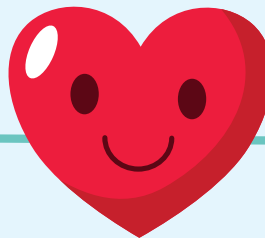
Tuesdays from 2:30-6:30 p.m.

# BLOOD DONATION

## BE A HERO

**There is an urgent need for blood donors.**  
Your blood can save lives. Make a difference today!

**> SIGN UP TO DONATE BLOOD:**  
Visit [redcrossblood.org](http://redcrossblood.org) to learn more or make an appointment.





# Snack-Sized Workouts

*Got 10 minutes to spare? Get Moving!*

The concept of a micro-workout is gaining traction in recent years – studies have proven the typical 30-minute or more workout isn't a requirement to reap the benefits of movement in your life. The science is showing a little exercise can go a long way for your health.



“Something is better than nothing!” says **Lynn Hoyle, PT**, Calvert Health Outpatient Rehab. CHOR provides physical and occupational therapy services at three convenient locations in Calvert.

Studies have shown that a 10-minute period of activity can boost brain power. Another showed a 10-minute workout with one-minute high-intensity intervals experiences improvement in insulin sensitivity. Other studies have shown small periods of exercise throughout the day can reduce disease risk, contribute to longer life span, and counteract the health risks of sitting for long periods.

Plus, it's simply easier to wrap your brain around moving your body for 10 minutes than it is for 30 or more. It's a more sustainable way to build an exercise habit. Instead of picturing yourself sweating and huffing and puffing for a half an hour or more, you know you can do anything for a mere 10 minutes. It's easier to find a spare 10 minutes in the day than 30 or 45 minutes and it's even easier to build in movement into the activities you already do daily.

## All Movement is Good Movement

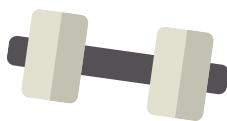
It's easy to get into an all or nothing state of mind and think that only a 30–60-minute workout is effective and impactful to your health. However, *all movement is good movement*. A quick walk around the block, taking the steps whenever possible, doing a 10-minute bodyweight exercise video on YouTube in between conference calls, or taking calls outside and walking, all help you create healthy habits that impact your brain and body functioning.

“If you can do 10 minutes three times a day, it's a 30-minute workout,” Hoyle said. While studies validate that short, yet intense bursts of movements are beneficial, it doesn't exclude other kinds of movement from being beneficial, like a 10-minute walk, going up and down a flight of stairs a few times, or squeezing in some squats behind your desk. Don't forget about modifications to more well-known movements. Wall push-ups are more attainable than traditional push-ups. Try high knee raises, squats with the assistance of a chair, or quick air punches (try adding light weights or soup cans for even more impact).

Try stacking movement with other habits. While waiting for your shower to heat up in the morning, do some lunges or walk in place. Get your heart rate up with a silly dance party with the kids. Don't forget about stretching, particularly if your job keeps you in a chair for long periods of time. Try putting your hands on the doorjamb and take a gentle step out to stretch hamstrings in your legs. Stretch your neck by moving your ear to your shoulder, then looking down to your armpit.

## MINI WORKOUTS to TRY

- *Grow With Jo* on YouTube provides a variety of free workout videos, including 10-minute no equipment needed High Intensity Interval Training (HIIT) videos. The videos are high-energy with upbeat music and you simply follow what you see on your screen.
- Walk and talk: If you're talking on the phone, walk around your house or the neighborhood.
- Keep a set of three- or five-pound dumbbells at your desk and spend 10 minutes in between calls doing arm exercises.
- *The Body Coach* on YouTube provides several 10-minute workout videos with clear explanations, encouragement, and without distracting music.
- Learn a few exercise circuits and stack movement into other times of your day like brushing your teeth or waiting for pasta water to boil.
- Whatever it is, use the fitness equipment you already have for 10 or 15 minutes while you watch TV or listen to an audiobook or podcast.
- Get the kids involved and put on *Cosmic Kids Yoga* on YouTube for themed, kid-friendly yoga that incorporates real yoga poses.



- Try a short barre workout video to build strength without pushups, planks, or jumping. Barre combines aspects of ballet and Pilates and focuses on small body movements.
- Turn on your favorite upbeat music and host a family dance party with the rule that nobody stops moving until the timer goes off.
- Find your own perfect workout by searching specific 10-to-15-minute workout videos online, like "10-minute arm workout," "10-minute mommy and me workout," or "10-minute HIIT workout."



