

Healthy Living

**Delivering on the
patient experience.**



GI making issues easier to stomach | Coming back from COVID-19
Specialized care for seniors | Celebrating community gratitude

WINTER 2020



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Letter from the President

Dear Friends,

December is always such a bittersweet time of year—a time to reflect and remember before we turn the page and celebrate new beginnings. With 2020, I think most of us are ready to put this year behind us and start fresh in 2021. Before we close this chapter, however, it is still important to celebrate the many accomplishments that have come out of what has been a historic year.

The cover of this edition of *Healthy Living* features a family who recently celebrated a new beginning—the birth of their second child. Their experience highlights the fact that even during a pandemic, life goes on. The Meltons were the very first family to use our newly renovated Women's Health & Family Birthing Center rooms. We are excited to be able to share their experience in this issue.

Just as the Meltons are beginning a new chapter in their lives, so is Barry Booker. Barry spent nearly a month in our hospital on a ventilator battling COVID-19. With those scary days behind him, he is now trying to regain his strength and his life with help from the physical therapists in our Rehabilitation Medicine department. His story of recovery is truly amazing.

Throughout this entire pandemic, our hospital has received astounding acts of kindness from our community. Turn to page 14 for a snapshot of examples of how the community has reached out to support our patients and frontline staff. We are eternally grateful.

The coronavirus struggle is a marathon, not a sprint, and our medical providers and staff will be here each day caring for the community so many of us hold dear. We are looking forward to a new beginning in 2021—may it be healthier and happier for all of us.

Happy holidays and happy new year!

Kindest regards,

Christine R. Wray

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Q&A with Anand Nath, MD

Acid reflux, or something more?

Gastroenterologist **Anand Nath, MD** recently joined MedStar Medical Group Gastroenterology at St. Mary's. Specializing in conditions of the digestive system, Dr. Nath discusses a condition affecting an estimated 20% of American adults: **gastroesophageal reflux disease (GERD)**.

Q. What is GERD? What symptoms should I look for?

Some degree of acid reflux is normal and occurs as the sphincter at the bottom of the esophagus relaxes. These episodes typically occur after meals, are short-lived, and cause no symptoms. GERD develops when the reflux of the stomach's acid contents causes troublesome symptoms and/or complications.

Acid reflux is very common, with heartburn—typically described as a burning in the chest—being the most common symptom. It can also cause foreign body sensation in the back of the throat, and difficulty swallowing. Other symptoms include regurgitation, chest pain, water brash, pain with swallowing, and extra-esophageal symptoms (such as chronic cough, hoarseness or wheezing).

Q. If I think I have reflux, when should I see a specialist?

When symptoms are bothersome and not responding to anti-reflux measures and over-the-counter medications, it might be time to see a specialist. Red-flag symptoms—advanced age at onset of symptoms, unintentional weight loss, vomiting blood, difficulty in swallowing, or pain with swallowing—should be evaluated by an expert. Detailed evaluation is also recommended prior to surgical treatment of GERD or any weight loss surgery.

Q. Am I at risk for esophageal cancer from GERD?

Long-standing GERD may lead to changes in the lining of esophagus near the stomach, which is pre-cancerous (Barrett's esophagus). What's worrisome is that a majority of cases go unrecognized because patients have no significant symptoms. About 5 percent of American adults are estimated to have Barrett's esophagus and, in a small percentage of people, this condition can turn into cancer. Additional risk factors include being over 50 years old, smoking, central obesity, male gender, Caucasian race, and a positive family history. An upper endoscopy is recommended for screening when multiple risk factors are present.



Q. Is it possible I have a different condition that is mimicking acid reflux?

Heart disease, gallstones, hypersensitive esophagus, eosinophilic inflammation of the esophagus, esophageal motility disorder, and esophageal cancer can have similar symptoms to those of acid reflux. If symptoms are not fully responding to medications or any red-flag symptoms are present, further diagnostic evaluation is needed—contact a gastroenterologist for help.



Anand Nath, MD

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Leonardtown, MD 20650
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Time to see a GI? Visit **MedStarStMarys.org/GI** or call **240-434-7474** to schedule your appointment with Dr. Nath.



Phillip and Stephanie Melton with sons Julian and James.

‘We felt like VIPs.’

Couple praises team’s compassion and hospital’s modern amenities

College sweethearts Stephanie and Phillip Melton were thrilled to learn they were expecting their second child, a baby boy, last year.

“As soon as the holidays were over, we were really buckling down on getting ready,” Stephanie recalled.

The Callaway couple felt fairly prepared for the nights of broken sleep and milk-infused days. After all, their 3-year-old son, Julian, had already provided plenty of practice.

Of course, nothing could have prepared them—or anyone—for March 2020. Overnight, it

seemed, everything split into “before” and “after” as the COVID-19 crisis took hold.

Thankfully, Stephanie’s pregnancy remained uncomplicated through the pressures of the pandemic. In-office visits became telehealth appointments, when she connected via video call with her team at MedStar Medical Group Women’s Health at Leonardtown. Limited visitation at healthcare facilities meant Stephanie attended important ultrasound appointments on her own. Still, the couple looked forward to July with a mix of joy and worry. Having recently relocated from



Charles County, the Meltons weren't sure what to expect in St. Mary's. Stephanie and Phil had arrived for their oldest son's birth at another regional hospital having already toured the unit and attended their birthing class. With hospital tours canceled during COVID-19, they hadn't actually set foot in MedStar St. Mary's Hospital.

