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Atlantic General Hospital & Atlantic General Health System

Our Annual Report & Donor Recognition Issue —

**Patient Testimony: Using Mind-Body Techniques to Reduce Pain and Heal Faster after Surgery, see p. 3**

**Annual Report & Community Benefits, see p. 4**

**TECH UPDATE: Innovation in the Face of Adversity , see p. 8**



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## From the President

As I stated in our previous issue of care together, “it’s all about access to care.” This has been an extraordinary year for everyone. For hospitals and the U.S. healthcare system in general, the COVID-19 state of emergency had challenged our capacity for ensuring the access and availability of important healthcare services on a daily basis.

It has also forced those who are responsible for providing this care to examine the greater purpose for choosing a healthcare profession. Having this purpose as a core strength has resulted in resilience of Atlantic General physicians, providers, and caregivers, such that Atlantic General has developed more capacity over the past several months to create improved access for those who live here and those who visit. Atlantic General Hospital and Atlantic General Health System providers are available and ready to provide safe care when you need it.

Much of the purpose-driven actions that expanded Atlantic General’s abilities early in this COVID-19 crisis happened behind the scenes. Teaming together, our experts in infection control and in facility maintenance developed modifications to our infrastructure that rapidly

improved the safety of our hospital and health system offices for the patients and the caregivers.

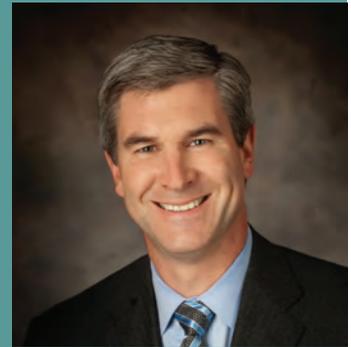
Community businesses provided equipment and material to facilitate the improvements in the facilities, and give confidence to those who continued to serve our community. Our physicians and advanced practice providers expanded their scope of practice to support each other, and to establish the first COVID-19 testing facility in the region. Services were relocated and expanded and workflows were redesigned to ensure our community continued to have safe access for all of their healthcare needs.

Atlantic General had been developing and utilizing a telemedicine platform over the past decade. When the COVID-19 state of emergency occurred, we were able to swiftly expand this platform to enable physicians and providers to continue important care in the community and stay connected to their patients. We engaged this technology in the hospital to support the heroic frontline caregivers who are working in this new environment with this new virus, saving the lives of very ill patients. Learning through this crisis, we will embrace this technology into the future to continue to expand access to care.

More purpose-driven evidence of the resilience of the Atlantic General team is the ability to look beyond the COVID-19 crisis to continue developing future care for other important health conditions. While COVID-19 occupied most public conversations, health issues such as breast cancer didn’t go away – and neither did our attention on improving how care for breast cancer is delivered. Our team of providers and caregivers redesigned how the care for women with breast cancer is coordinated, and have created a care process that is more effective and more timely through the John H. ‘Jack’ Burbage, Jr. Regional Cancer Care Center.

Our healthcare delivery team has grown during this time. We have recruited several new physicians and advanced practice providers, so that we have more capacity in our community to provide important care such as primary care, surgery, mental/behavioral health, and others. We live in a vibrant, growing community; our healthcare system continues to evolve to reflect that community.

This year has changed healthcare delivery forever. The expectations of healthcare delivery systems has shifted to ensuring access to care – now. This community expectation cannot be met in the systems of the past, so we are engaging technology and expanding our provider



base throughout the region to meet this challenge. But, our purpose – our Mission – remains the same: to provide a coordinated care system with access to quality care, personalized service and education to create a healthy community.

This can only occur when we have a robust, flexible team of dedicated and qualified caregivers, who have the ability to purposefully dedicate themselves to serving the healthcare needs of our community. The caregivers of Atlantic General have demonstrated over the past year that they are up to the challenge of meeting the needs of our community, and our community’s support during this crisis is an affirming message heard loud and clear.

