

care.together

Atlantic General Hospital & Atlantic General Health System



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From the President

Welcome to the Summer/Fall edition of care. Together.

September certainly is a bittersweet month. With the summer officially ending and fall beginning, it's a time where we brace for the many annual changes that our community encounters. It's important to reflect on the things we have been blessed with throughout the past few months – beautiful weather, exciting celebrations and the great times we have shared together. Whether it be gathering for a day on the beach, attending Fourth of July festivities, shopping at the local farmers' markets or hosting a spontaneous backyard crab feast, the summer provides so many opportunities to appreciate the place we call home and those who inhabit it.

Even though the warm summer months are behind us, there is still so much to look forward to in the months ahead. As our community's summertime visitors begin to dissipate, we

can expect to return to a sense of normalcy. The traffic lessens, wait times in restaurants across the area shorten and the overall 'hustle and bustle' we experience every year fades.

While I do enjoy the liveliness and excitement of the summer months, it's evident that the offseason provides a much-needed break for many.

This holds true for Atlantic General Hospital as well. Each summer, the increase in people translates to a significant increase in demand for hospital and other medical services. Frankly, we're the last place visitors have on their mind as they flock to Ocean City, Assateague, or elsewhere on lower Delmarva, but accidents, emergencies and illnesses occur without discretion. But, year after year, the antidote to this increased load is how we respond – and we always make it out on top.

These fall months give AGH the opportunity to regroup, strategize and execute initiatives to improve the accessibility and quality of care for

those in our community, all while preparing for next summer.

One of the ongoing challenges within the healthcare landscape is staffing shortages. Over the past few decades, the number of healthcare workers entering the workforce nationwide has not kept pace with demand; this includes physicians, nurses and healthcare educators, among others.

To combat this worsening nationwide dilemma, Atlantic General Hospital is focused on investing in health care professional development. As you will read on page three, AGH has deployed a new certified nursing assistant (CNA) training program, which helps to eliminate the barriers to entry into the health care workforce. During this free seven-week program, select students develop clinical skills through both classroom instruction and hands-on learning, all while being paid an hourly wage. Upon completion, graduates are required to provide one year of service to Atlantic General Hospital. But, with the tight-knit, employee-oriented culture that has been built and maintained at AGH through the years, we hope



to remain their employer of choice for many years to come.

Another key focus for Atlantic General Hospital is consistently improving upon the care we can provide to those in our community. When a health issue arises, it's important to have trusted medical professionals right at home. This is especially true when faced with a cancer diagnosis.

The award-winning Burbage Regional Cancer Care Center demonstrates what it means to be a community cancer care resource. There is a personalized touch when visiting the Burbage Regional Cancer Care Center; all patients are treated as friends, neighbors or family – because they are. But, being comfortable is not the most important factor when facing a cancer diagnosis

Continued p.10

A School Within a Community Hospital: **Finding Creative Solutions to the Healthcare Workforce Shortage**

Three questions typically spring to mind when contemplating career options: how much does the required education and training cost, how long will it take, and will this training even guarantee a job? These practical concerns often stand in the way of talented individuals and their dream jobs. Atlantic General Hospital and Health System is eliminating those barriers to entry into the healthcare workforce with a new training program for certified nursing assistants (CNAs).

The program is credentialed through the Maryland Board of Nursing and is seven weeks long, with the final three weeks devoted to hands-on clinical training. An additional week of training is provided for program participants who will become medical office assistants in the physician practice setting.

Instructors welcomed their first six students in April.

“They’re an enthusiastic group, and we’re so happy to have them here,” said Kelly Fox, RN, the hospital Education Department’s trainer tasked with conducting the program.

The students are paid an hourly wage during training and receive their instruction and books at no cost, in exchange for a year of paid service as CNAs upon program completion. The goal, Kelly said, is to offer the program twice a year, or as needed, to fill open positions within the hospital and the health system’s physician practices.

“The participants commit to working at Atlantic General for a year, but we hope they remain with us,” said registered nurse Bonnie Mannion, Education Manager for Atlantic General. “We want them to feel



The first class of CNA students graduated in June 2023, with a special ceremony that included their family, co-workers and staff who trained them and JAG supporters. Standing, from left: Karen Cooper, RN, Clinical Education Specialist; Bonnie Mannion, RN, Education Manager; Sarah Coffin, CNA training program graduate; Brianna McDermott, CNA training program graduate; Kelly Fox, RN, Clinical Education Specialist; Emma Konopik, CNA training program graduate; Miracle Handy, CNA training program graduate; Erin Howard, RN, Infection Prevention/Employee Health; Nikki Morris, RN, Intensive Care Unit Coordinator. Kneeling, from left: Porter Bunting, CNA training program graduate; Laura Sturla, RN, Nurse Manager, Emergency Department; Heather Snyder, RN, Director of Quality and Infection Prevention/Employee Health.

that they are an important part of the wonderful culture we have built here.”