"The first time, with Julian, we'd laid eyes on everything," Phil said. "This time, we were walking in blind and without family there for support. I didn't really want to have any expectations beyond coming home with a healthy baby."

But in the end, they say, there was no need to have worried.

"Before we even entered the hospital, we were impressed with the care and service," said Stephanie. "A nurse called about a week before my due date to go over the protocols during COVID-19 and give us the full run-down of what we could bring, and what we could expect. That really helped to put my mind at ease."

Stephanie went into labor on her own and came to MedStar St. Mary's hoping to try for a vaginal birth after cesarean (VBAC). In the end, she appreciated that her on-call physician, Dr. Danielle Holmes, was upfront about the challenges this type of birth presented in her specific situation.

"Dr. Holmes was very nice, very friendly—but you knew that she

knew what she was talking about," Stephanie said. "This was one of the first experiences I had where I felt like my life was in her hands, and I totally trusted her."

Within two hours of arriving at the hospital, Stephanie and Phillip were being welcomed into a calm, spacious operating room.

"There was clearly so much teamwork happening. Everything went so smoothly," Stephanie recalled.

"Everyone was focused on what they needed to do. My first C-section felt rushed, even though it wasn't an emergency. This team at St. Mary's was definitely on the same page. You could hear the communication between the surgeon, anesthesiologists, nurses—everyone was in sync. I didn't feel nervous at all. It was the smoothest hospital experience I've ever had."

"Having been there in the operating room both times, I'll tell you: there was a good spirit in that room. Just good vibes," her husband added.

James Elliott Melton arrived the afternoon of July 16—mere hours after the remodeled postpartum suites officially reopened in the Women's Health & Family Birthing Center.

Construction crews continued working diligently through COVID-19 to transform these patient rooms for comfort, appearance, and function.

Continued on Page 6



Award-winning care close to home.

MedStar St. Mary's Hospital was recently named a **Best Maternity Care Hospital** by Newsweek for 2020! Selected based on quality and safety data provided by The Leapfrog Group, the hospital was one of only three facilities in Maryland and 231 nationwide to earn this honor.

A panel of national experts advised Leapfrog on standards for excellence in maternity care, including achieving low rates of C-section, episiotomy and early elective deliveries, and following crucial protocols to protect mothers and babies.

"Though these are standards aligned with medical research and best practices, not all hospitals achieve them," Newsweek shared on its website. "The facilities cited by Newsweek as Best Maternity Hospitals 2020 are an elite group demonstrating excellence in maternity care."

Continued from Page 5

During the seven-month closure, the suites underwent a total remodel—now with larger, spa-like bathrooms, fresh paint colors and décor, enhanced lighting, new furniture, and state-of-the-art equipment.

“Continuing to build on and improve the patient experience is very important to us,” said Dawn Yeitakis, MS, RN, NEA-BC, CEN, chief nursing officer, MedStar St. Mary’s Hospital. “Redoing the postpartum suites was a priority because we knew what a positive impact having beautiful, functional spaces would make for our families.”

After James’ birth, Stephanie and Phil were one of the first couples to stay in the new rooms. “I can’t say we had any concerns about cleanliness, anyway,” Phil said, “but there was no doubt in our minds that room was clean!”

“Not only is the environment nice, but everything worked smoothly. The bathroom was so great,” said Stephanie. “Anything we could have needed was right there. We never had to ask for much at all—everything was provided before we could even think about it. We felt like VIPs.”

The couple was especially impressed with the care of nurse Marielle Hunt, RN.

“Marielle was amazing—so comforting and attentive,” Stephanie shared. “Our nurses all made an effort to get to know us as people. We had great conversations and really felt so cared for.”

“The nurses’ attention to detail, their compassion for us, and the care they had for our baby—the room was amazing, but that’s what took it over the top,” Phil agreed.

At an emotional time for any



Baby James has folded easily into the Melton family dynamic.

growing family, the second-time parents were also missing their own support system. Restricted visitor policies during COVID-19 meant only Phil could be with Stephanie in the hospital. “This is an environment where we would have had our mothers with us,” he said. “It’s such a personal experience. The connections we made with our nurses really helped to fill that emotional void.”

The Meltons were able to bring baby James home to meet big brother Julian just a few days later—and they’ve been adjusting well to life as a family of four. James is a great sleeper, Stephanie reports,

and Julian has adapted nicely to having a sibling. Phil, an engineer, has been teleworking during the pandemic—trading 12-hour days and long commutes for more time with Steph and the kids as they all find a new balance in uncertain times.

Reflecting on their experience of welcoming a baby during COVID-19, the proud parents know they will have plenty of stories to share with James. Thankfully, most will be positive.

“There are lots of different ways the birth could have gone,” said Phil, “and it went the best way possible.”



Visit [MedStarStMarys.org/Maternity](https://www.MedStarStMarys.org/Maternity) to hear more from the Meltons, learn about our center and providers, and take a virtual look at the new rooms!

The Year of the Patient Experience.



Delivering on comfort in a fresh, modern space

From new furniture and higher-quality linens to fresher, tastier meals, there are many ways in which MedStar St. Mary's is working on the little things to make a big impact.

We know babies don't come at scheduled mealtimes—so new parents in the Women's Health & Family Birthing Center are able to order from The Blue Heron Café at any time of night or day.

We're also pleased to offer amenities you might find in a hotel to help patients and their loved ones feel at home. Calming artwork sets a relaxing mood. Customizable lighting makes harsh hospital glare a thing of the past. And new convertible sleeper sofas offer feature built-in device chargers and many seating options during the day, plus a more comfortable experience for partners at night.

