



# Well Aware

OCTOBER 2017

A PUBLICATION OF FREDERICK REGIONAL HEALTH SYSTEM



National Expertise, Community Care

# Well Aware

is published by

FMH Marketing and Communications  
400 West Seventh Street  
Frederick, MD 21701  
240-566-3300 • [fmh.org](http://fmh.org)

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## About the Cover

Frederick Regional Health System's award-winning cancer care program has a new home. At the James M Stockman Cancer Institute at FMH Rose Hill, the operations, design, décor, and wayfinding systems have all been developed to provide an optimal healing environment. Learn more at [fmh.org/cancerinstitute](http://fmh.org/cancerinstitute).



## A MESSAGE FROM THE PRESIDENT

Our continued focus on improving the health and well-being of the community has resulted in many initiatives that deliver healthcare, education and support at locations outside of our hospital on Seventh Street. This issue will provide information about our outreach at the Frederick Community Health Fair, our grocery store shopping trips with registered dietitians, and the community garden we planted and maintained along with Hood College to provide fresh produce to our neighbors in need.

We are proud to welcome two new specialist physicians and we have launched a new cancer risk assessment.

I'm very pleased to announce that the Frederick Regional Health System is now part of the Johns Hopkins Advantage MD Medicare plan. You can learn more about the plan in this issue. There will also be informational seminars held over the next few months.

And finally, we have planned another outreach event with Hospice of Frederick County and Hood College to provide expert advice on end of life goal planning. We will have a play performed by local actors and a nationally acclaimed speaker at our November 2nd event.

Please read on to learn more about all of these topics in this issue of *Well Aware*.

Yours in good health,

Tom Kleinhanzl, President and CEO  
Frederick Regional Health System



## Did You Know?

**Substance Use Disorders—There Is Help** As the County's only comprehensive healthcare provider, we take the alarming rise in opioid overdoses and fatalities in Frederick County very seriously. We recognize this issue as one of our most pressing public health concerns, and we are working hard to address it at its core.

If you or someone you love is struggling with a substance use disorder, there is help. Visit [fmh.org](http://fmh.org), search **substance use**, and click on **Resources**. You'll find a list of inpatient rehabilitation programs for adults, adolescents, and pregnant women organized by insurance coverage, as well as information about detox facilities and sober living/halfway houses.

Need immediate help? Call 2-1-1 to reach the 24-hour Crisis and Intervention Hot Line, or dial 301-600-1029 to reach the Frederick County Health Department. If there is a life-threatening emergency, dial 9-1-1.





# MAKING SENSE OF YOUR MEDICARE CHOICES

If you're new to Medicare, you may have questions about how it works and what your options are. Here's a quick guide to help you make sense of your Medicare choices.

Presented by **ADVANTAGE MD**  
Johns Hopkins Medicine Medicare Plan



Medicare is a federal health insurance program that comes in four parts. Medicare coverage typically begins at age 65, with the exception of people with disabilities or serious health concerns. You have a seven-month window to enroll in Medicare. This Initial Enrollment Period includes three months before you turn 65, the month of your birthday, and three months after the month you turn 65.

## Know Your A, B, Cs

### **PART A: HOSPITAL SERVICES**

Helps cover inpatient hospital and nursing home care, home health care, skilled nursing facility care, and hospice.

### **PART B: PHYSICIAN & OUTPATIENT SERVICES**

Helps cover doctor visits, lab tests, outpatient services and outpatient surgery, and some medical supplies.\*

### **PART C: MEDICARE ADVANTAGE PLANS**

Covers everything that Medicare Part A and Part B does, and often includes extra benefits for prescription drugs, vision, hearing, and dental. These plans are offered by private insurance companies contracted by Medicare. To enroll, you must have Original Medicare (Parts A and B) and live within the plan's service area.

### **PART D: STAND ALONE PRESCRIPTION DRUG PLANS**

Helps cover some of your prescription drug costs. These plans are offered by private insurance companies who are contracted by Medicare. To enroll, you must be enrolled in Original Medicare and live within the plan's service area (you may have to pay a late penalty, if you choose to enroll after your Initial Enrollment Period).

## Choose the Plan That Fits Your Needs

**ORIGINAL MEDICARE** – A combination of Parts A and B. No prescription drug coverage.

**MEDICARE SUPPLEMENT PLANS** – Original Medicare plus additional coverage.

**MEDICARE ADVANTAGE PLANS** – Covers all services in Parts A and B, plus prescription drug coverage and extra benefits, like routine vision and hearing.

## Advantage MD, a Smart Medicare Choice

Johns Hopkins Advantage MD is the Maryland Medicare Advantage plan that covers the medical care you need, plus gives you extra benefits focused on keeping you healthy. Advantage MD gives you access to some of the region's major health care systems, located in your community and throughout the state. With Advantage MD, you can have the coverage you want and the care you need. Visit [HopkinsMedicare.com](http://HopkinsMedicare.com) for more information.