As we emerge from this COVID-19 crisis, Atlantic General promises to continue to be the leader in caring for our community.

Michael Franklin, FACHE  
President & CEO  
Atlantic General Hospital

# Atlantic General Hospital Offers “Prepare for Surgery: Heal Faster”

## Surgery Patients have Access to a Nationally Recognized Program that Uses Mind-Body Techniques to Speed Healing and Cut Pain Down to Size

At her pre-surgery class, Susan Bashore received a packet of information about Prepare for Surgery: Heal Faster (PSHF), a mind-body healing program that Atlantic General Hospital makes available to all of its surgical patients, including those undergoing total joint replacement at the Center for Joint Surgery. Her curiosity was piqued. “I do yoga, and I believe in the mind-body connection,” she says, “so I was open to trying it.”

Soon, she learned that Dr. Thomas Beck, her orthopedic surgeon at Atlantic General, is a huge fan of the program. Before undergoing hip replacement surgery at another institution, he decided to give PSHF a try. And when he didn’t even need pain-

killers after the procedure, he credited the mind-body approach for his smooth, virtually pain-free recovery. Now, he’s one of the program’s strongest advocates at Atlantic General.

While Susan wasn’t able to do without pain medication after her knee replacement, she didn’t experience as much pain as she did with a prior joint surgery.

“My recovery was more comfortable because I was not subject to the side effects of pain medicine, which for me were digestive discomfort and mental foggy. The period of needing pain medicine was shortened compared to previous surgery, so I was able to resume my normal life more quickly.”

Two weeks before her procedure, she attended a training session and received free copies of the CD/mp3 and the companion book authored by Peggy Huddleston, who has been pioneering PSHF since 1996.

It’s a five-step approach, and Susan followed each one to a tee.

**Step 1:** Listen to the CD or mp3 two or three times a day for two weeks before

your procedure to achieve relaxation and a feeling of deep peace.

**Step 2:** Visualize healing. Create your own imagery and healing statements, such as “I will feel comfortable and well after surgery.” Come up with two additional images: one related to intermediate healing—something you picture yourself doing, such as taking a walk on the beach—and another representing complete recovery.

**Step 3:** Organize a support group made up of friends and family members. Ask them to send you healing thoughts and prayers 30 minutes before your surgery.

**Step 4:** Create healing statements that will be read by a member of your surgical team as you go under anesthesia and again at the end of your procedure.

**Step 5:** Meet your surgical team beforehand—especially your anesthesiologist—to establish a supportive relationship.

### The PSHF Experience

Listening to the CD gave Susan a way of taking her mind off her impending knee replacement. “A great antidote to anxiety was the calming sound of Huddleston’s voice and the deep relaxation it helped

*Continued page 7*

# FISCAL YEAR 2020

## Financial Summary & Community Impact

### AGH/HS

#### Atlantic General Health System Locations

*(Outpatient physician offices providing family medicine, internal medicine, general surgery, gynecology, pediatrics, neurology, rheumatology, oncology, endocrinology, gastroenterology, urology and/or pulmonology)*

- Berlin
- Ocean City
- Ocean Pines
- Ocean View
- Pocomoke
- Selbyville
- West Fenwick
- West Ocean City



#### Atlantic ImmediCare Locations

*(Providing 7-day-a-week walk-in urgent care services)*

- Berlin (Atlantic Health Center)
- Ocean City (Monday-Friday in off season)

### Supporting the Local Economy and Our Quality of Life

- More than 930 year-round staff positions for local residents
- Total payroll of more than \$59 million, which is spent in the communities we serve in Delaware, Maryland and Virginia
- A medical staff of 254 includes specialists in:
  - Anesthesiology/pain management
  - Cardiology
  - Dermatology
  - Emergency medicine
  - Endocrinology
  - Family practice
  - Gastroenterology
  - General surgery
  - Gynecology
  - Hospitalist services
  - Infectious diseases
  - Intensivist services
  - Internal medicine
  - Nephrology
  - Neurodevelopmental disabilities
  - Neurology
  - Nurse practitioner services
  - Oncology/hematology
  - Ophthalmology
  - Orthopedics
  - Pediatrics
  - Physician assistants
  - Psychiatry
  - Pulmonology
  - Radiology
  - Rheumatology
  - Urology