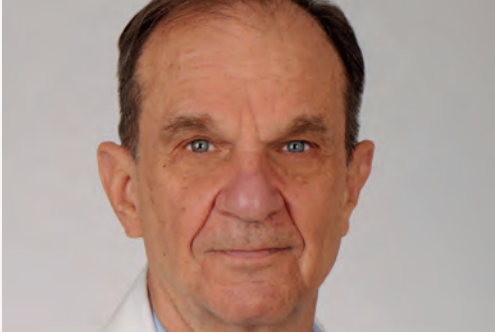
A key aspect of that culture is the importance placed on growing talent from within, and supporting any employee’s desire for learning and ongoing professional development. Many employees have found a pathway to advancement with the help of the organization’s James G. and Nancy W. Barrett Nursing Scholarship and tuition assistance programs.

The CNA training program is made possible by a donation of funds raised during the Tacos and Tiaras and other events held by Atlantic General’s Junior Auxiliary Group (JAG).

A New Era of Cancer Treatment

How Immunotherapies and Other Treatment Advances are Improving the Lives and Outcomes of Individuals with Cancer

by Dr. Rodney Williams
Board Certified Medical Oncologist
John H. 'Jack' Burbage, Jr. Regional
Cancer Care Center



In recent years, we've seen significant advancements in the field of medical oncology. One notable shift has been moving away from traditional chemotherapy and towards targeted therapy and immunotherapy.

Chemotherapy is a systemic treatment that works by killing rapidly dividing cells, but it can also affect healthy cells and cause side effects. On the other hand, targeted therapy focuses on specific molecules or pathways that play a crucial role in cancer growth. By targeting these specific aspects of cancer cells, targeted therapies can be more effective with fewer side effects compared to traditional chemotherapy.

Immunotherapy is a type of treatment that harnesses the power of the immune system to fight cancer. Our immune system can identify and eliminate abnormal cells, including cancer cells. However, cancer cells can evade detection by the immune system. Immunotherapy works by boosting the immune system's ability to recognize and attack cancer cells, enabling it to effectively

combat the disease. It has shown remarkable success in certain types of cancer, and research in this field is rapidly expanding.

Another significant development in medical oncology is the concept of de-escalation. Traditionally, cancer treatment has followed a one-size-fits-all approach, where aggressive treatments were often employed. However, with advancements in our understanding of cancer biology, we now recognize that not all cancers are the same. De-escalation aims to personalize treatment based on individual factors such as tumor characteristics, genetics, and response to initial therapy. This approach allows us to tailor treatment plans to minimize side effects and overtreatment while ensuring optimal outcomes. De-escalation strategies can involve reducing the intensity or duration of therapy, selectively targeting specific pathways, or even opting for active surveillance in certain cases.

Furthermore, the process of drug development and approval has undergone changes that benefit patients. The U.S. Food and Drug Administration (FDA) has implemented expedited pathways for the approval of safe and effective treatments. This means that promising therapies can

Era, Continued p.7

New Faces and Places



Erinn Cook, MS, BS MT(ASCP)^{CM} has been promoted to Director of Laboratory Administration for Atlantic General Hospital. Erinn was born and

raised on the Eastern Shore. She joined the laboratory at Atlantic General Hospital in 2005 after graduating with a Bachelor of Science in Medical Technology from the University of Delaware. She spent five years at TidalHealth Nanticoke as a senior technologist and supervisor of the microbiology department while maintaining casual status at AGH. Erinn returned to Atlantic General Hospital full time in April of 2021. In May 2023, she completed a Master of Science in Microbiology and Cell Science from the University of Florida. She lives in Willards, MD, with her husband of 17 years and their three sons.



Bryauna Menafee has been promoted to the role of Environmental and Food Services Manager, overseeing housekeeping and food

services for Atlantic General Hospital. Bryauna moved to Berlin, MD, in 2008 and entered into housekeeping in 2010, finding that cleaning is a great way to ease the mind. In 2014, she joined Atlantic General as a housekeeping aide, rising to the role of Environmental

Services Supervisor in 2018. In 2021, Bryauna received the Friend of Nursing Award, an honor bestowed to a non-nursing employee who goes above and beyond to assist nursing staff, in recognition of the critical role she and her housekeeping team played in infection prevention during the height of the COVID-19 pandemic.