Johns Hopkins Advantage MD is a Medicare Advantage Plan with a Medicare contract offering HMO and PPO products. Enrollment in Johns Hopkins Advantage MD HMO or PPO depends on contract renewal. This article is brought to you by Hopkins Health Advantage, a licensed insurance company offering the Johns Hopkins Advantage MD and Advantage MD Plus health plans, the fastest growing Medicare Advantage (Medicare Part C) plans available in Maryland.\* For more information, visit [www.HopkinsMedicare.com](http://www.HopkinsMedicare.com). \*[www.CMS.gov](http://www.CMS.gov):2016 data form the Johns Hopkins Advantage MD 12-county service area.

# MEET DR. ESQUIVEL

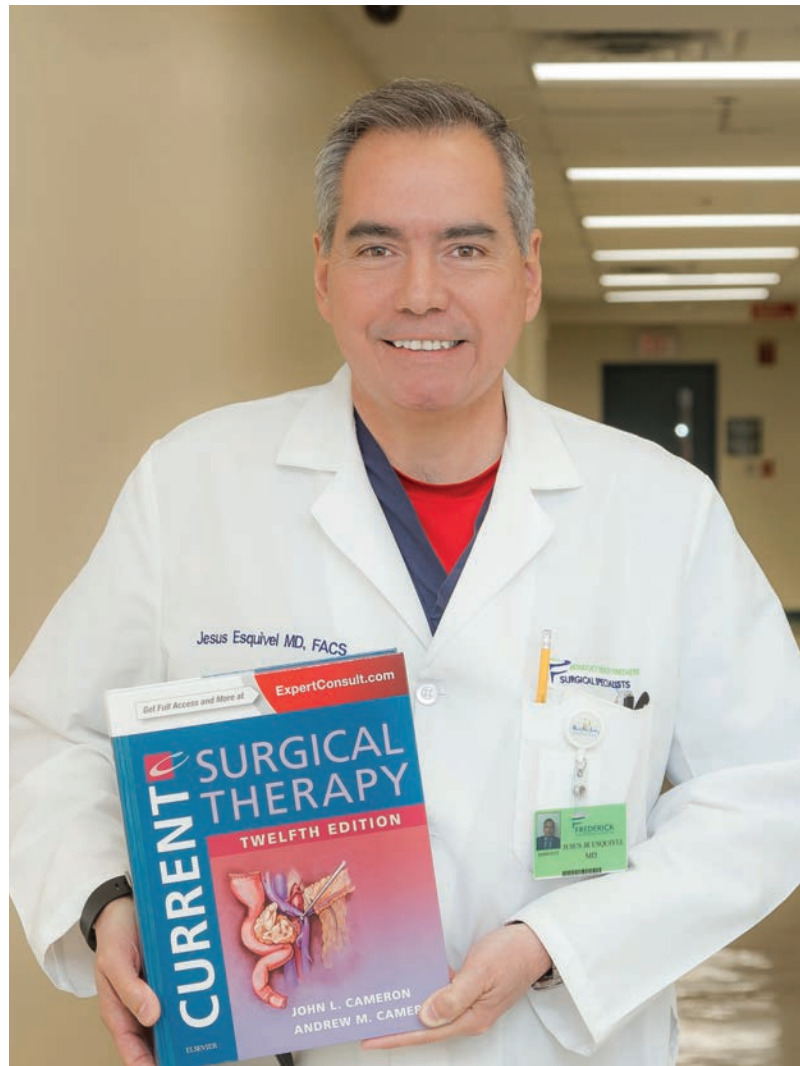
Monocacy Health Partners Surgical Specialists recently welcomed Dr. Jesus Esquivel, FACS, as a surgical associate.

Dr. Esquivel is certified by the American Board of Surgery. He completed his surgical internship at MedStar Washington Hospital Center in Washington, D.C. and surgical residency at New York Hospital Queens, a teaching hospital of Cornell University School of Medicine. Dr. Esquivel is a Fellow of the American College of Surgeons, and holds memberships in the American Society of Clinical Oncology, Society of Surgical Oncology, International Society of Gastrointestinal Oncology and the American Society of Peritoneal Surface Malignancies.

A nationally recognized expert in his field, Dr. Esquivel is seeing an increasing number of cancer patients at Frederick Regional Health System’s James M Stockman Cancer Institute—patients who otherwise would have had to seek care outside of the community. Because Frederick Regional Health System is a certified member of MD Anderson Cancer Network®, a program of MD Anderson Cancer Center, 14 members of our cancer care team—including Dr. Esquivel—have applied for and earned the status of Network Certified physicians. As an MD Anderson Network Certified physician, Dr. Esquivel has access to disease-specific, evidence-based guidelines, treatment plans and best practices, leading edge research, and peer to peer consultations with experts from MD Anderson’s highly acclaimed faculty.