Visit [MedStarStMarys.org/Maternity](https://www.MedStarStMarys.org/Maternity) to learn more about recent improvements.



At top, the former bathrooms in the postpartum suites were dark and outdated with very small showers. The new spaces channel the feel of hotel rooms with spacious showers, softer lighting, and modern amenities. Above, the renovated suites feature sliding artwork that helps disguise clinical noise and equipment with comfortable, convertible sleeper sofas for partners.

Meet our new medical professionals.

MedStar St. Mary's Hospital is pleased to introduce the newest members of our medical staff. We strive to bring high-quality physicians and specialists to Southern Maryland to meet our community's needs close to home. For a full list of local MedStar Health provider resources, visit [MedStarStMarys.org/Community](https://www.MedStarStMarys.org/Community) or [MedStarStMarys.org/FindADoc](https://www.MedStarStMarys.org/FindADoc) for individual doctor profiles.



Ramez S.F. Jabaji, MD, Nephrology

MedStar St. Mary's Hospital is pleased to welcome Ramez Jabaji, MD, board-certified nephrologist focused on the treatment of conditions and diseases affecting the kidneys. A graduate of Jordan University of Science & Technology, Dr. Jabaji completed his internal medicine residency at MedStar Franklin Square Medical Center and was chief resident of the MedStar Health Internal Residency Program in Baltimore. He is also a nephrology and hypertension chief fellow at MedStar Georgetown University Hospital.



Kelly London, MSN, AGCNP-BC

Anesthesiology

Employed by:

MedStar Medical Group
Anesthesiology

Medical school:

Vanderbilt University



Herman Gist, MD

Cardiology

Employed by:

Chesapeake &
Washington Heart Care

Medical school:

University of North
Carolina Chapel Hill



Pamela Odle, MSN, RN, CRNP

Palliative Care

Employed by:

MedStar St. Mary's
Hospital

Medical school:

University of Maryland
School of Nursing



Justine Summers, MD

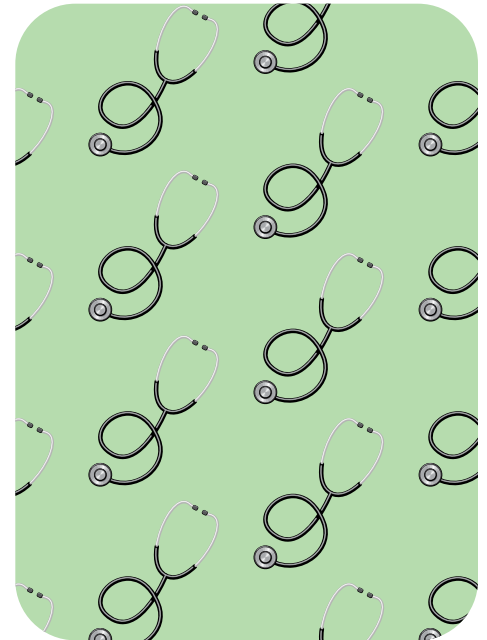
Anesthesiology

Employed by:

MedStar Medical
Group Anesthesiology

Medical school:

Georgetown University
School of Medicine



Scheduled visits, virtual care.

Accessible at home and on the go, MedStar Health Video Visits are scheduled with your healthcare provider just like routine appointments. Patients only need a mobile device or computer/laptop with a camera and microphone to get connected. No separate app download is needed.

To get started, call your provider's office to verify if this type of appointment is appropriate for you. Your provider will then send a link through email and/or text message when it's time for your visit. Simply click that link to get started! Visit [MyVideoVisit.MedStarHealth.org](https://www.MyVideoVisit.MedStarHealth.org) to learn more, or call your provider's office.



Get creative with virtual fundraiser for Hospice!

COVID-19 can't stop us! Hospice of St. Mary's is going virtual with its annual Festival of Trees. All funds collected from entries and votes will benefit residents of St. Mary's County.

How does it work? Two ways to participate:

Traditional sponsorship, silent auction

Using our virtual GiveSmart platform, trees and wreaths are still available for auction! As in years past, these are sponsored by individuals, businesses, and community groups. Decorators will then transform them via beautiful holiday magic before bidding begins in our silent auction. Purchased trees will be hand-delivered from **Dec. 12-14**.

Decorate at home, ask others to vote

Register online, then have fun! Decorate your own tree or wreath at home. Let's see your creativity sparkle! When ready, take a photo and submit your work. All entries must be received by **Dec. 15**. Then share! Encourage your family, friends, and colleagues to donate and vote for their favorites (like yours, of course).

Votes will be tallied through **Dec. 31**, with bragging rights awarded to those who collected the most votes and those who earned the most money for Hospice.



Visit HospiceFOT2020.GiveSmart.com to get involved and vote for your favorites!

Virtual gala fun for a great cause.

MedStar St. Mary's Hospital's **Unmasked: Gala 2020** culminated with a create-your-own gala link released on Nov. 20! Held virtually with presenting sponsor **CMI General Contractors**, the event activities brought guests together to enjoy a special online concert from guest-favorite Paradigm, snap photos in our virtual photo booth, and prepare the night's signature appetizer and beverage. Most importantly, funds were raised for much-needed patient experience projects at MedStar St. Mary's! Thank you to all who generously sponsored, donated, and made the most of this unprecedented year with us.

The annual gala is an important fundraiser for our non-profit hospital. While staffing needs and upgrading costly medical equipment take priority in the annual budget, we are committed to delivering a positive patient experience with modern amenities and comfortable surroundings. Funds raised from this year's event will be used to purchase durable, comfortable sleeper sofas for inpatient units—initiatives that might otherwise have been unfunded following the strain of COVID-19 on our not-for-profit health system.