### Patient Care by the Numbers

Admissions .....	2,678	Radiology Visits (outpatient) .....	21,635
Average Length of Stay (days) .....	4.0	Surgeries (inpatient/outpatient) ...	5,954
Patient Days of Care .....	10,771	Physician Visits (AGHS) .....	115,875
Emergency Visits .....	31,668	Cardiology/Pulmonary .....	2,085
Laboratory Visits (outpatient) ...	19,274	EKG/EEG visits (outpatient)	

## Community Benefit

Atlantic General Hospital is committed to our community's best health by promoting healthy lifestyles, proper self-management and support for chronic disease and improved health literacy with preventive screenings and health education. Here are summaries of just a few of our efforts during Fiscal Year 2020.

#### Community Flu Clinics

When we began offering community flu clinics in 2000, our goal was to simply provide increased access to the vaccine. That aim has evolved over the years, as we have introduced efforts to also reach our underserved populations, first responders, and the homeless.

**4,369 encounters ... \$65,019 community benefit dollars**

# Community Benefits

## Mission-Driven Health Care

(Health Fairs, Flu Shot Clinics, Speakers Bureau, Free Health Screenings, etc.)

## Other

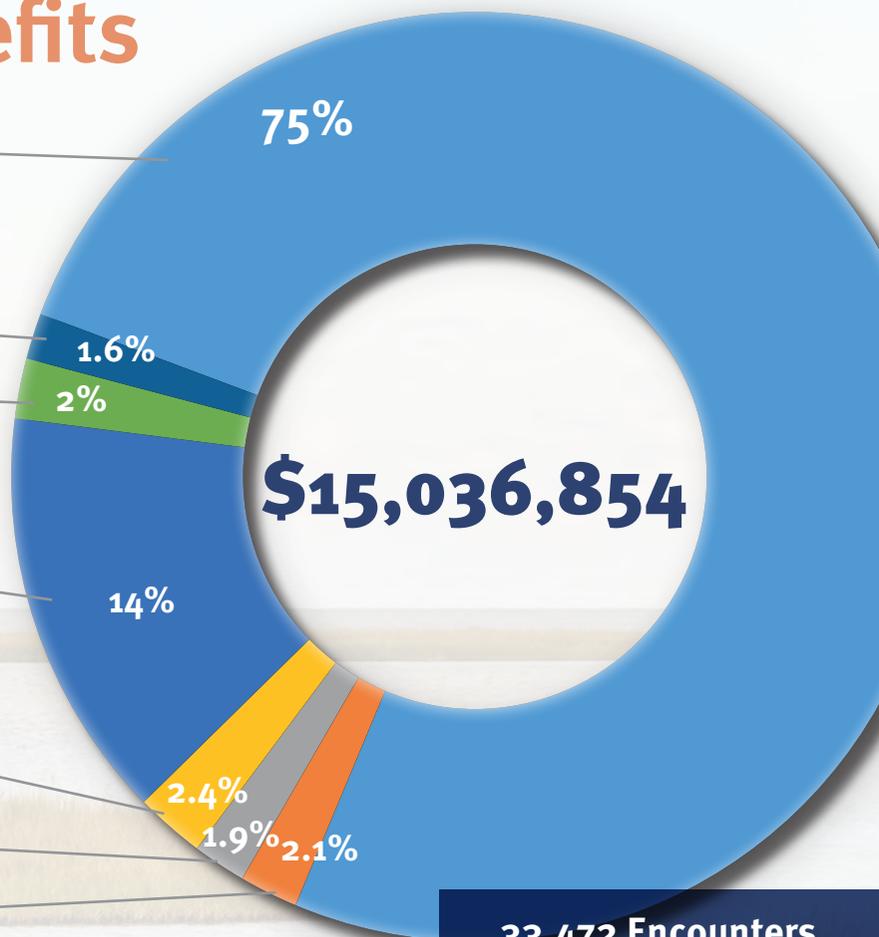
## Health Professions Education

## Financial Assistance / Charity Care

## Medicaid Assessments

## Community Needs Services

## Community Benefit Operations



**33,472 Encounters with the Community**

## Health Education and Services

Provided to the Community Free of Charge or at Reduced Cost

(July 2019 through June 2020)

## Highlights

### Nutrition Education and Outreach

Proper nutrition is a critical component of wellness and disease management that is often overlooked. Our board certified dietitians have participated in a number of outreach efforts over the last fiscal year, including speaking to community groups, writing articles for the local newspapers, conducting cooking demonstrations and grocery store tours, and supporting the Healthway Drive Community Garden efforts.

*3,830 encounters ... \$3,858 community benefit dollars ... 108 staff hours*

### Diabetes Screenings, Education and Support Groups

In the most recent community health needs assessment, the majority of respondents cited diabetes as a top health concern. In fact, it ranked second in the survey behind cancer. The rates of diabetes and pre-diabetes in Worcester County alone are higher than the state and national averages. To address this epidemic, Atlantic General continues to provide outreach, education and support to those with diabetes and their caregivers, reaching out whenever possible at food banks, shelters, and faith groups in addition to traditional health fairs.

*819 encounters ... \$7,469 community benefit dollars*

# Integrative Health Providers – Right Here in our Community

Our Integrative Health Preferred Providers offer the following services:

- Acupuncture
- Aromatherapy
- Bio & Neurofeedback
- Guided Imagery
- Massage
- Meditation
- Medical Nutrition Therapy
- Nutrition Counseling
- Reflexology
- Reiki
- Sound Therapy
- Tai Chi
- Qigong
- Yoga/Yoga Therapy

For more information about our Preferred Providers and the benefits of these integrative therapies, please visit [www.agh.care/integrativehealth](http://www.agh.care/integrativehealth).



## Connecting our Patients with the Benefits of Integrative Health

Integrative health combines alternative medicine practices with traditional medicine. It treats the whole person: body, mind, and spirit. Integrative health focuses on wellness and health and acknowledges a person's lifestyle as well as their environment. It can also emphasize a strong patient-provider relationship.

Atlantic General Hospital's Integrative Health Services Program allows for a more personalized experience for our patients. You can find our integrative health services in use throughout our hospital every day. Just a few examples are our comfort bags for inpatients that include herbal tea, essential oil, ear plugs and eye masks, warm blankets, relaxation television channels and healing music.

On an outpatient basis, our Integrative Health Preferred Providers offer a wide variety of services from acupuncture to yoga. These providers go through a rigorous vetting process, including site visits, reference and credential review, and approval by a multidisciplinary team within the Integrative Therapy Services program.

While no referral is necessary for you to take advantage of these services, it is best to discuss any therapies of interest with your primary care physician or specialist. They can help guide you through the process so you gain the most benefit from the care you receive.

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me achieve,” she says.

Linda Freeman, another knee replacement patient, also describes the healing effects of the exercises on the recording, saying, “You release old, negative energy. You tell parts of your body to let go slowly and gradually, from head to toe. And you let the light in, allowing it to travel through all the parts of your body.”

Some of these exercises may sound familiar, but they’re not just affirmations, Huddleston says. “They actually bypass the conscious mind and go straight to the unconscious, where they foster both relaxation and receptivity to healing messages and imagery.”

The idea for the program started back in the 1990s, when Huddleston was a graduate student at Harvard Divinity School. “The question at the heart of my master’s thesis was this: What can people do, emotionally and spiritually, to enhance their physical healing?” She has since found vibrant answers to that question—answers that are making a meaningful difference for surgical patients all over the country.