Dr. Esquivel also brings with him unique expertise in the treatment of Peritoneal Surface Malignancies, or PSMs. This group of cancers results from a primary tumor located in the ovaries, stomach, intestines, colon, rectum or appendix that spreads throughout the abdominal cavity. “Your abdomen is lined with a thin, clear membrane called the peritoneum,” explains Dr. Esquivel. “A Peritoneal Surface Malignancy develops when cancer cells from other organs spread, and a tumor forms on the top layers of that lining. They can be difficult to diagnose, since many do not show up on MRIs and Positron Emission Tomography scans.”

Until recently, treatment options for people with PSMs were limited to symptom relief, with little hope of killing the cancer or stopping it from recurring. However, progress is being made, and Dr. Esquivel has been at the forefront of those surgical advances.



*Dr. Esquivel is a dedicated researcher who has been published in over 60 journal articles and has contributed to three textbooks. Dr. Esquivel is an experienced presenter and has been invited to share his research at conferences throughout the world.*

**If you need to schedule a surgical consultation, contact Monocacy Health Partners Surgical Specialists at 240-575-2526.**

# MORE OPTIONS FOR BREAST CANCER PATIENTS

The Center for Breast Care at FMH Crestwood provides comprehensive care for women with breast cancer, benign breast disease, and those at high risk for developing breast cancer. With all services offered in one convenient location, patients can focus their energies on fighting cancer instead of running from one provider's office to another.

Skilled nurse navigators coordinate with breast surgeons, radiation oncologists, and medical oncologists to handle all scheduling and treatment education, while social workers, pastoral care specialists, and financial counselors provide integrated care for the mind and spirit.

Under the care of fellowship-trained breast surgeons Dr. Susan Bahl and new physician Dr. Christine Harris, the Center for Breast Care is the only practice in the area that enables women who undergo mastectomies to opt for immediate breast reconstruction.

## Welcome Dr. Christine Harris

Dr. Christine Kathryn Harris is a fellowship-trained breast surgeon specializing in nipple-sparing mastectomies and a unique kind of reconstructive breast surgery that removes the cancer while also preserving and rebuilding the breast for a natural look.

Dr. Harris completed her general surgery residency at Virginia Commonwealth University and performed her preliminary general surgery internship at the University of Virginia. She earned her medical degree from the University of Maryland School of Medicine and is a member of the American Society of Breast Surgeons and the Society of Surgical Oncology.



*Cheryl Harvey, Family Nurse Practitioner at the Center For Breast Care reviews the High-Risk Screening assessment with a patient.*

### **Center for Breast Care Launches Community-based Cancer Screening and Prevention Services**

The Center for Breast Care at FMH Crestwood is working with medical providers from Frederick County to encourage their patients to participate in a Cancer Risk Assessment program that analyzes how family history, lifestyle habits, and underlying health conditions may impact their chances of developing breast cancer.

Information shared by patients through this web-based application is sent directly to the FMH Center for Breast Care for review. Those with risk factors that put them at greater than 20% lifetime risk of developing breast cancer are contacted directly to see if they would like to participate in additional cancer screenings.

Learn how this screening and early intervention helped one patient face her cancer risk with confidence by visiting [FMH.org](http://FMH.org) and searching cancer risk.

To learn more about the surgical and non-surgical options available to patients at the Center for Breast Care, visit [fmh.org](http://fmh.org) and search *breast care*.



## COMFORT FOR THE BODY, MIND, AND SOUL

Monocacy Health Partners Pain & Supportive Care provides physical, emotional, and spiritual care to patients who are coping with serious chronic or advanced illnesses such as cancer, congestive heart failure and COPD. Palliative care is sometimes confused with hospice care, but they are not the same. In both palliative and hospice care there is special emphasis on helping patients live comfortably so they can enjoy a high quality of life. When patients receive palliative care, they continue to undergo treatments to fight their disease or illness.

Dr. Jay Patankar and his colleagues collaborate with each patient's primary care physician and other specialists to deliver palliative care that provides a better quality of life while patients deal with the physical symptoms of their illnesses and side effects of their treatments.

"Our goal is to help manage things such as pain, nausea, fatigue, and difficulty breathing," said Tracy Ruzbacki, practice manager for Pain & Supportive Care. "But we also support the emotional and spiritual needs of our patients through counseling and holistic Reiki treatments that address the depression and anxiety that can come with being sick."

Susie Carl, a Certified Nurse Practitioner with Pain & Supportive Care, describes the palliative approach to care as compassionate, holistic, and family-centered. "We know that illness doesn't just affect one person," she said. "Our goal is to make every day meaningful for our patients and their loved ones."