There's still time to help!
Visit MedStarStMarys.org/Gala2020 to give back through Dec. 31.

Coming back from COVID.

Rehabilitation key to successful recovery

Barry Booker doesn't remember much about the 28 days he spent on a ventilator in the Intensive Care Center (ICC) at MedStar St. Mary's Hospital. He returned home to quarantine after visiting the Emergency Department (ED) in early April with a mild fever and shortness of breath. A little more than a day later, his symptoms rapidly worsened and he was back in the ED barely able to catch his breath. He was admitted to the hospital and placed on a ventilator that night.

"At the end of March, I began to get a little sick—I thought it was a bug," said Barry, 59, who suspects he contracted COVID-19 from someone in the community. "People weren't wearing masks in March, we didn't know."

Due to visitor limitations at the time, his family was unable to be by his side, but they were in constant contact with his care team.

"My family worried the nurses to death," said Barry. "The nurses would put the phone up to my ear—my family was calling trying to bring me back around."

Miraculously, Barry, who also has a history of high blood pressure and diabetes, was able to recover from the virus, but the uphill journey back to the life he knew before the illness was just beginning.

"I didn't know if I was going to get better," said Barry. "You know you are sick, you know you can't move, you know you can't do anything. Your mind goes away and you wonder if your brain is going to get better."



Released from the hospital into a rehabilitation facility, Barry felt he wasn't getting the therapy he needed and, after a week, he chose to return home. He could barely walk and needed assistance to complete daily tasks. Within a few days, however, he could use a walker and was soon able to take over more of his own care and help his wife in small ways take care of their granddaughter with special needs.

"Home was the miracle for me," he said. "It motivated me."

Barry knew he had a long way to go, so he reached out to the physical therapists in the Rehabilitation Medicine



Barry Booker could barely lift a finger after he spent 28 days on a ventilator earlier this year. He has regained much of his strength and mobility with the help of occupational and physical therapy. Barry works out with MedStar St. Mary's Hospital physical therapist Sarah Dandy, PT, DPT, several times a week.

department at MedStar St. Mary's Hospital.

"They worked with me years ago, so the familiarity was there," Barry said. After he was taken off the ventilator, Barry said he could barely move a finger. "I was nowhere. I was laying there—I couldn't move my arms left or right or anything. When I came to therapy and I walked back in on the walker, they were like, 'Really? That's you?'"

Barry began occupational and physical therapy several times a week to help him rebuild his strength and endurance and regain his independence.

"Patients on ventilators for long periods of time can have skeletal muscle wasting, deconditioning, delirium, sleep disturbances, swallowing dysfunction, and skin breakdown," said MedStar St. Mary's physical therapist Sarah Dandy, PT, DPT. "Recovering requires hard work, dedication, and perseverance, which are the qualities that Mr. Booker has

demonstrated throughout his course of therapy even after setbacks."

Working with occupational therapist Samantha Johnson, OTD, OTR/L, Barry was able improve his fine motor skills and progress from not being able to move his arms or feed himself in the hospital to completing higher level activities including shooting basketball and reassuming his role as one of the primary caregivers for his granddaughter.

"To see his journey from the ICC to outpatient to ultimately graduating from occupational therapy services has been incredible to witness and be a part of," said Samantha. "Mr. Booker had specific goals in mind when he began occupational therapy, and was able to not only meet them, but far surpass them."

This fall, almost six months after his illness, Barry was walking with a cane and regaining much of his physical strength.

"I attribute a lot of my physical success to the motivation they give you in physical therapy," Barry said. "They give you homework so if you take it home and do what you are supposed to do, you slowly, gradually get stronger. You don't get it all back right away, it takes time."

"He has made amazing progress from not being able to get out of bed on his own to now walking with a cane and transferring his granddaughter to and from her wheelchair," said Sarah. "Mr. Booker has a great attitude and willingness to work hard during therapy sessions as well as on his own to continue his progress toward his prior level of function. He is so fun to work with as he is always willing to try new exercises and push his boundaries."

"It has been an amazing journey so far," Barry said. "The therapists are all so professional and so caring and it is such a warm environment; it is great for the healing process."

Let us help you.

MedStar St. Mary's Hospital's Department of Rehabilitation Medicine offers in-person visits or video appointments. The Grace Anne Dorney Center for Pulmonary & Cardiac Rehabilitation at MedStar St. Mary's is also seeing new patients for in-person visits only.

Our newest program—**pelvic rehabilitation services** for women and men—addresses pelvic floor dysfunctions often caused by overactive or underactive muscles. Common conditions include urinary incontinence, pelvic pain or bowel problems, such as fecal incontinence or constipation. We are also trained to assist with recovery for post-surgical patients, like those who have undergone prostatectomy.

Additional rehabilitation services offered include:

- Physical therapy
- Occupational therapy
- Speech-language pathology
- Cardiopulmonary rehabilitation

A referral is needed for all services and can be faxed to 301-997-6502.

Visit [MedStarStMarys.org/Rehabilitation](https://www.medstarstmarys.org/Rehabilitation) for more information or call **301-475-6062** for Rehabilitation Medicine or **240-434-7143** for the Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center.

Specialized care for seniors.

Nurses collaborate to improve care for elderly patients

No one wants to leave an elderly parent or grandparent at a hospital in the care of strangers, especially if they have dementia or Alzheimer's.