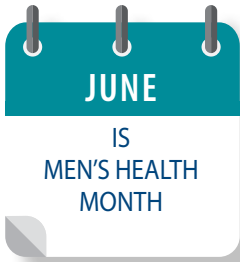
## HYDRATION TIPS!



With hotter temperatures in the summer, it's especially important to stay hydrated before, during, and after any size of workout. Try these tips to make sure your body is getting the hydration it needs.

- 1 Invest in reusable water bottles for every member of the family. For families on the go, try ones with carrying handles. If you like your water icy cold, get a quality, double-walled metal bottle.
- 2 Consider your water bottle as essential as your wallet, phone or purse. Wherever you and your phone/wallet/purse go, so should the water bottle!
- 3 Pamper yourself with spa-like water infusions. Try adding in fresh fruit slices like lemon, lime, orange, grapefruit or strawberries. Cucumbers can especially feel hydrating in hot temperatures.
- 4 Keep a few *True Lemon*® or *True Lime*® packets in your purse or wallet. The packets are just dehydrated citrus powder with no sweeteners for some flavor in a pinch.
- 5 Keep a bottle of water on your nightstand. Commit to drinking 8 ounces of water as soon as your alarm goes off for the day and before you drink coffee.
- 6 Download the *Plant Nanny* app on your phone to incentivize your hydration goals. Whenever you record your water intake in the app, your plant grows.
- 7 Create recurring hydration reminders on your phone or work calendar to make sure you're drinking and re-filling your water bottle throughout the day.
- 8 Batch habits together. For example: when taking your medications or vitamins, commit to drinking a full 8 ounces of water afterward since you'll already have the water in your hand. Or, after washing your hands after changing your child's diaper, make sure your water bottle is full since you're already at the sink.

# A Little Prevention Goes a Long Way



You don't want to go to the doctor. We know. But the key to long, healthy lives for men starts with preventive health care. If you can't remember when your last physical exam was, or if your gut feeling is telling you something is off, it's time to do something about it. The good news? It's never too late to start taking better care of your health.

## Men's Health Screenings



### Age 20-45

- Annual physical
- Testicular cancer self-exam
- Cholesterol (age 35)
- Colon cancer screening (age 45)

### Age 46-60

- Annual physical
- Testicular cancer self-exam
- Prostate cancer screening
- Check for erectile dysfunction
- Colon cancer screening
- Lung Cancer (age 50)\*

### Age 60+

- Annual physical
- Abdominal aortic aneurysm (one time screening)
- Prostate cancer screening
- Check for urinary symptoms
- colon cancer screening (until 75)

### STEP 1: Choose a Primary Care Provider

A primary care provider isn't just someone to see when you're sick. A primary care provider will help you manage all aspects of your health. And with regularly scheduled annual visits and screenings, your primary care provider can proactively help you from getting sick in the first place. So, make sure to get in for those regular check-ups - even if you feel fine.

### STEP 2: Schedule Screenings

Screenings help your doctors check for diseases and health conditions before there are any signs or symptoms. When health problems are detected early, they are often easier to treat. Check out the infographic for more information on screenings and make sure to talk to your provider about what screening frequency is right for you.

### STEP 3: Eat Healthy

Easier said than done. Eating healthy can be a real challenge for many, but poor diet and lack of physical activity are the most common risk factors for cardiovascular disease. Alternatively, eating the right foods can help lower blood pressure, blood sugar, cholesterol and weight.

### STEP 4: Get (and Stay) Active

Current physical activity guidelines recommend adults participate in 150 minutes of moderate exercise/physical activity per week. Check out the *Snack-Sized Workouts* article on page 12 for ideas on how to make movement more attainable. Remember, all movement is good movement!

Source: U.S. Preventative Services Task Force

\*Age 50-80 with 20 pack-year history and current smoker or within past 15 years

## For men. By men.

*We asked some of our male providers to share some of their top health tips for men.*



**“Slip on a shirt.  
Slop on your sunblock.”**

“Slip. Slop. Slap. Slip on a shirt, slop on some sunblock and make sure to wear a wide-brimmed hat before you head outside to mow the lawn. We live in a beautiful area with many outdoor activities during the summer months – make sure to protect your skin.”

– **Dr. Faris Hawit,**  
*Calvert Dermatology and Skin Cancer Center*



**“Perform regular  
self-exams.”**

“We pay a lot of attention to prostate cancer issues, but testicular cancer is the most common malignancy diagnosed in young men ages 15-35. Perform regular self-exams and speak with your provider if you find any irregularities or if you are known to have an increased risk.”