### Proven Impact

Huddleston, a psychotherapist and researcher, thinks that the divide between mainstream and “holistic” medical care is getting narrower all the time. Mind-body techniques such as those she advocates are being integrated more and more often into clinical practice, she says. “More patients than ever are seeking and receiving the best of both worlds.”

She also stresses the science behind the positive impact of her approach on the healing process. For example, deep relaxation brings down levels of two important stress hormones: cortisol and epinephrine. It also helps to regulate other critical players in the immune response, such as salivary IgA (immunoglobulin A).

With deep relaxation comes a lessening of anxiety—and people with less anxiety experience far less pain compared to those who remain caught in fight-or-flight mode.

Huddleston’s program has been adopted by hospitals from coast to coast, including NYU Langone Medical Center in New York City, Brigham & Women’s Hospital and Beth Israel Deaconess Medical Center in Boston, and the University of Colorado’s Denver & Anschutz Medical Center, among others.

With her grounding in spirituality, Huddleston sees her work as a bridge between mind, heart, body, and soul.

And so do patients like Linda and Susan who have experienced it first-hand. The images they created at the beginning of the process have since morphed from unconscious suggestion to conscious reality.

For more information about **Prepare for Surgery: Heal Faster at Atlantic General Hospital**, visit [www.agh.care/healfaster](http://www.agh.care/healfaster). ●

## Improving the Health of our Most At-Risk Community Members with Expanded Remote Patient Monitoring

In October, we upgraded our remote patient monitoring (RPM) program, which is relied upon by our most fragile patients who have complex medical conditions that put them at increased risk for hospitalization. Originally launched at Atlantic General in 2017, RPM harnesses the power of the internet, mobile devices and wearable technology to closely track participants’ vitals, such as temperature, blood pressure and oxygen levels, as well as weight, so the medical team can immediately intervene if the data indicate a change in health status.

With our new partner, Medocity, we are able to greatly expand the number of patients we can monitor at one time. Minimal set up is required, and participants will use their own mobile devices, scales and monitors. They just need to create a username and password to access the platform.

With Medocity, participants will now receive a short questionnaire to answer every few days. The results, in addition to the vitals information self-reported by the patients, will give our care coordinators a much more robust picture of their health. Our staff can then initiate a video conference with a patient as well as their primary care provider, specialists and any family members involved in their care, to discuss any needed change in the care plan. Initially, RPM services will be available to individuals with congestive heart failure, diabetes, COPD and kidney disease. It will eventually be expanded for cancer care, mental health and post-surgery monitoring.

Individuals under the care of an Atlantic General Health System primary care provider or specialist are eligible. For more information, please speak with your provider.

# Innovation in the Face of Adversity

## Atlantic General launches new healthcare technology during the COVID-19 pandemic to improve safety, quality & convenience

In June, Atlantic General Hospital announced to the public that **patients of our health system now have the option to schedule telehealth visits with their primary care providers and specialists.** These video visits are the newest feature added to the FollowMyHealth (FMH) patient portal, where patients can log in to consult with their provider using a desktop computer, tablet or smart phone. The technology is secure to protect patient privacy and maintain HIPAA compliance.

“When patients can’t easily make it to the office for a visit due to their schedule, transportation issues or because they’re observing social distancing efforts during the pandemic, video visits may be the perfect alternative,” said Jonathan Bauer, Vice President of Information Services at Atlantic General Hospital and Health System, who oversees the development of electronic medical record and patient portal features.

Video visits aren’t appropriate for every situation, with much depending on the reason for an appointment. Sore throat, cold and

flu symptoms, suspected urinary tract infections, rashes and other skin issues, diarrhea and vomiting, and eye problems are among the most common reasons for a video visit. Medication check-ups for those with chronic conditions are another good use of the technology.

Atlantic General launched the service during the height of the COVID-19 pandemic when Medicare and commercial insurance carriers relaxed their restrictions on video-based telehealth.