"Adult children are working, and they have families of their own to care for, so sometimes they feel guilty because they can't always be there for their parents," said Anita Wetzel, BSN, RN, clinical coordinator of the Medical/Surgical/Pediatrics (MSP) unit at MedStar St. Mary's Hospital. "Nursing staff have to understand and be educated that elders need something different and unique for them—they need to have their own focus."

Nursing units throughout MedStar Health are working to improve elder care by participating in the national program, Nurses Improving Care for Healthsystem Elders (NICHE). Throughout MedStar St. Mary's Hospital, nurses share proven practices and new information on the best ways to meet the needs of this special patient population.

"We have grown the program in the organization over the last few years to include all inpatient areas," said Kathy A. Nasman, MS, BSN, RN, CMSRN, nursing director of MSP. "We all work together to meet the needs of our 65 and above patient population."

Anita and Kathy co-chair the NICHE committee which is comprised of nurse champions from each hospital inpatient unit.

"Our champions are the ones driving their colleague's involvement," said Kathy. "We have monthly steering committee meetings during which we share education and information and our champions take that information and share it with their units."

During their hospital stay, patients and caregivers may notice NICHE practices



at work. One of the most recent program initiatives is to make sure patients are sitting in chairs to eat, not taking meals in bed which helps patients retain their mobility.

"Elderly patients often lose mobility during a hospital stay," said Kathy. "That can be detrimental to a patient after they have been discharged and they could require rehabilitation."

Nurses also double check medications for elderly patients against the Beers List for Potentially Inappropriate Medications for Older Adults, perform routine screenings for hospital acquired pressure ulcers, identify and assist patients who are fall risks and educate families about how to prevent falls, and ensure physician and nurse

rounding includes caregivers.

Collaboration with family also plays a large role in the care of elder patients. Throughout the pandemic, nurses used iPads to keep families and patients connected.

"It is much easier for a family member to catch things in terms of what the patient does at home and if there is a change from their norm or what their personal preferences are," Kathy said. "Families help us hone in on all those things, which is important because the patient can't always express adequately what they need. We think of our patients as our own family and we aim to treat them as we would want our family members to be treated."



Visit [MedStarHealth.org/NICHE](https://www.MedStarHealth.org/NICHE) to learn more about NICHE implementation at MedStar Health hospitals.

News briefs.



Taking a shot to beat the flu

The single best way to prevent seasonal flu is to get vaccinated each year. MedStar St. Mary's and the St. Mary's County Health Department recently teamed up to host three community drive-thru flu clinics for the whole family. Nearly 400 shots were administered at the hospital and East Run Center in Lexington Park this fall. It's not too late in the season to get your vaccine—speak with your primary care provider to learn more.

Flu prevention and good health habits are more important than ever as we continue combating COVID-19. Wear a mask, clean your hands often, disinfect frequently-touched surfaces, and avoid touching your eyes, nose or mouth. Be sure to stay home if you are sick. Visit [SMCHD.org/Flu](https://www.smchd.org/Flu) for more information.

Universal masking protects everyone.

MedStar Health has adopted a universal masking policy. In order to keep everyone safe in our facilities, the following protocols are in place:



Everyone is required to wear a mask in our facility



Patients may remove their mask when they are alone in their room



Masks should be put back on when staff or visitors enter a patient's room

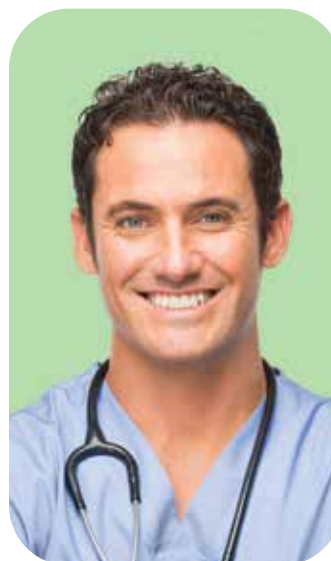


Patients must wear a mask when leaving their room



Patients in the hospital and those coming for outpatient services may wear cloth masks

Visit [MedStarHealth.org/COVID19](https://www.MedStarHealth.org/COVID19) to learn more about our current policies.



New MedStar Health Careers page launched

Whether you're searching for expanded opportunities or hoping to build on a current position with MedStar Health, a new careers site is ready for you!



Visit [Careers.MedStarHealth.org](https://www.Careers.MedStarHealth.org) to search available jobs and get started.

Celebrating gratitude.

Throughout COVID-19 and beyond, MedStar St. Mary's has been fortunate to receive incredible support from local families, businesses, and our community. We are grateful for the compassion shown to our dedicated associates, and proud to play a part in delivering great care to our community as we continue to face this challenge together.



Airport generosity: Operation SOS takes flight

The St. Mary's County Regional Airport and Ken Reed of S. Hunt Aero, LLC have been deeply supportive of our staff since the COVID-19 crisis began. In May, pilots planned a fly-over to lift the spirits of healthcare workers and donated thousands in local restaurant gift cards to provide meals for associates. The airport also hosted the MedStar St. Mary's team at an outdoor celebration of their hard work at the airport in October.

The airport also served as the site of more generosity from 16-year-old TJ Kim, an aspiring pilot who began Operation Supplies Over the Skies (SOS) to deliver personal protective equipment (PPE) to critical access hospitals in rural areas. While pursuing his private pilot's license, TJ decided to use his training time for a greater purpose this summer. He'd delivered an estimated 40,000 items and counting by August.