Pediatrician **Cristian F. Salgado, M.D.**, joins Atlantic General Health System in September 2023 to provide care at Atlantic General

Pediatrics, which will be relocating to the Gudelsky Family Medical Center in Ocean Pines, MD, this fall. Dr. Salgado completed his pediatrics residency at the Children's Hospital of Philadelphia, after attending University of Maryland School of Medicine, in Baltimore. He achieved high honors throughout his education, graduating Summa Cum Laude from both the University of Maryland, College Park, and medical school, where he was also inducted into the Alpha Omega Alpha national medical honor society. Dr. Salgado was born and raised in Quito, Ecuador, and is fluent in both English and Spanish. He is excited to relocate to the Eastern Shore with his wife, who was born and raised in Berlin, MD. Dr. Salgado is currently accepting new patients. To schedule an appointment for your child, call **443-728-1004**. ●

Awards & Recognition

Atlantic General Receives 6 Awards from Coastal Style Readers

Congratulations!

The readers of Coastal Style magazine have selected three AGH medical providers, a nurse and the **AGHRx RediScripts Pharmacy** as among the Best of Worcester County for 2023. The staff to receive awards are:

- **Melissa Braniff, CRNP** (*Best OB-GYN*)
- **Anita Pascucci, DO** (*Best Pediatrician*)
- **Anne Watson-Waples, RN** (*Best Nurse*)
- **Preeti Yonker, MD** (*Best Neurologist*)
- **Alae Zarif, MD** (*Best General Surgeon*)
- **AGHRx RediScripts** (*Best Pharmacy*)

Congratulations to all! ●



Melissa Braniff, CRNP



Anne Watson-Waples, RN



Preeti Yonker, MD



Anita Pascucci, DO



Alae Zarif, MD



AGHRx RediScripts Pharmacy Team. From left: Jordan Hines, Pharm.D.; Tynisha Brittingham, CPh; Jeff Kukel, Pharm.D., AGHRx RediScripts Pharmacy Manager; Karan Bealla, Pharm.D.; Meghan Hudson, CPh; Michelle Briddell, CPh; James McGinnis, R.Ph., Director of Pharmacy; Ada Steinger, CPh

Atlantic General Bariatric Center Honored with Surgical Quality Partner Designation by American College of Surgeons



In June, Atlantic General Bariatric Center earned the distinction of Surgical Quality Partner for its bariatric surgery program from the American College of Surgeons, a scientific and educational organization dedicated to the ethical and competent practice of surgery that is the largest organization of surgeons in the world. Designation as a Surgical Quality Partner means that our bariatric center is dedicated to surgical quality and is committed to maintaining the highest standards in surgical care. ●

Facing the Unexpected... **Together**

In winter of 2021, Daniel Legge began to experience severe back pain, so he consulted his primary care provider, Allison Diesel, PA-C. After close examination, she recommended he see an orthopedic specialist, along with an oncologist, so they could pinpoint the problem.

“But I don’t have cancer, I have a back problem,” Daniel recounted. Nevertheless, he scheduled an appointment with Dr. Rabindra Paul at the Burbage Regional Cancer Care Center.

“We remained here when we had the option to go back to northern Virginia and get care there. Daniel’s trusting his life to Dr. Paul.”

— Robyn Legge

After reviewing Daniel’s blood panel, Dr. Paul was able to diagnose the problem almost immediately - multiple myeloma, a form of cancer that affects plasma cells in bone marrow. Dr. Paul then ordered an MRI to determine the extent of the lesion or lesions on Daniel’s lower spine.

“I was brought into the treatment center by wheelchair. I really wasn’t able to walk any distance.”

After two weeks, with the help of radiation oncologist Dr. Manoj Jain and attentive care from radiation therapists Amy, Shannon, and Jill, Daniel was cured of that lesion. He then worked with nurse practitioner Paige Wildmann and began cancer treatment injections, ultimately achieving remission just two months later.

“The first day that I saw Dr. Paul, Dr. Jain and Paige Wildmann, Dr. Paul put his hand on my shoulder and said, ‘we’re going to get you fixed up.’ It was very powerful. And they did – they did fix me up.”