"When dealing with a serious illness, it is never too early to see if palliative care is appropriate," Tracy said. Michele Davis can attest to that. She is a cancer patient who makes regular visits to Pain & Supportive Care's outpatient office at Frederick Memorial Hospital. "I always say that my cancer doctors have given me life, but Dr. Patankar has given me a life worth living," she said. "I just wish I had known about them sooner."



*Dr. Jay Patankar and members of the Monocacy Health Partners Pain & Supportive Care team help patients improve their quality of life while dealing with serious illnesses.*

Learn more about how Monocacy Health Partners Pain & Supportive Care is helping a local cancer patient by visiting [fmh.org](http://fmh.org) and searching *Palliative Care*.



## CONTINUING THE CONVERSATION

On November 2, Hospice of Frederick County and Maryland Ensemble Theater (MET) will present a special production of the thought-provoking play *Dusk* at Hood College. According to Hospice's Executive Director Carlos Graveran, the production follows the success of Hospice's presentation last April of the documentary *Being Mortal*. That event, which included a panel discussion on end-of-life issues, drew nearly 350 people.

"The feedback we received was so positive that we realized there was an opportunity to keep the conversation going," said Graveran.

*Dusk* is a one-act, five-character drama that examines the story of Gil Everette, who on the eve of his 65<sup>th</sup> birthday, has had a heart attack and suffers from congestive heart failure. Gil and his adult children explore his wishes regarding life-sustaining treatment options with the help of a medical social worker.

Matt Lee, who is directing *Dusk* for the MET, said the play is engaging and thought-provoking. "I think it is very well-written and true to life," he said. "Even though this is a difficult topic to broach for a lot of people, the play does so with humor and makes it a little easier to talk about."

Following the play, featured speaker Angelo Volandes, a Harvard Medical School physician and author of *The Conversation: A Revolutionary Plan for End-of-Life Care*, will discuss how people can empower themselves to get the right medical care at the right time and on their terms. Audience members will have the unique opportunity to ask questions and further the discussion with Dr. Volandes.

Hospice experts encourage families to think about end-of-life issues in advance so they can have more physical and emotional comfort when illness progresses to a point where it is difficult to make decisions. "Our goal is to educate the public on end-of-life issues and demystify the topic so that families can be more at ease in discussing these issues," Graveran said.

Lee admits that he initially had some concerns about directing a play that centers on end-of-life issues, but after reading the script, he realized the main message is that there is no one "right way" to address the topic. "Families will handle it differently," he said. "But despite the subject matter, I think the play is ultimately uplifting."



### *Dusk*

*A one-act play that examines end-of-life goals*

PRESENTED IN  
COLLABORATION  
WITH MARYLAND  
ENSEMBLE THEATER.



Featuring guest speaker  
Angelo Volandes

**Thursday Nov. 2, 2017**

**6-8 P.M.**

Doors open at 5:30 P.M. with light refreshments to follow.

Hood College Hodson Auditorium

Located in the Rosenstock Building

This event is sponsored by Stauffer Funeral Homes and Home Care Assistance. It is **free** and open to the public.

To reserve a seat, please register online at [hospiceoffrederick.org](http://hospiceoffrederick.org) or by calling 240-566-4055.

To read how one Frederick County resident started thinking about his end-of-life decisions, go to [fmh.org](http://fmh.org) and search *Conversation*.

# A NEW LEVEL OF COMMUNITY OUTREACH

Most people who passed by the vacant lot at the end of Park Avenue saw an overgrown plot of prime real estate full of brambles, weeds, and occasionally trash. When Suzanne Jacobson passed that lot on her daily runs, she saw something very different. She saw potential.

Jacobson, a nurse in the Frederick Memorial Hospital Emergency Department and a graduate of Hood College's Class of 1978, has a knack for seeing possibilities. As the volunteer coordinator of the FMH Green Team, she and her colleagues are charged with finding ways the hospital can implement more sustainable practices, minimize waste, and reduce its carbon footprint.

The FMH Green Team first envisioned a garden on this vacant lot six years ago. This past April, through a partnership between FMH and Hood College, the garden became a reality.

It started with a dozen plots, a pollinators' garden designed by Hood's Environmental Action Club, and a certified Monarch butterfly patch. Local farmer Mike Dickson of Seed of Life Nurseries helped volunteers plant corn, zucchini, crookneck squash, green beans, beets, carrots, basil, and several kinds of tomatoes. Small groups from both organizations signed up online to weed, mulch, water, and harvest once or twice a week throughout the summer, yielding thousands of pounds of fresh vegetables for distribution to the Frederick community.

Baskets full of produce were taken to the Frederick Food Bank, Heartly House, the Rescue Mission, and FMH Kline Hospice House in Mount Airy. Residents of Taney Village and Catoclin View Senior apartments also enjoyed the harvest, which was delivered to them within hours of picking by Jacobson and other volunteers.