During his visit to St. Mary's, TJ—who hopes to attend the Naval Academy after graduation—was introduced to Capt. Matt Scassero (USN-ret), director of the University of Maryland Unmanned Aircraft Systems (UAS) Test Site, and Rear Adm. Timothy Heely (USN-ret), former commander of the Naval Air Warfare Center Aircraft Division, Patuxent River. Scassero and Heely are both Naval Academy graduates and members of the Southern Maryland Navy Alliance. TJ's father, Thomas Kim, said his son was honored by the reception.

Setting a soothing scene with new mural

Patients will soon be greeted by a serene scene when arriving for cancer treatments at MedStar St. Mary's. Thanks to a \$1,000 donation from Tau Lambda Lambda, a local chapter of Omega Psi Phi Fraternity Inc., the triage room in Cancer Care & Infusion Services features a new waterfront mural. The fraternity's generosity was made possible by their annual fundraiser, the Akida H. Jordan Perseverance 5K Walk/Run for Cancer Awareness, held virtually for 2020.



Turning lemons into a sweet donation

Like many kids in summer, 9-year-old Myra Colvin of Leonardtown wanted to host a lemonade stand—but the profits weren't deposited in her piggybank. Myra felt strongly about donating the \$86 earned to MedStar St. Mary's where her mother, Desiree Colvin, is a nurse in the Emergency Department. Her donation was gratefully accepted in September by Dawn Yeittrakis, MS, RN, NEA-BC, CEN, vice president and chief nursing officer, and will be used toward future PPE purchases at Myra's request.



Visit [MedStarStMarys.org/WaysToGive](https://www.MedStarStMarys.org/WaysToGive) to learn more about making a difference at your community hospital.

Grateful patients share their feedback.

"Thank you to our proficient, professional, sweet, kind, and brave hero doing our COVID-19 testing! She was so sweet and so gentle... well, as gentle as you can be in this circumstance! The results were negative ... everything else about the experience was SUPER positive! Thank you, MedStar St. Mary's Hospital!!!"

-Susie Lawson, via Facebook

"I brought my son to the ER (in September). He was very sick and was seen quickly and with compassion! I am grateful for the outstanding treatment by the nurses, techs and doctors at my community hospital!!!"

-Patti Thompson, via Facebook

"The two nurses/aides taking temperatures and directing patients at the Emergency Department went above and beyond duty to take care of each patient in a professional, thoughtful, and caring manner. There was a jam of people trying to get in and out that one door, and it was just touching, their manners and patience. I'm grateful."

-Teresa Corneliys

Careers dedicated to excellence.

Thank you to longtime directors **Kathy Franzen** and **Regina Steele**, retiring this month after decades of dedicated service to our patients!



Kathy Franzen, BSN, RN, interim director of Hospice of St. Mary's, will be retiring later this month after working as a nurse for 40 years, devoting nearly half of those years to hospice care. In October, she was presented with the Maryland Rural Health Association 2020 Outstanding Rural Health Practitioner Award, honoring a career dedicated to caring for her community.

Kathy began considering a career in hospice care in her early days of nursing. After working in several healthcare settings and as director of a preschool, she moved part time to Hospice of St. Mary's. She was working as the assistant manager of the organization when the director announced she was relocating. Kathy quickly assumed many of the director's duties, including a capital campaign to build the Hospice House, which opened in 2009. Because she was already performing most of the director's duties, she decided to apply for the position.

It is her desire to care for the community that has fueled Kathy's nursing career and her years at hospice.

"People ask, 'Watching people lose loved ones, isn't that depressing?' It has never been depressing, it has been sad, certainly, we are all empathetic and compassionate people and we are walking along with families who are experiencing the worst loss—the loss of a loved one. But the gratitude you get back from your families is incredible," Kathy said.

"I don't know how you would not miss the work and coming into the Hospice House and seeing what it is doing for the community. I think I will always miss it."

Regina Steele, MSN, RN, CNOR(E), CRNFA(E) has devoted her career to St. Mary's Hospital—and after 35 years working on behalf of patient safety and operational excellence, Gina will soon be enjoying a well-deserved retirement as director of Perioperative Services.

Gina has served as a mentor, advocate, and champion of growth at our hospital, overseeing the surgical team and operating rooms (ORs) that can see dozens of patients a day. "I thrive on the sense of team—no OR operates without a strong team," said Gina. "It's very personally satisfying that, for the most part, we 'fix' patients and lead them back on a path to recovery."

Gina is known as a champion of growth—with her own internal path serving as a prime example. She began her career at St. Mary's in 1985, working in Central Sterile Processing before progressing to a role as a histopathology transcriber, then returning to the OR as a surgical tech. After completing her nursing program in 1995, Gina went on to be trained as an RN First Assistant, then advanced to clinical coordinator, interim director and ultimately director from 2002-2012. Gina taught TeamSteps and SPIRIT Inside classes and, in 2013, became Magnet Coordinator—a position she held until returning as director in December 2016. Along the way, she earned two degrees—a bachelor's, then her master's—and proudly raised two daughters, Sarah and Lauren, with husband Tim.



FY2020 At a glance

MedStar St. Mary's Hospital is a full-service, acute-care hospital delivering state-of-the-art emergency, acute inpatient, and outpatient care. As a not-for-profit facility, earnings are reinvested in the community and into improving patient care.