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



**“Make  
time for  
fitness.”**

“I love to run or do a simple body-weight workout, but as my free time dwindled during residency, fellowship and having a family, my running fell by the wayside. Over the past two years, I have slowly resumed my running and have lost a significant amount of excess weight that I had accumulated over the years, and feel so much better, both physically and mentally.”

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



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

“A small change that can help in many areas of your health is to gradually replace drinks such as sodas, coffee, tea and juice with water. It’s a simple way to reduce the risk of diabetes and to help with weight loss. For instance, several studies have shown that for every can of soda per day that you replace with water, you can expect to lose up to 15-20 pounds per year from one simple change.”

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



**“Get regular  
checkups.”**

“Please make an appointment with your primary care provider as soon as possible to get a checkup. If you don’t have a primary care provider, find one that you feel you can relate to. We are here to help you achieve optimal health so you can live your best life – free of guilt or judgment. I cannot stress strongly enough how important it is to have an annual physical exam.”

– **J. Christopher  
Costabile, PA-C,**  
*CalvertHealth  
Primary Care*

## Coons Joins Calvert Internal Medicine Group

Board-certified Allergy/Immunologist **Dr. Brett Coons** has joined Calvert Internal Medicine Group in Prince Frederick. Dr. Coons, who has been in practice since 2004, specializes in chronic sinus issues (allergic and non-allergic), asthma, eczema, and acute/chronic hives with a particular interest in food allergies and food intolerances.



*Dr. Brett Coons*

He graduated from the Uniformed University of Medical Science in Bethesda, MD in 2001 and went on to serve and practice around the world in the US Air Force for 21 years, first as a pediatrician and then as an allergy/immunologist. “My time in the military as a general practitioner and a specialist showed me patients should be treated as a whole person where often doctors focus on one specific problem rather than taking a step back and evaluating the patient as a whole.”:

He went on to add, “I gravitated to allergy/immunology due to the realization that allergic predisposition is continuing to rise in our population. I am fascinated by its varied presentation and methods of treatment.” Also, as an immunologist he is fully trained in the evaluation and treatment of immunodeficiencies found in any age group.

“My philosophy of care is one where I do not treat anyone with preconceived diagnoses, but listen to their concerns and do my best to find treatment methods that will help relieve their burden.”

## Harrer to Lead Clinical Ancillary Services

CalvertHealth Medical Center has chosen **Kara Harrer, PharmD**, as Associate Vice President for Ancillary Services. Harrer, who joined CHMC in 2000, brings a vast amount of clinical care experience to her new position including 11 years as pharmacy director. She will oversee ancillary services with a focus on clinical areas such as cardiopulmonary, pharmacy, radiology, laboratory and rehabilitation.



*Kara Harrer, PharmD*

She has a proven track record of effective leadership and has been recognized at the state and national level for her many contributions to CalvertHealth’s Opioid Stewardship Committee. Since 2015, its work has made a significant impact in reducing opioid addiction and preventing opioid-related deaths locally.

When the pandemic hit in 2020, Harrer was instrumental as coordinator of the COVID-19 treatment team, ensuring the latest treatment options and vaccines were provided to CalvertHealth employees, patients and the community.

Additionally, she has developed solid relationships with the medical, nursing and allied health staff during her 22 years with CalvertHealth. “We have a highly motivated team that is clinically sound and enjoys working with CalvertHealth,” said Harrer.

She went on to add, “I am impressed by their positive attitudes and willingness to help other departments. My focus is to support them in ensuring patient safety and to grow exceptional leaders.”

## Hall Named Chief Nursing Officer

**Melissa Hall, RN, BSN, MSN, FNP** has been selected as Chief Nursing Officer and Vice President, Clinical Affairs at CalvertHealth Medical Center. Hall had more than 20 years of experience as a bedside nurse and family nurse practitioner before transitioning to nurse informatics and healthcare administration. In her new role, she oversees nursing, the emergency department and intensive care unit as well as behavioral health and surgical services. She also directs case management, wound care, and patient, family, and volunteer services.

“This is a pivotal leadership position for CalvertHealth,” said Chief Operating Officer **Tony Bladen**. “And Melissa was the natural choice. Her combined nursing and IT experience will support our continued focus to provide the best possible care for our patients and to innovate in the future as health care continues to evolve.”

Hall began her career at CalvertHealth in 2014 as Deputy Chief Information Officer. In 2021, she was promoted to Chief Information Officer and Associate Vice President of Information Services, where she quickly took on additional responsibility managing radiology, laboratory, rehabilitation, and pharmacy.