Daniel, like many, is not originally from the Lower Eastern Shore. He moved here in 2019. He was raised in Northern Virginia, which is a whole different world compared to the tight-knit, community-oriented atmosphere on this side of the Chesapeake.

When faced with a cancer diagnosis, one of the first thoughts that come to mind is to find the right place for care. Prior to finding the Burbage Regional Cancer Care Center, Daniel and his wife, Robyn, considered making the trip back to Northern Virginia to seek cancer treatment.

Together, Continued p.9

Era, Continued from p.4

reach patients more quickly, especially for life-threatening conditions like cancer. These accelerated approval processes are based on preliminary evidence of a treatment's effectiveness, such as tumor shrinkage, rather than waiting for long-term survival data. This allows patients earlier access to potentially life-saving therapies, expanding their treatment options and improving their chances of successful outcomes.

In conclusion, the field of medical oncology has seen a paradigm shift towards precision medicine. This specialty is moving from chemotherapy towards targeted therapy and immunotherapy. These approaches offer more specific and effective treatments with fewer side effects. De-escalation strategies help tailor treatments to individual patients, optimizing outcomes while minimizing unnecessary harm. Lastly, quicker FDA approval processes ensure that safe and effective treatments are available to patients in a timely manner. These advancements provide hope and improved prospects for cancer patients, ushering in a new era of personalized and innovative cancer care. ●

To learn more about the care team and advanced treatment options available at the John H. 'Jack' Burbage, Jr. Regional Cancer Care Center, call **410-629-6888** or visit **www.agh.care/RCCC**.

Celebrating National Cancer Survivors Day

June 4, 2023

Atlantic General Hospital's Burbage Regional Cancer Care Center held a special ceremony, inviting patients and other survivors in the community, along with their friends and families, to honor and celebrate the tremendous strength, resilience, support and connection that are woven together during a successful fight against cancer. Held at the Healthway Drive Community Garden and hosted by the RCCC staff and Rayus Radiology, the day included words from cancer center director Chanelle Lake, MSN, RN, OCN, and radiation oncologist Manoj Jain, M.D., a ceremonial tree planting, and refreshments for attendees.



From left: Stephanie Ellis, BSN, RN, OCN; Harmony Addicks; Chanelle Lake, MSN, RN, OCN; Amy Wagner, BSN, RN, OCN; and Kathleen Dorsch, RD, CSO, LDN.



Go to: www.agh.care/dmrisk

LEARN YOUR RISK

Diabetes is more common than you may think – and diabetes left unchecked can damage nerves, the heart, kidneys and other organs. Take a free 60-second quiz from the American Diabetes Association to learn if you are at risk.

37.3M

37,300,000 Americans are living with diabetes

25%

25% of them do not even know they have diabetes

1MIN

It only takes 1 minute to learn your risk for diabetes

For more information about diabetes treatment and how to best manage your diabetes, call the Atlantic General Diabetes and Endocrinology Center at 410-208-9761.

Together, Continued from p.7

“There, they have great hospitals, they have great doctors, but it’s evident that the doctors have an agenda of turning people. You feel like a number. They have so many treatments with so many patients, and there’s an agenda to get everything done – to get them in and out as quickly as possible.

“There’s a big...big...BIG difference. There’s a personal interest in the people there. I watch sometimes as other people come in, and Harmony, the receptionist, of course, knows everyone by name. She knows my wife; she asks about her. There’s just a personal relationship that you don’t have in a big city – that you don’t have in a major metropolitan cancer center.”

physician may come in and talk to me for 5 minutes, then leave, and the infusion center would be staffed by people who are rotating all the time. So it’s just entirely different.”

Patients of the Burbage Regional Cancer Care Center are not treated as just a number. No two patients are the same; they have their own stories, families, interests and hobbies, and the staff recognize that.

With this personalized, community-oriented approach being coupled with the sound expertise of Dr. Paul, Dr. Jain, Paige Wildmann, CRNP, and their supporting staff, it’s no surprise that patients feel comfortable and confident with the care they receive.

“I will have cancer the rest of my life, but I am in remission now. There isn’t a cure for multiple myeloma, but there is treatment. I’m grateful to have found Dr. Paul, Dr. Jain, Paige and the rest of the Burbage Regional Cancer Care Center team. I’m getting exceptional treatment right down the road from me... right where I live.”



Robyn and Daniel Legge. Daniel was diagnosed with multiple myeloma in the winter of 2021 and received care from the team at the Burbage Regional Cancer Care Center, in Berlin, MD. He is currently in remission.