Patient encounters July 1, 2019-June 30, 2020



Inpatient admissions
7,786



Ambulatory surgery cases
5,473



Outpatient visits
91,022



Annual births
1,161



Number of associates
1,188



Outpatient observations
1,928



Emergency Department visits
42,942

Marketing, Public Relations & Philanthropy Department receives recognition

MedStar St. Mary's Hospital Marketing, Public Relations & Philanthropy Department was honored for its work with a total of nine awards from the Healthcare Advertising Awards and the Aster Awards. The department received recognition for various projects including events, internal and external publications, wellness campaigns, and patient educational materials. Visit [MedStarStMarys.org/Newsroom](https://www.MedStarStMarys.org/Newsroom) to read more.

Hospital awards

- Awarded an "A" in the Spring 2020 Leapfrog Hospital Safety Grade. This is the fourth consecutive time our hospital has earned this honor.
- MedStar St. Mary's Hospital's Wound Healing Center was recently named a 2019 Center of Distinction by Healogics.
- Presented with the 2020 Partner for Change Award from Practice Greenhealth's Environmental Excellence Awards.
- Awarded a Gold level ranking for the Healthiest Maryland Businesses Wellness at Work Awards Program.
- The Breast Imaging Center at MedStar St. Mary's received American College of Radiology (ACR) accreditation as a Breast Imaging Center of Excellence.

Nondiscrimination Statement

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Sumusunod ang MedStar St. Mary's Hospital sa mga naangkop na Pederal na batas sa karapatang sibil at hindi nandidiskrimina batay sa lahi, kulay, bansang pinagmulan, edad, kapansanan o kasarian. PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-301-475-8981.

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MedStar St. Mary's Hospital tele ilana ofin ijoba apapo lori eto ara ilu atipe won ko gbodo sojusaju lori oro eya awo, ilu-abinibi, ojo-orí, abarapa tabi okunrin ati obinrin. AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 1-301-475-8981.

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MedStar St. Mary's Hospital tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-301-475-8981.

MedStar St. Mary's Hospital የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ሰዎችን በርፍፍ በቆይታ ቀለም፣ በዘር ሃረግ፣ በእድሜ፣ በእኩል ጉዳት ወይም በጾታ ማንኛውንም ሰው አያለም። ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶችን በጎረቤት ሊያግኙዎት ተዘጋጅተዋል። ወይ ሚከተለው ቁጥር ይደውሉ 1-301-475-8981.

MedStar St. Mary's Hospital اطلاق وفاقی شهري حقوق کی قوانین کی تعمیل کرتا ہے اور یہ کہ نسل، رنگ، قومیت، عمر، معذوری یا جنس کی بنیاد پر امتیاز نہیں کرتا۔ خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں ٧٠٢٢-٤٧٤-٢٤٠٠١

MedStar St. Mary's Hospital हाने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रिय मूल, आयु, वकिलांगत, या लिंग के आधार पर भेदभाव नहीं करता है। ध्यान दें: यदि आप हार्दि बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-301-475-8981 पर कॉल करें।

MedStar St. Mary's Hospital تبعيضی بر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، ناتوانی یا جنسیت افراد قایل نمی شود.

توجه: اگر یہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با ١-٣٠١-١٨٨٠-٥٧٤ تماس بگیرید.

Winter 2020-21 calendar

Class availability is subject to change, particularly during the COVID-19 challenge. After enrolling, you will be notified should a session need to be postponed. Because no registration is required for support groups, please reach out using the phone numbers below to verify if meetings are still scheduled.

Support Groups

Bariatric Support

Meetings are currently online only
Second Saturday of each month
Dec. 12, Jan. 9, Feb. 13,
10 a.m. to noon,
Call 301-475-6019.

Breastfeeding

Meetings are currently online only
Weekly on Wednesdays,
10 a.m. to noon,
Search and join "MedStar Breastfeeding Support Group" on Facebook.

Breast Cancer

Meetings are held in person
on the last Monday of each month
Dec 21*, Jan. 25, Feb. 22,
6 to 7 p.m., Outpatient Pavilion,
Cancer Care & Infusion Services
Call 301-997-1315 or visit
**Facebook.com/groups/
MedStarBreastHealthProgram
for support.**

**Meeting date moved due to
Christmas holiday.*

Epilepsy

Currently on hold due to
COVID-19. Call 240-434-7929
for updates.

Multiple Sclerosis

Currently on hold due to
COVID-19. Call 301-475-6019
for updates.

Ostomy Care

Currently on hold due to
COVID-19. Call 301-609-5435
for updates.

Parkinson's

In-person meetings with
virtual options

Second Tuesday of each month,
Dec. 8, Jan. 12, Feb. 9,
6 p.m., Health Connections
Call 301-475-6019.

Stroke Survivors

In-person meetings with
virtual options
Third Tuesday of each month,
Dec. 15, Jan. 19, Feb. 16,
5:30 p.m., Health Connections
Call 301-475-6019.

Senior Wellness & Events

Senior Gold Card Luncheon

Currently on hold due to COVID-19.
Call 301-475-6019 for updates.

Cancer Care

Cancer Support Group

Meets the first and third Wednesday
of each month from 7 to 8:30 p.m.
in Cancer Care & Infusion Services,
first floor, Outpatient Pavilion. Call
240-434-7241 for more information.

Diabetes Education

Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers
American Diabetes Association
(ADA)-recognized programs to
individuals and groups. Services
are covered by Medicare, Medicaid,
and most private insurance plans.

Bring a partner to PreventT2

Beginning Jan. 18,
5:30 p.m., The Blue Heron Cafe
If you or a partner are at risk of
type 2 diabetes, you can sign up
together for PreventT2. This free,
year-long program is designed
to prevent or delay type 2 (T2)

diabetes. Together you will learn
to eat healthier, be more physically
active, and manage stress with
help from trained lifestyle coaches.
Gain additional support from
others like you and your partner.
Sign up with a family member or
close friend. Call 301-475-6019.