When the CNO position became available, Hall said she knew it was the right fit for her and an opportunity to combine her expertise in all aspects of nursing. “CalvertHealth has a strong reputation as a great place for nurses to work, and I have experienced myself during my tenure here,” she added. “Helping our nursing and clinical teams make a difference for our patients is an exciting adventure for me. I look forward to seeing what we will achieve together.”



*Melissa Hall, RN, BSN,  
MSN, FNP*



## Lynes Joins Neurosurgery Program at CalvertHealth

Neurosurgeon **John Lynes, MD** of MedStar Georgetown University Hospital has joined the active medical staff at CalvertHealth Medical Center. A dual fellowship-trained physician, Dr. Lynes' compassionate, patient-centered philosophy informs every aspect of his practice.



*John Lynes, MD*

"I have been on the other side of the table," said Dr. Lynes. "At a relatively young age, I saw the lives of people I was very close to affected by tumors of the brain and spine. I saw care that was excellent and care that I wish had been better." He said this early experience helped shape his approach to patient care.

"Most people go through life never expecting to see a neurosurgeon," said Dr. Lynes. "When they do, there is a lot of anxiety and trepidation. I always try to remember that what is every day to us, is very life-altering to other people."

He went on to add, "Because of that, I believe our patients are due our time, our respect and our honesty ... it can be challenging at times but taking the time to break it down, in ways people can really understand is hugely important. I believe people deserve that."

Following his specialty training at MedStar Georgetown University Hospital, Dr. Lynes completed fellowships in neurosurgical oncology at H. Lee Moffitt Cancer Center in Tampa, FL and the National Institutes of Health in Bethesda where he received advanced training in the surgical care of patients diagnosed with brain and spine tumors.

His areas of special interest also include the diagnosis and treatment of back and neck pain, as well as sciatica, spinal stenosis, spinal arthritis and degenerative disk disease.



## Cancer Team Adds TWO NEW NAVIGATORS

CalvertHealth welcomes nationally board-certified oncology nurse **Renee Sbrocco, RNIV, OCN**, and registered nurse **Lindsey Thompson, RN**, to its multidisciplinary cancer team. They bring broad experience in a wide range of clinical settings to their new role as oncology navigators.

Sbrocco, who joined CalvertHealth in 1995, has spent most of her career taking care of cancer patients, and is herself a breast cancer survivor. Thompson, who has been practicing since 2008, started her career at an oncology unit in an area hospital before joining Calvert Hospice and later Calvert Hematology Oncology.

Thompson believes in taking a holistic approach to patient care. "Our goal is to make sure all of the patient's needs are met because that is what provides a positive experience and outcome."

Sbrocco emphasized the importance of the oncology navigator. As part of the multidisciplinary team, they function as advocate, interpreter, educator, facilitator and counselor for oncology patients and families at CalvertHealth. They also help to bridge communication between the various members of the cancer team to ensure coordination and timeliness of cancer care.

"The complexity of cancer care can be overwhelming to a patient who is only concerned with survival," said Sbrocco. "We help the patient and their family on their journey through cancer – whatever that takes – from explaining medications to answering questions about treatment options, tests and procedures or facilitating appointments. I want them to feel safe and secure knowing they are in good hands."

# RAISING THE BAR for Patient Care

## Duke Health Affiliation Brings Expertise, Education and Experience to CalvertHealth

“The affiliation with Duke Health represents an important and exciting step in our cancer mission,” said CalvertHealth Cancer Program Director Dr. Theodore Tsangaris. “If I could sum it up in one word this affiliation represents excellence. It means we have now joined forces with excellence in everything they do. And it means our patients have access to that excellence in cancer care right here in our community.”

The new affiliation is the centerpiece of bringing the best oncology care available today to Calvert. The Duke Cancer Network is backed by the resources of the Duke Cancer Institute, ranked among the top four percent of U.S. centers designated as a National Cancer Institute Comprehensive Cancer Center.

“They are a true leader in their field,” said **Dr. Tsangaris**, “focused on developing new and better approaches to preventing, diagnosing and treating cancer.” He went on to add, “This relationship allows us to receive the most current training and staff education when it comes to cancer care. More importantly, it will enable us to bring clinical trials to our community. Plus, their experts will be collaborating with clinical teams treating patients locally.”

In addition to having clinical trials locally, CalvertHealth cancer patients can also expect to receive access to the latest thinking in cancer treatment for their particular disease, second opinion service from Duke Health and concierge-level service for any services they may need from the Duke Cancer Network.