To think that you’re going to have a personal relationship with someone there – for them to know who you are – or that you’re going to be able to get through the phone tree is just not realistic. That’s not the case at RCCC at all – it’s all personal.”

This personalized touch is what led Daniel and Robyn to stay in the area for cancer treatment. Those who are battling cancer understand that the emotional toll can be just as taxing as the physical element, and being truly seen and heard by one’s health care team can work wonders on the body and mind.

Throughout Daniel’s treatment, he and his wife created and maintained strong relationships with everyone at the Burbage Regional Cancer Center. So much so that one of the nurses, Guy, even provided Daniel with his personal cell phone number in case he ever needed to reach out. This level of personal care and genuine interest in his health and wellbeing was profound to Daniel.

“It’s something that I’m not used to. If I were in this program in Virginia, I don’t think I’d ever see the same person twice, the

For Daniel, facing his cancer diagnosis was difficult, daunting and ultimately scary. The thought of having to travel multiple hours for treatment seemed to be an unbearable necessity. But, upon his initial consultation, he knew that he could trust the team of cancer care experts at the local Burbage Regional Cancer Care Center.

“This is an asset that the people in this community have. I hope they don’t have to use it, but if they do, it’s a wonderful place to go. It’s wonderful, competent care.” ●

From the President

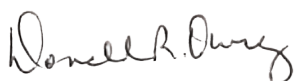
Continued from p.2

– it's having a skilled team of experts who provide top-notch care. Our center's team of cancer care providers and their supporting staff utilize the newest advances in the field of medical and radiation oncology to provide patients with the best possible outcomes. As you will read on page seven, patients receive personalized, highly skilled care at the Burbage Regional Cancer Care Center – right in the comfort of their own community.

One of the most important steps one can take to best maintain good health and wellbeing is seeing a primary care provider for annual checkups and sick visits. But, have you ever called a primary care office only to be told that they are not currently accepting patients? This is a very common occurrence, especially here in our community which is federally designated as medically underserved, and we recognize the frustration it causes. Atlantic General Hospital continues to recruit primary care providers and is taking steps to improve efficiency so that you can always access the care you need. In order to help our patients get into a primary care provider's office quickly and easily, Atlantic General publishes a list of providers who are currently available to see new patients. If you ever need to see a provider, we will always have one ready to meet you. See page 11 for more details on how to get started.

I hope you and your families had a fantastic, safe summer. As the days are getting shorter, the roadways are clearing up and the summertime buzz is slowly fading away, I extend to you well wishes for the months ahead.

Onward and upward, together.



Don Owrey, MBA, FACHE
President & CEO
Atlantic General Hospital & Health System

It's Getting Easier to Receive Life-Saving Colorectal Cancer Screening

You may have heard that the recommended age to start getting screened for colorectal cancer has dropped from 50 to 45 (if not, you have now). The gold standard for screening is the colonoscopy. Admittedly, preparing for a colonoscopy is not a piece of cake, but Atlantic General Hospital and Health System is making it just a little easier for everyone to follow the guidelines for colorectal cancer prevention.

Now, patients of Atlantic General Health System's primary care providers that meet the screening criteria can schedule their procedure at Atlantic General Endoscopy Center without seeing a gastroenterologist first.

The colonoscopy still requires a provider's order, but our primary care providers can now write that for you when you come in for your annual wellness visit or regular check-up, just as they would for routine bloodwork.

So, if you're 45 or older and have not been screened for colorectal cancer – and you're a patient of Atlantic General Primary Care – speak with your provider today. Routine screening colonoscopies are typically covered at 100% with no co-pays, but contact your insurance company to confirm.

Screening guidelines by age:

- 45-75 — colonoscopy every 10 years for average-risk patients
- 76-85 — selective testing based on individual factors, such as overall health, life expectancy, and previous screening history
- 85 and up — not recommended

Your doctor may recommend screening younger than 45 if you have increased risk factors. ●

The Benefits of Generosity:

Giving the Gift of Health and Wellness to Yourself and Others

by Steven Tyson

Donor Relations Officer

Atlantic General Hospital Foundation



There are myriad reasons to give generously to a good cause. Your donations make it possible for nonprofit organizations to feed

the hungry and shelter the homeless. Your financial support delivers medicine to cure the sick and prevents disease. Your acts of kindness make the world a better place.