*In addition to video visits, patients with a FMH portal account can send messages to their provider, view a vaccination history and other health records, review test results, request prescriptions refills and review medication lists with a few taps or clicks. Patients can also print or securely share portions of their records through the portal.*

However, in addition to allowing patients to avoid public places, thereby reducing the spread of the virus, the convenience of video visits removes

barriers to care often encountered by populations with known health disparities.

“Not having a car to get to an appointment or an inability to get time off work – those problems aren’t as significant when you can talk to your doctor from work or home during a video chat,” said Donna Nordstrom, Director of Community Health at Atlantic General Hospital.

In addition to video visits, patients with a FMH portal account can send messages to their provider, view a vaccination history and other health records, review test results, request prescriptions refills and review medication lists with a few taps or clicks. Patients can also print or securely share portions of their records through the portal.

Atlantic General continues to modify the FMH patient portal to offer more value and convenience to patients and to improve the overall experience. Within the next few months, patients will be able to complete pre-appointment forms through the portal. Future goals include adding appointment scheduling and bill management features.

**For more information about primary care and specialist video visits with Atlantic General Health System and our new urgent care video visits option with Atlantic ImmediCare, visit [www.agh.care/videovisits](http://www.agh.care/videovisits).**



## Urgent Care Video Visits Atlantic ImmediCare

For those times when you need care right away, but you are unable to visit one of our Atlantic ImmediCare locations, we now offer urgent care video visits. This is also a great alternative for those trying to avoid public spaces during the COVID-19 pandemic.

Just like an in-person visit, you will see one of our board-certified medical professionals on staff at Atlantic General. Urgent care video visits are covered by most insurances. To determine if telehealth is appropriate for your concern and to arrange for your visit, give Atlantic ImmediCare a call at **410-289-0065**.

Treatments include:

UTIs	headache
cold sores	pink eye
cold/allergy symptoms	nausea/vomiting
cough	poison ivy
diarrhea	muscle, joint or
fever	spine pain
earache	skin conditions/rashes

## Mobile Patient Experience

With the fast pace of life getting even faster, we know juggling all the daily tasks of work and home is quite a challenge. Research shows that a smartphone is in almost everyone's pocket, so we're leveraging that technology to help make managing your health and keeping up with your medical care a little easier. Over the next few months we will be enhancing the mobile patient experience, so you can receive text reminders for appointments, cancel or reschedule appointments, receive discharge instructions, and provide feedback on your care – even if you haven't signed up for your FollowMyHealth (FMH) patient portal account. All you need to do is provide your cell phone number. And, you can opt out at any time.

Additionally, **Atlantic General will be launching a new mobile app** that includes a Find a Doc feature, calendar of free health and wellness events, emergency notifications, links to our social media accounts, the FMH patient portal app sign in and, of course, our wait times for the ER, Atlantic ImmediCare, lab and X-ray services. More to come!



FollowMyHealth®



John H. 'Jack' Burbage, Jr.  
**REGIONAL CANCER  
CARE CENTER**

## Breast Clinic

Women and men whose mammograms have identified concerning spots that require further testing now have the support and reassurance of an entire team of specialists. Even prior to a diagnosis, patients awaiting biopsy are scheduled to attend the breast clinic at our John H. 'Jack' Burbage, Jr. Regional Cancer Care Center, which comprises the breast surgeon as well as the plastic surgeon, medical oncologists, radiation oncologist, and breast navigators who may be involved in their care – should cancer be found.

The goal of the clinic is to improve coordination among all the specialists involved in a patient's care -- and to reduce stress that can result from the wait for answers about what comes next. Our team includes:



### Alae Zarif, MD

Performs breast oncology surgery, in coordination with plastic surgeon Vincent Perrotta, MD, for reconstruction, as appropriate.



### Rabindra Paul, MD

Provides chemotherapy, immunotherapy, and other medical oncology services as needed in coordination with lumpectomy or mastectomy procedures.