Living Well with Diabetes

In-person meetings with
virtual options
March 30, 6 p.m.,
Health Connections
This six-week workshop can help
individuals with diabetes manage
this condition, carry out normal
activities, add healthy activities to
their lives, and manage emotional
changes.
Call 301-475-6019.

Health & Lifestyle Training (HALT)

Online-only, pre-diabetes
prevention program
Next cohort begins Jan. 11
Participate in a free, year-long
course designed to eliminate
diabetes risk factors by making
changes to your health and
lifestyle!
Call 301-475-6019.

Exercise, Nutrition & Weight Management

Bariatric Information Sessions

Learn more about weight loss
surgeries offered with surgeon
Nicholas Tapazoglou, MD, with
a free online seminar. Required
for those pursuing surgery. Visit
MedStarStMarys.org/WeightLoss
or call 240-434-4088.



Visit [MedStarStMarys.org/Calendar](https://www.MedStarStMarys.org/Calendar) to learn more about community classes and support groups.

Body Composition Analysis

By appointment only,
Health Connections
Screening includes an in-depth look at body composition. Cost is \$15.
Call 301-475-6019.

MedFit Program

Currently unavailable due to COVID-19. Call 240-434-7143 for updates.

Yoga

Currently on hold due to COVID-19.
Call 301-475-6019 for updates.

Childbirth & Family Education

Classes are held in the Outpatient Pavilion at MedStar St. Mary's Hospital.

One-Day Parents-to-Be Workshop

In-person sessions, Dec. 5, Jan. 16, 8 a.m. to 4 p.m.,
Health Connections, \$100/couple
Combines four traditional parenting classes into a one-day overview. Topics include childbirth, breastfeeding, infant CPR, and practical baby care skills like bathing and diapering. Call 301-475-6019.

Please note: some classes require a minimum number of participants to hold the course. If the need arises to cancel a class, we will make every effort to accommodate you on an alternate date.

Safe Sitter

In-person session, Jan. 23, 8:45 a.m. to 4 p.m.,
Health Connections, \$65
Adolescents 12-14 learn babysitting tips, basic first aid, and CPR.
Call 301-475-6019.

American Heart Association Classes

Held in MedStar St. Mary's Hospital's Education and Simulation Center,

41550 Doctors Crossing Way, Leonardtown. Register at [sitelms.org](https://www.sitelms.org) with registration codes (below).
Two-year certification cards are emailed upon course completion. Call 202-643-1841 to learn more.
Please note: class prices are subject to change.

BLS for the Community (CS-018659)

(Formerly known as Heartsaver CPR/AED)
Jan. 25, Feb. 22, March 22, April 26, 5 to 9 p.m., \$85
Learn CPR and AED use on adults, children and infants; and how to relieve choking for any age.

BLS CPR for Community and First Aid (Li-018638)

(Formerly known as Heartsaver CPR/AED & First Aid)
Feb. 6, April 24, 9 a.m. to 4 p.m., \$100
Video-based, instructor-led course that teaches critical skills to respond to and manage an emergency in the first minutes until Emergency Medical Services arrives.

Pulmonary

Better Breathers Club

Currently on hold due to COVID-19. Call 240-434-7143 for updates.

Overdose Response Program

The St. Mary's County Health Department offers a free Overdose Response Program to train individuals on administering Naloxone and caring for someone until emergency help arrives. Visit [SMCHD.org/Overdose](https://www.SMCHD.org/Overdose) or call 301-475-6806.



Cancer doesn't stop for COVID-19 and neither do we.

Support groups offered through Facebook.

MedStar St. Mary's Hospital offers two Facebook support groups for cancer patients, one for all types of cancer and one specifically for breast cancer patients. To join, log into Facebook and search for:

- MedStar St. Mary's Hospital Cancer Support Group
- MedStar Breast Health Program

The nurse navigators who facilitate these Facebook pages have extensive knowledge and experience in dealing with cancer and breast cancer. You are not fighting alone—gain help and support by participating in these online groups.

Call 301-997-1315 for more information about the breast cancer Facebook group or call 240-434-7241 for information on the cancer support group.

Please note: all Health Connections class fees are subject to change.

25500 Point Lookout Rd.
Leonardtown, MD 20650

MedStar St. Mary's Hospital



Read us online!

MedStarStMarys.org/HealthyLiving

First Last Name
Address Line 1
Address Line 2
City, State, Zipcode Here

Visit MedStarHealth.org/OptOut
to be removed from future mailings.

Get back to the activities you love with care from **our friendly orthopaedic team.**

It's easy to see the experts at MedStar Orthopaedic Institute at St. Mary's.

With fellowship training in sports medicine, joint replacement, and shoulder and elbow surgery, our surgeons at MedStar Orthopaedic Institute at St. Mary's are ready to help you get back to living your life. Whether it's a sudden injury or the aches and pains of aging, our team partners with you to find solutions that make sense for you. Let us help make your every day better.

MedStar Orthopaedic Institute at St. Mary's MedStar St. Mary's Hospital

25500 Point Lookout Rd.
Outpatient Pavilion | 2nd Floor

New location coming soon!



Emmanuel Atiemo, MD
Orthopaedic sports
medicine



John A. Kuri II, MD
Orthopaedic sports medicine
Special interest in shoulder
and elbow



William Lennen, MD
Joint replacement



Visit MedStarStMarys.org/Ortho or call
240-434-7483 to meet our doctors and
make an appointment today.