It's probably easy to see why this can lead to several mental health benefits for you, including increased happiness and enhanced self-esteem. But, what you might not realize is that the positive effects of charitable giving can extend beyond your mental health and enhance your physical health, too.

Generosity makes people happier and reduces stress

At the most basic level, giving makes us feel better. Acts of generosity raise levels of happiness and emotional well-being, giving charitable people a pleasant feeling, known in behavioral economics as a "warm glow."

Many of the physical benefits of altruism are likely related to reducing stress, which is a catalyst for many health issues. These include increased heart rate and high blood pressure, a leading cause of heart attacks and strokes.

Generosity counters depression

Scientific evidence shows that humans secrete "feel good" chemicals in their brains when engaging in philanthropy, such as serotonin (a mood-mediating chemical), dopamine (a feel-good chemical), and oxytocin, which is associated with tranquility, serenity, or inner peace.

Generosity can help you live longer

Researchers have linked having a sense of purpose to lower mortality among older adults. One study found that helping others reduced the risk of early death, most likely by buffering the effects of stress.

How can you give?

Whether it's through gifts that make an immediate impact, generate income during your lifetime, or leave a lasting impact thereafter, there are many different ways to make a meaningful, mutually beneficial and measurable difference in your community, all while reaping the health benefits of giving.

Planned giving can include making a bequest, a gift made through a will or trust, which is one of the easiest and most flexible ways to give. With the guidance of an advisor, you can include language in your will or trust specifying a gift be made to family, friends or a non-profit organization of your choice

Benefits, continued p.14

Available to See You Now!

As a federally designated "medically underserved" region, the national physician shortage is felt even more profoundly here on the Shore. Atlantic General Hospital and Health System continues to recruit for additional providers for primary and specialty care and to streamline processes to create greater access to the care you need.

The following primary care providers are currently accepting new patients, with readily available appointments:

Edwin Castañeda, MD – Berlin

Sally Dowling, MD – Selbyville

Margo Gill, MD – West Ocean City

Sandra Mancilla, MD – Selbyville

Oswaldo Nicastro, MD – Ocean Pines

Kieran Py, MD – Ocean View

Ellen Rowe, MD – West Fenwick

Amy Sood Barshinger, CRNP – Ocean City

Wendy Corkran, CRNP – West Fenwick

Katie Morris, DNP – Ocean Pines and Selbyville

Allison Pusey, FNP – Ocean Pines

G.W. Smith, PA-C – Ocean City

For more information about these providers or to schedule an appointment, visit agh.care/PCPnow. Or, call our Physician Referral Line at **410-629-1500**. ●

Opening Soon!



The much-awaited **Gudelsky Family Medical Center**, located on Racetrack Road in Ocean Pines, is slated to open this fall. The facility will provide a more convenient and accessible location for our patients receiving primary care and specialty services in northern Worcester County.

In the fall, our Ocean Pines primary care office, and the Atlantic General Diabetes and Endocrinology Center will relocate to the Gudelsky Center. Additional walk-in lab and x-ray services will also be available. AGHRx RediScripts pharmacy will follow with its second location in early 2024.

Announcement of the grand opening celebration details will be made soon. We hope you will join us!

Care Choice at Atlantic General Hospital & Health System

PRIMARY CARE

\$

Can you wait 24 hours to see your **OWN** provider?

- Allergic Reactions
- Bug or insect bites
- Ear or sinus infections
- Minor cuts, burns or wounds
- Nausea, vomiting or diarrhea
- Skin conditions
- High blood pressure or cholesterol
- Diabetes
- Regular health screenings
- Mental health

An Atlantic General Health System Provider is AVAILABLE 24/7 for any URGENT questions.

WALK-IN CARE

\$\$

Can you wait a few hours for medical care when your **OWN** provider is **NOT** available (*after office hours*)?

- Allergic Reactions
- Bug or insect bites
- Cough, cold or flu
- Ear or sinus infections
- Minor cuts, burns or wounds
- Nausea, vomiting or diarrhea
- Cuts that need stitches

NOTE: Please make sure to follow up immediately with your OWN provider if your medical condition does NOT improve.

EMERGENCY ROOM

\$\$\$\$

Do you need medical care **NOW**?