*Pictured L-R: Volunteer gardeners and members of the FMH Nursing Leadership team Laura Jackson, Kristen Fletcher, Cheryl Cioffi and Jamie White join garden co-founder and FMH Emergency Department nurse Suzanne Jacobson for the weekly Community Resource Garden harvest*

**“Part of our job is to take care of you when you become ill, but that’s only part of it. We also want to encourage the healthy habits that help you get and stay well. Promoting healthier eating through our Community Resource Garden is one way we’re doing that.”**

**— Cheryl Cioffi, FMH Senior Vice President  
Chief Operating Officer,  
Chief Nursing Officer,  
and Garden Volunteer**

To read more about the FMH-Hood College Community Resource Garden, or to learn about how you can start one in your neighborhood or business, visit [fmh.org](http://fmh.org) and search *garden*.



# "I WISH I COULD TAKE YOU WITH ME TO THE GROCERY STORE!"

Frederick Memorial Hospital (FMH) dietitian Emily Spear provides nutritional consultations to patients who have recently left the hospital following treatment for conditions such as diabetes or a heart attack. Making healthier food choices goes a long way toward helping these patients avoid future hospitalizations. But for many, learning how to get healthier by eating differently can be overwhelming. It is not uncommon for patients to tell Emily, "I wish I could take you with me to the grocery store!"

One year ago, Emily and Care Transitions Nurse Amber Lange developed a program to do exactly that—accompany those wishing to improve their health through better nutrition to the grocery store to teach them how to make healthier food choices.

Several times a month and by special appointment, Emily meets a group of 15 people at the Safeway on 7th Street or one of the local Weis locations for a grocery store tour. A typical tour lasts about an hour, and is tailored to a specific topic, audience, or health condition.

"Our initial tours were for people with heart failure and focused on selecting products lower in sodium," she said. "Recently, we've collaborated with the Frederick County Health Department to add another tour for people trying to reduce their risk factors for Type II Diabetes. That includes menu planning based on lower fat options, fiber-rich choices, and healthy carbs." The tours now focus more on general healthy eating to manage or prevent several types of chronic disease.

Emily says one of her main goals is to provide real-world solutions for people who are earnestly trying to eat more healthfully, but may have limited time, energy, or money. "Right there in the grocery store is the perfect place to show them the exact products to choose to make healthier, fresher meals that are quick, easy, and affordable," she said.

"Making good nutritional choices is the first line of defense when it comes to preventing and treating a lot of chronic diseases," said Emily. "Our grocery store tours are just one way FMH is working to help people get or stay well, and live healthier, more active lives."

Trying to plan menus to ward off the onset of Type II Diabetes, manage heart failure, or improve overall health? Visit [fmh.org](http://fmh.org) and search *grocery store* to download an aisle-by-aisle shopping list of healthy choices selected for each of these chronic health conditions. To join an upcoming grocery store tour or schedule a tailored tour for your group, call 240-549-2053 or email [espear@fmh.org](mailto:espear@fmh.org).



*FMH dietitian Emily Spear (right) leads tours of local grocery stores to help patients better understand food labels and nutrition information so they can make healthier choices. With the help of an American Sign Language interpreter, she recently conducted a tour for members of Frederick's deaf and hard of hearing community at Weis Markets on Old Camp Road.*

For information on chronic disease support groups, please contact [alange@fmh.org](mailto:alange@fmh.org) or call 240-315-5965. For chronic disease education and support, you may schedule an appointment by calling 301-360-2574.

## IT TAKES A VILLAGE

Frederick resident John Jackson\* had been dealing with serious chronic disease for more than 10 years. Without a primary care physician or any type of insurance, he had been unable to pay for medical care, medications or supplies to monitor his condition. Feeling desperate, he had resorted to borrowing medication from a friend.

When John heard about the 2016 Asian American Center of Frederick's Community Health Fair, he saw the opportunity to get connected with the health and wellness services he needed to regain his health. In just one afternoon, John was seen by a nurse practitioner, social worker, nurse, pharmacist and dietitian from the FMH CARE Clinic. The team connected him with Mission of Mercy to get his medications and primary care services, and helped him get the supplies he needed to monitor his disease. He had time to ask questions and get the answers he needed, motivating him to make some lifestyle changes. In just a few hours, John got the support he needed to get back on his feet.

Like John, nearly 60% of last year's attendees came to the Community Health Fair to see a doctor or healthcare provider for an existing condition. However, more than 15% said that a new health problem such as high blood pressure, elevated cholesterol or glucose levels, or Hepatitis B or C had been discovered as a result of their attendance. Because most had no health insurance, and 61% listed a primary language other than English, many of these individuals were referred to a Community Health Worker who could help them receive follow-up care and access all of the resources available. (Read more about Community Health Workers on page 11.)