### Paige Wildmann, CRNP

Provides patient care throughout the breast clinic experience. When necessary, provides coordination of care from diagnosis through survivorship.



### Manoj Jain, MD

Provides radiation oncology treatment in coordination with medical and surgical oncology.

**For more information about the Breast Clinic, please call 410-641-9568.**

# 2021 STRATEGIC INITIATIVES:

## New and Continuing Priorities for this Fiscal Year

### Infectious Disease Surveillance Program

Until blood samples and lab cultures are analyzed, which typically takes several hours, a patient's care team must rely on symptoms and patient history to determine the immediate course of treatment. With the help of infectious disease surveillance technology, those results can be delivered electronically to the attending physician within seconds of being generated. This shortens the response time for properly isolating any patient found to have a contagious infection and allows the physician to fine-tune medication therapies, which helps reduce risk of hospital-acquired infections and strengthens the organization's antibiotic stewardship efforts. Additionally, the technology makes it easier to detect and analyze trends in hospital-acquired infections that can be missed with a traditional manual process, better informing quality improvement efforts.

### Automated Medication Dispensary

When a patient is discharged from the hospital, going to the pharmacy and waiting for a prescription to be filled is the last thing they want to be doing when they are sick, tired and in pain. Therefore, having quick and easy access to a pharmacy to fill prescriptions is critical to ensuring compliance with the home care plan they made with their provider. During the typical day, AGHRx RediScripts is available to fill those prescriptions.

However, during the hours when AGHRx RediScripts is closed, there are also very few community pharmacies open. This healthcare barrier is driving our strategic initiative to implement prescription vending devices (PVD). A PVD conveniently located adjacent to the Emergency Department and other outpatient services, stocked with the most common post-care medications 24/7, can serve as the pharmacy of choice in this situation.

### Osteoporosis Clinic

Disability related to osteoporosis impacts quality of life, activities of daily living and ability to work. Osteoporosis affects approximately 5.3 million adults aged 50 years and older in the United States, and as the population ages this is predicted to increase in prevalence by as much as 50% by 2025. Barriers to care for appropriate prevention and intervention further complicate efforts to treat this clinically silent condition. Creating an osteoporosis clinic in Fiscal Year 2021 will eliminate some of those barriers by addressing social determinates of health and providing multiple services in one setting that patients can take advantage of during a single visit. The clinic will comprise risk assessment, bone densitometry, primary and specialty care provider collaboration, a multidisciplinary treatment plan, and nutrition and falls prevention programs.

### CONTINUING INITIATIVES FROM FY20

#### Primary Care Behavioral Health

Approximately half of patients seeking primary care are dealing with an underlying mental health condition that is either contributing to or complicating a physical illness. In fact, 60% of behavioral health illnesses are treated in primary care. Implementing an integrated behavioral health model will increase access to behavioral health services and help neutralize objections to care related to the stigma associated with mental illness. Working within a plan to co-locate multiple primary and specialty care offices and expand telehealth services, our behavioral health specialists will be able to consult with patients alongside the primary care providers. Integrating behavioral health into primary care settings recognizes that best practices avoid separating physical and behavioral health systems which can lead to fragmented care delivery, poor health outcomes, higher healthcare costs, and duplication of services.

#### Mobile Integrated Community Health

As much as every patient's concern is valid, non-urgent calls to 911 often result in a strain on EMS crews and expensive treatment for patients who could be better cared for in a different setting. This fiscal year, Atlantic General is continuing our

work with Worcester County EMS, Worcester Commission on Aging, Veterans Affairs, local police departments and the Worcester County Health Department to develop a mobile integrated health unit that will provide a home assessment with individuals who frequently make non-urgent calls to 911, coordinate care and connect them with appropriate community resources to help them attain optimal quality of life and remain at home.