SERIOUS life- or limb-threatening conditions **REQUIRE EMERGENT CARE.** Call **911** or proceed **IMMEDIATELY** to the **EMERGENCY DEPARTMENT**

- Chest pain, palpitations
- Shortness of breath
- Signs of **STROKE**: difficulty speaking, numbness or weakness of limbs
- **SUDDEN** confusion OR **LOSS** of consciousness
- **SEVERE** burns
- Broken bones or **SEVERE** traumatic injuries
- Mental health emergencies

Atlantic ImmediCare

Townsend Medical Center
10th Street, Ocean City, MD • (410) 289-0065
Memorial – Labor Day, daily | Off-Season, M – F

Upcoming Events

Walk with a Doc – educate, exercise, empower *3rd Saturday of every month – 9 a.m.*

Join us for our monthly Walk with a Doc! An Atlantic General medical expert will hold a brief discussion about an important health topic, then lead the group for a morning walk. The first 10 participants to arrive will receive Wal-Mart gift cards. *For guest and location information, visit us on Facebook @AtlanticGeneralHospital.*

Diabetes Support Group

First Wednesday of the month

Ocean Pines Library • 1:30 - 2:30 p.m., odd months

Berlin Library • 5 - 6 p.m., even months

The group provides discussion, education, and a speaker on various topics of interest to those with diabetes. For more information, please contact Darlene Jameson at: **410-208-9761** or **djameson@atlanticgeneral.org**.

Parkinson's Support Group

Second Tuesday of every month • 3:15 – 4 p.m

Atlantic General Neurology office, Berlin

For individuals suffering from Parkinson's, as well as their caregivers. Group provides discussions and mutual support, as well as education on exercise, nutrition, coping techniques, medications, and developments in treatment. For more information, contact Kay Kinnikin at **410-641-4765** or **kkinnikin@atlanticgeneral.org**.

Breast Cancer Support Group

Third Wednesday of every month • 1 p.m. – 2 p.m.

Burbage Regional Cancer Care Center

For survivors and current patients battling breast cancer. Please call Women Supporting Women at 410-548-7880 for more information.

CPAP Mask Fitting – appointment necessary *1st and 3rd Thursdays of every month*

Atlantic General Hospital Sleep Disorders Diagnostic Center, Berlin

Atlantic General Hospital's Sleep Disorders Diagnostic Center hosts a mask-fitting clinic for patients who are having trouble adjusting to their CPAP equipment. This is a FREE service, but you must call ahead to set up an appointment. To schedule, contact Robin Rohlfing at **410-641-9726**.

T.O.P.S. of Berlin – Group #169

Every Monday • 5 – 6:30 p.m.

Conference Room 1, Atlantic General Hospital

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and a healthy lifestyle. Contact Rose Campion at **410-641-0157** for more information.

Grief Support Group

Fourth Wednesday of every month • 5:30 – 7 p.m.

Conference Room 1, Atlantic General Hospital

Our goal is to instill hope for the future and give you skills to help you find your way, by providing a supportive place where members can share stories confidentially and spend time with others who understand. Please contact Gail Mansell at **410-641-9725** or **gmansell@atlanticgeneral.org** for more information.

Stroke Support Group

Third Wednesday of every month • 3 – 4 p.m.

Atlantic General Neurology office, Berlin

For stroke survivors, family and friends. For more information, contact Betty at **410-641-4765** or **bglime@atlanticgeneral.org**.

Visit www.agh.care/calendar for other upcoming events and dates.

Benefits, continued from p.11

as part of your estate plan. With a bequest, you'll remain in control of the funds or property during your lifetime, while also potentially reducing estate taxes.

An IRA charitable distribution is another way you can boost your health through giving and also see possible tax benefits. If you are over the age of 70 ½ years, you can make a qualified charitable distribution (QCD) from your IRA of up to \$100,000 per year directly to the charity of your choice. Donors who choose to support a charity with IRA distributions do not rely on all or a portion of the income from retirement accounts. These donors may not want to make donations out of pocket, and simply may not need or want the income satisfying the required minimum distribution put in place by the IRS.

AGH Foundation Planned Giving Committee member and certified financial planner Les Dennis says, "Qualified charitable distribution from an IRA and low cost basis highly-appreciated stock gains are some of the best, most rewarding gifts to make with client incentives. Stocks like Facebook, Apple and Tesla, to name a few, have low purchase price stock transactions with significant tax implications."

Gifts of long-term appreciated assets, those that gain value and are held for more than one year, are a tax-smart way to support your favorite charities. This includes company stock, shares in privately held companies, real estate, fine art, antiques and collectibles.

A donor-advised fund (DAF) is a philanthropic giving vehicle that provides an immediate tax benefit to you and allows you to recommend grants to your favorite charities.