*\*Name changed to protect patient privacy.*



The Asian American Center of Frederick's Community Health Fair brings medical service providers, local businesses, organizations, and the people of the community together for a day of FREE medical services and education. Frederick Regional Health System is committed to improving the health and well-being of the community we serve. We are honored to participate again as a major sponsor for this event, providing medical personnel, staff volunteers, medical services such as the flu vaccine, and educational opportunities. Medical services available at the 2017 Community Health Fair include flu shots, screenings for vision, osteoporosis and thinning bones, blood pressure, diabetes, cholesterol and oral health, and one-on-one sessions with doctors from a variety of specialties.

**10<sup>th</sup> Annual Frederick Community Health Fair 2017**

**Saturday October 28, 8 A.M.-3 P.M.**

**Great Frederick Fairgrounds, 797 East Patrick Street, Frederick**

*Access to interpreters from 13 different languages.*

# COMMUNITY HEALTH WORKERS ARE CLOSING THE GAPS IN CARE



Care Transitions Manager Sara C. Littleton (left) and community health workers Laure Hean, Damaris Rivera, Coraine Nicholson and Gracy Villacis.

Recovering fully after a major illness or hospitalization means adhering to your treatment plan, including making appointments for follow-up care, getting and taking prescribed medications properly, and monitoring your symptoms closely for signs of relapse. But according to Sara Littleton, those things are more easily said than done for many area residents.

Littleton, who manages three FMH programs designed to help patients get and stay on the path to health and wellness after an illness or hospitalization, says lack of insurance and transportation, issues with language, and limited financial resources can be serious barriers to getting needed care.

Thanks to a new outreach program that trains and deploys community health workers, these patients now have a little more support. Funded by a grant awarded to the Asian American Center (AAC), community health workers are Frederick residents who receive 160 hours of specialized health and wellness instruction from physicians, certified nurse practitioners, registered nurses, dietitians, and pharmacists. They also receive in-depth, supervised practical instruction in the field, and are well acquainted with existing community resources and assistance programs.

Before patients with serious or chronic illnesses are discharged from FMH, the staff talks with them to see if they will face any barriers that may interfere with a full recovery. If so, patients are connected with community health workers who will visit the patients in their homes to help them understand their conditions more fully, provide them with what they need to monitor their symptoms, and help them find resources in the community to address anything else that could stand in the way of their getting and staying well.

## ***Bridges to Better Health***

Another important part of Frederick Memorial Hospital's strategy to encourage better community health is the Bridges program. Bridges builds partnerships between Frederick County's medical, religious, and neighborhood communities to provide information people need to improve their own health and wellness.

Certain groups within our community, such as the fragile elderly or minority populations, often have a higher risk for chronic health problems, yet lack a reliable way to seek advice and care. Bridges uses carefully trained lay health educators where these individuals currently live, socialize, work, and workshop to bring them health information, education, and support.

Interested in becoming a lay health educator? Call Janet Harding at 240-566-3465 or email [jharding@fmh.org](mailto:nharding@fmh.org). Learn more about the program by visiting [fmh.org](http://fmh.org) and searching bridges, or connect with them on Facebook at [facebook.com/FMHBridges](https://www.facebook.com/FMHBridges).

To learn more about the Community Health Workers program, or to access service, contact Care Transitions Coordinator Melissa Carpenter at 240-457-3293 or email [mcarpenter@fmh.org](mailto:mcarpenter@fmh.org).

## WHEN YOU CANNOT SPEAK FOR YOURSELF

One of the greatest gifts you can give your family is to let them know what your health care wishes are in the event you are unable to speak for yourself. Although it may be frightening and uncomfortable to think about this, if you have the right tools, advance care planning can be much easier. That's why Frederick Memorial Hospital (FMH) has a full-time social worker who helps patients, families, staff, and community members with the important task of creating written documents that spell out their health care wishes.

"We all hope to communicate until the very end of our lives, but it doesn't always happen that way," said the hospital's Advance Care Planning social worker Michelle Ross. "An advance directive helps ensure that your wishes for your medical care are followed, even if you cannot speak for yourself. Creating these documents relieves your loved ones from having to guess what medical treatment you would have wanted, leaving less room for disagreements and the type of turmoil that can have a devastating effect on a family for a very long time."



*Kenny Clabaugh and FMH Advance Care Planning social worker Michelle Ross talk about the importance of creating a living will and designating a healthcare agent at a recent presentation at the Emmitsburg Senior Center.*

An advance directive is a two-part document. The first part identifies a healthcare agent who you designate to make decisions for you if you become unable to make decisions for yourself. The second part is a living will, which contains specific directions for your care and provides a guide for your healthcare agent to follow. You do not need an attorney to craft a living will. Members of the FMH Advance Care Planning team can assist you with designating a health care agent and creating a living will at no cost.