### Ready Access to Leading Cancer Experts

Among many other benefits, the affiliation will give our providers easy access to second opinions from all types of cancer subspecialists working at the academic level and will link these specialists with our oncology team for tumor boards and cancer conferences where treatment planning for local patients is discussed.

“In our community, we are challenged by seeing all kinds of cancers,” said medical oncologist **Dr. Bilal Ahmed**. “You don’t know who your next patient is going to be and that is why having easy access to cancer experts at this level is so exciting.”



I will be able to closely collaborate for instance with a lung cancer doctor who travels the world and just does lung cancer, who knows what treatments have just been approved and a lot of what is in the pipeline.”

## Learning from the Best

“Having the ability to access the tremendous educational resources of Duke Cancer Network for our entire team is an incredible opportunity,” said medical oncologist **Dr. Arati Patel**. “Oncology is a field of medicine that is rapidly changing and being able to learn from some of the country’s top researchers will directly impact our ability to bring exceptional care to our patients and our community.”

“Cancer is not just one disease. It is many different diseases and different for each patient,” she explained. “Our affiliation with Duke Cancer Network will enable us to advance, adapt and accelerate our efforts to give each patient what they really need.”

## Advancing Care Through Clinical Trials

Another advantage of the affiliation is the access local patients will have to the kind of groundbreaking clinical trials only available at the best cancer hospitals in the country. “Every significant advancement that has ever been made in the management of cancer, taking care of patients, bringing new treatments to the clinic, has always been predicated upon clinical trials,” said medical oncologist **Dr. Kenneth Abbott**. “It remains, to this day, the gold standard for the treatment of cancer patients.”

According to Dr. Patel, there are clinical trials in every aspect of

## Why Duke Health?

- Expertise in collaborating with other community hospitals
- Affiliate network unmatched by any other comprehensive cancer center in the country
- One of the top 25 comprehensive cancer networks
- Shared culture with Calvert encourages exchange of knowledge, insights and experience

## Here’s why this is GOOD NEWS FOR YOU.

*New cancer affiliation with Duke Health provides local patients with access to:*

- ✓ The resources of an NCI-Designated Comprehensive Cancer Center
- ✓ The latest cancer research and leading-edge treatment advances
- ✓ Clinical trials only available at the best cancer hospitals in the country
- ✓ Second opinions from all types of cancer experts for treatment planning

caring for the patient. “So, being able to have access to clinical trials allows our patients to have access to newer and very innovative strategies.” She went on to add, “This gives them access like we have never had before in a community setting.”

Additionally, Duke Cancer Network will play a pivotal role in guiding the development of CalvertHealth’s clinical trials program locally using best practices garnered from 50 years of research.

## Foundation Board Welcomes New Members, Officers

“Everybody needs to be involved in their community, especially those who have the capacity to share their time, services and gifts,” said local businesswoman and Harwood resident **Nickie Zancan** (at right), who recently joined the CalvertHealth Foundation Board of Trustees. Nickie and her husband own *Zancan Press*, located in Upper Marlboro. She has spent countless hours serving the community. In addition to the CalvertHealth Foundation, Nickie is also part of the Crofton Kiwanis Club and the Crofton Christian Caring Counsel. She is also involved with Next Step Charitable Trust. Having a passion for youth, Nickie is invested in helping adolescents and looks forward to working with the *Rising Star* program, which encourages philanthropy among local students.



**Maria Icaza** (at right), owns *The Java Group, LLC/Dunkin’* and is passionate about individuals giving back to the communities where we live and work. “It is encouraging to see the difference just a few people can make when they work together,” said Maria, who is also involved in the Joy in Childhood Foundation, which helps children battling hunger or illness. As a community member, business owner, wife and mother, Maria is excited to participate in the various events the Foundation hosts each year and the causes that each support, in particular, cancer care for our community.



**Denise Bowman** will continue to serve as Chair/Secretary-Treasurer of the CalvertHealth Foundation Board of Trustees, while long-time Foundation board member **Frank Smith** has been appointed to serve as Vice-Chair and **Marianne Harms** is Second Vice-Chair. For more information on the Foundation’s all volunteer board, please visit our website at [CalvertHealthFoundation.org](http://CalvertHealthFoundation.org).



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## CHARITY Fishing Tournament

Benefiting CalvertHealth  
Foundation

*Catch and Release - Private Shore  
Party to follow at Tiki Bar*

*All proceeds will support Cancer Care  
at CalvertHealth.*

For more information on entry or sponsorship  
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