Through planned gifts, you ensure good stewardship of your assets while contributing to others and receiving possible tax benefits in the process. It's a definite win-win! When you donate, you help people in need and also help yourself. It's that simple.

If you would like more information or assistance in making a charitable gift through planned giving, please contact Atlantic General Hospital Donor Relations Officer Steven Tyson at **410-641-9690** or **styson@atlanticgeneral.org**. ●



VISION

To be the leader in caring for people and advancing health for the residents of and visitors to our community.

MISSION

To provide a coordinated care system with access to quality care, personalized service and education to create a healthy community.

VALUES

We become the leaders in caring through these values:

- C**ompassion
- A**ccountability
- R**espect
- E**rror-Free

QUALITY STATEMENT

We deliver care that is accessible, safe, appropriate, coordinated, effective, and centered on the needs of individuals within a system that demonstrates continual improvement.

SAFETY

We are committed to Zero Harm for our patients, providers, care givers, and associates.

PATIENT EXPERIENCE

- W**elcoming
- O**utstanding
- W**arm

We communicate with and treat our patients as loved ones.

ETHICAL COMMITMENT

To conduct ourselves in an ethical manner that emphasizes community service and justifies the public trust.

Thank you for helping us carry out our vision, mission, and values.

We like feedback!



We value the opinions of our patients and their families. If you have a positive experience, we would love to share kudos with our associates, volunteers and medical staff. On the other hand, if your experience with us is less than excellent, please share it with us too, so we can improve how we provide care.

We strive every day to bring you the best care possible. There are several ways you can share your opinions with us to help us in our mission:

Fill out and return surveys you receive in the mail.

An agency conducts surveys on our behalf to collect important information about our patients' experiences. All survey responses are confidential, so please share your honest observations.

Fill out a comment card.

These are available in every hospital department and physician office of Atlantic General Health System. Just hand in the completed survey to any associate.

Send us an email.

Drop us a line at pr@atlanticgeneral.org. We'll respond to your comment or question within 72 hours.

Write or call.

Letters can be sent to: **Atlantic General Hospital, Patient and Family Relations, 9733 Healthway Drive, Berlin, MD 21811.**

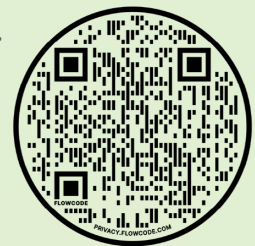
Or, call our Patient and Family Relations Representatives at **410-641-9654**.

Consider giving to our Grateful Patient Program.

If you've had a particularly positive experience at AGH, this is a wonderful way to honor a caregiver while sustaining quality healthcare for our communities. More information and details about this program can be found at www.agh.care/honoracaregiver.

Leave a review.

Scan this QR code to leave a Google review. ●



The services and facilities of Atlantic General Hospital & Health System are operated on a nondiscriminatory basis. They are subject to the provisions of Title VI of the 1964 Civil Rights Act, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, the Hill Burton Act, and Section 1557 of the Affordable Care Act. The acts prohibit discrimination on the basis of race, color, national origin, age, disability, gender or sexual orientation. This facility's nondiscriminatory position applies to admissions, provisions or services, granting of privileges, accommodations, and opportunity to participate in programs and activities.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-410-629-1500.

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-410-629-1500.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-410-629-1500.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-410-629-1500。

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-410-629-1500 번으로 전화해 주십시오.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-410-629-1500.

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-410-629-1500.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-410-629-1500.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-410-629-1500.

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-410-629-1500.

Nti: O buru na asụ Ibo, asụsụ aka oasụ n'efu, defu, aka. Call 1-410-629-1500..

AKIYESI: Bi o ba nsọ èdè Yorùbú o fẹ́ ní iranlọwọ́ lori èdè wa fun yin o. Ẹ pe ẹ̀rọ-ìbanisọ̀rọ̀ yì 1-410-629-1500.

لاک - نیہ بائیسڈ نیم تعم تامدخ یک ددم یک نابز وک پآ وت، نیہ ے تلوب ودر ا پآ رگا: رادریخ

نیړک 1-410-629- 1500

امش یارب ناگیار نروصب بنابز تالیهست، دینک یم وگتفگ بسرائف نابز هب رگا: هجوت

دیریگب سامت اب، دشاب یم مهارف 1500 - 1-410-629



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Friends and Neighbors of Atlantic General Hospital

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care.together is the community magazine published by Atlantic General Hospital and Health System.

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(410) 629-1500

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(410) 641-9654

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