"If you are unable to speak for yourself, and you have not created an advance directive, according to the law your medical providers must identify a surrogate to direct your care," said Michelle. "And this may or may not be the person you would have chosen yourself. At Frederick Memorial Hospital, we are working hard to create partnerships throughout the community that raise awareness, provide education, and inspire people of all ages and stages of health to plan for their medical care—before there's a crisis."

Interested in hosting a presentation on the importance of advance care planning? Think you might want to schedule a personal appointment to complete your own Advance Directive? Call Michelle Ross at 240-651-4541 or email [mross1@fmh.org](mailto:mross1@fmh.org). All support provided by FMH staff is free of charge to the community.

For more information on FMH's Advance Care Planning services, visit [fmh.org](http://fmh.org) and search *care planning*.



# JAMES M STOCKMAN CANCER INSTITUTE IS NOW OPEN



*Members of the Frederick Memorial Hospital Board participated in a ribbon cutting ceremony of the James M Stockman Cancer Institute on July 27, 2017.*

Frederick Regional Health System's James M Stockman Cancer Institute brings state-of-the-art cancer care to the heart of Frederick County. This, along with our affiliation with MD Anderson Cancer Network<sup>®</sup>, means that patients don't have to travel far from home to receive the very latest advancements in cancer treatment and technology.

The cancer institute houses Radiation Oncology, Oncology Care Consultants, Center for Chest Disease, and the Infusion Center. Each area was designed around the Optimal Healing Environment philosophy, which promotes healing and support for patients during their cancer experience. Calming colors and spaces are designed to provide optimal patient privacy and staff communication. Patients and their families enjoy personal, coordinated care amid an environment that promotes feelings of strength, renewal, hope, joy, energy, and courage.

Newly diagnosed cancer patients may be seen in the Multidisciplinary Clinic where a surgeon, medical oncologist, and radiation oncologist evaluate the patient during a single appointment. With assistance from a nurse navigator, the patient receives a treatment plan and full understanding of their diagnosis. The patient can also meet with a financial assistance advisor at that same appointment.

This new facility is home to the CyberKnife<sup>®</sup> M6 Robotic Radiosurgery System, a non-invasive alternative to surgery that enables patients to complete treatment in one to five days, compared to the weeks it takes to complete a course of conventional radiation therapy. This system is the newest CyberKnife technology available and treats both cancerous and non-cancerous inoperable or surgically complex tumors anywhere in the body, including the prostate, lung, brain, spine, liver, pancreas, and kidney.

As the only health system in the state of Maryland to become a certified member of the MD Anderson Cancer Network<sup>®</sup>, our team of MD Anderson certified physicians can review any patient diagnosis with an MD Anderson cancer expert. Peer-to-peer consultations and second opinions with MD Anderson faculty and other nationally recognized physicians certified by the network are just a phone call away. This means patients in Frederick County benefit from leading-edge research from across the nation.

Learn more about how the James M Stockman Cancer Institute was built for the community, by the community on page 14.



# FOR THE COMMUNITY, BY THE COMMUNITY

In late July, Frederick Regional Health System (FMH) opened the doors to the James M Stockman Cancer Institute on its Rose Hill campus. The new facility houses medical, surgical and radiation treatment areas including a garden-view infusion center, an enlarged multidisciplinary clinic, expanded nurse navigator and support services programs, and dedicated space for integrative medicine.

Just over five years ago, the volunteers of the FMH Development Council pledged to raise \$15 million through The Time is Now campaign to build and equip a new home for our award-winning cancer program. James M. Stockman stepped forward in 2016 with a \$3 million gift which fulfilled the original fundraising goal. In response, the Development Council set their sights on raising \$21.2 million to fully fund the Institute. Thanks to the generosity of the Frederick community, once the campaign is completed, this new facility will truly be built by the community for the community.

Given the key role that charitable support from the community has played in the creation of the James M Stockman Cancer Institute, members of the FMH giving clubs were the first to tour the finished facility prior to its opening

**"The 40 years I have spent as an oncologist in Frederick have been filled with joy and sorrow, but always with the awareness of the incredible resilience of the human spirit and its capacity for growth and healing. It is the patients that we celebrate today and this magnificent institute has been built to serve them and their families. It now stands as a testament to their courage and fortitude."**

— *Dr. P. Gregory Rausch*  
*Chair, FMH Development Council*



For more information or to make a contribution to the James M Stockman Cancer Institute, please contact the FMH Office of Development at 240-566-3478 or [donate@fmh.org](mailto:donate@fmh.org).



## QUIET HEROES



*FMH 2017 Good Samaritans of the Year Dick and Sue Basford were joined onstage at the award presentation by their family.*

For more than 25 years, Frederick Memorial Hospital (FMH) has been recognizing local citizens who have demonstrated extraordinary commitment to the Frederick community with our Good Samaritan of the Year award. The highest honor given by FMH to an individual, this award is shared by a group of men and women whose lives epitomize excellence, leadership, and generosity toward FMH and the community at large. This past May, longtime Fredericktonians Dick and Sue Basford were named the 43<sup>rd</sup> and 44<sup>th</sup> recipients of this prestigious award.

Both graduates of Frederick High School, the couple raised their three children here—Adam, Andy, and Emily—and are now enjoying their four grandchildren. In retirement, Dick and Sue direct the same energy and passion they spent raising their family and pursuing their careers to serving Frederick's non-profit community.

A founding member of the FMH Cancer Patients Assistance Fund and a member of the Women's Giving Circle, Sue has also volunteered with the Record Street Home, Frederick Rescue Mission, and the FMH Development Council. Dick has been active with the Community Foundation, March of Dimes, Community Action Agency's Soup Kitchen, and the Lions Club. As members of the hospital's Auxiliary, the couple has amassed more than 7,000 hours of combined volunteer service and contributed to the FMH Order of the Good Samaritan at the Patron level.

"Dick and Sue Basford define what it means to be 'quiet heroes,'" said FMH Special Gifts Committee Chair Dan Schiffman. "They see where the needs are and do what they can to address them, under the radar when possible. They are people of action, and our entire community is better for it."

To read more about the hospital's giving clubs, including the Order of the Good Samaritan, visit [fmh.org/donate](http://fmh.org/donate).

**Superb Quality. Superb Service. All the Time.** | Frederick Regional Health System | 400 W. Seventh Street | Frederick, Maryland 21701

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## UPCOMING EVENTS: THE MORE YOU KNOW

Interpreters are available upon request at least one week prior to the scheduled event by calling 240-566-4370. For more information [fmh.org/calendar](http://fmh.org/calendar). • **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-240-566-4370. • **ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 240-566-4370.

FMH offers a variety of lectures, classes, workshops, and support groups on health and wellness topics. Unless specified, events are held at FMH Crestwood, 7211 Bank Court, Frederick, Maryland 21703 in the 2<sup>nd</sup> Floor conference room.

### 10th Annual Frederick Community Health Fair

Saturday October 28, 8 A.M.-3 P.M.

Great Frederick Fairgrounds • 797 East Patrick Street, Frederick

See page 10 for more information.

### Pre-Diabetes Boot Camp

Monday October 30, 10 A.M.-12 NOON or 6-8 P.M.

FMH Main Campus, Classrooms 1 & 2

Registration Fee: \$40

Learn and understand how making different lifestyle choices can help you prevent diabetes. Sponsored by the FMH Center for Diabetes and Nutrition Services, this workshop is taught by a registered dietitian and certified diabetes educator. Space is limited. Registration is required by October 23. Visit [fmh.org/calendar](http://fmh.org/calendar), or call 240-215-1474 to register.

### Dusk

Thursday November 2, 6-8 P.M.

Hodson Auditorium at Hood College

A one-act play that examines end-of-life care followed by featured speaker Dr. Angelo Volandes. Presented in collaboration with Maryland Ensemble Theater and sponsored by Stauffer Funeral Homes and Home Care Assistance. Doors open at 5:30 with light refreshments to follow. This event is free and open to the public. To reserve a seat, please register online at [hospiceoffrederick.org](http://hospiceoffrederick.org) or by calling 240-566-4055.

### Surviving the Holidays

Thursday November 9, 5:30-6 P.M.

Did you know that 44% of women and 31% of men report an increase in stress during the months of November and December? In addition, 75-80% of visits to healthcare providers year-round are related to stress. This seminar will provide ways to identify our stressors, along with tools and strategies on how to avoid or minimize them. Join us for this timely and informative seminar moderated by Gregory H. Powell, Ph.D.

### Ask the Expert: The Rehab Continuum of Care

Thursday November 16, 6-8 P.M.

Join the FMH Joint Works Program Coordinator and the Rehab Team as they provide community education, hands-on demonstrations, and step-by-step guidance on the Rehab Continuum of Care within the Joint Works Program at FMH. Rehab professionals will provide an overview of how rehabilitation is integrated into **every step** of the joint replacement journey, from preparing for surgery, to learning about what to expect while in the hospital, to getting back to life with your new knee or hip.

Attendance is limited to 75. Reserve your spot today by phone at 240-566-3236 or online at [fmh.org](http://fmh.org). Light refreshments will be served. In the event of inclement weather, an announcement will be made the day of the event by 10 A.M. online at [fmh.org](http://fmh.org) and on the radio at 106.9FM, if necessary.