### School-Base Telehealth

A large number of residents in southern Worcester County – Pocomoke City in particular – face multiple barriers to appropriate health care including cost, lack of transportation and a dearth of providers. School-based telemedicine is crucial to the Pocomoke High School population. Such immediate access to health care resources will improve the health of the student body as well as overall attendance and academic outcomes. The COVID-19 pandemic has interrupted our progress in implementing a telehealth program at Pocomoke High School for acute care sick visits. Planning continues with the Worcester County Public Schools to bring this initiative to fruition as in-person classroom instruction resumes. ●

# Inpatient Redesign

**FOR IMPROVED CLINICAL EFFICIENCIES AND THE COMFORT OF OUR PATIENTS AND FAMILIES**

This Fall marked the completion of Atlantic General Hospital's inpatient redesign, one of five critical facility projects funded in part by the Campaign for the Future.

The redesign included reconfiguration of the nurses stations, the physical therapy/ rehab gym, and nourishment stations to maximize use of space for the way healthcare is now delivered.

Medication rooms accessible only by badge swipe offer improved security, and additional storage rooms for charging medical equipment and alcoves

for documentation stations have reduced clutter in the hallways.

New family waiting rooms offer the latest in comfort and convenience, with a kitchenette and mobile device



charging stations.

In addition to cosmetic upgrades, softer lighting as well as new



ceiling material designed to absorb sound have been installed throughout the Medical/Surgical Unit, to afford our patients a more calming healing experience.

**We are so thankful for our community philanthropic support, which has made this project possible. To see what the Medical-Surgical Unit looks like now, check out our virtual tour coming soon to [www.agh.care/tour](http://www.agh.care/tour).**

# New Faces & Places

**Deepa Abhilash, CRNP** has joined Atlantic General Health System to provide urgent care at the Berlin location of Atlantic ImmediCare. Deepa has nearly 20 years of nursing experience, with a background in cardiothoracic care, intensive care and nursing education and leadership. She earned her Master of Science in Nursing from Wilmington University in Georgetown, Delaware, to become a nurse practitioner and is board certified by the American Association of Nurse Practitioners. Atlantic ImmediCare's Berlin office is open seven days a week. For more information, visit [www.agh.care/immedicare](http://www.agh.care/immedicare).



**Sarah Abdella, PA-C**, joined Atlantic General Health System this past spring to practice with Dr. Sally Dowling at Atlantic General Primary Care in Selbyville, Delaware. Sarah earned her Bachelor of Science in Interdisciplinary Health Sciences and Spanish from Western Michigan in Kalamazoo, Michigan, where she earned the Ruth Kirby Scholarship and the Dean's Scholarship to study abroad. She went on to complete the physician assistant program at University of Maryland Eastern Shore in 2015 and recently earned a doctorate in medical science from the University of Lynchburg, in Lynchburg, Virginia. Sarah has more than four years of clinical experience in behavioral health and hospital medicine and is a member of the American Academy of Physician Assistants and the Maryland Academy of Physician Assistants. *To schedule an appointment, please call Atlantic General Primary Care at (302) 436-8004.*



**Melissa Braniff, MSN, CRNP, FNP-C**, joined Atlantic General Health System in January 2020 to provide care alongside gynecologist Christine Neto, MD, and nurse practitioners Lisa Bayles, DNP, CRNP and Nicki Akstinas, CRNP at Atlantic General Women's Health in West Ocean City. Melissa was a registered nurse for six years, gaining experience in home health and emergency nursing, before earning her Master of Science in Nursing in the Family Nurse Practitioner Program at Wilmington University. She holds a Bachelor of Science in Nursing from Salisbury University as well as a Bachelor of Science in Kinesiology from Campbell University, in Buies Creek,



North Carolina. Melissa is currently accepting new patients. *To schedule an appointment, please call Atlantic General Women's Health at 443-728-1050.*



**Edwin T. Castaneda MD, FACP**, a prominent internist who has been serving the local community for more than 26 years, rejoined Atlantic General Health System in January. He is a graduate of St. Louis University Medical School and trained at Hackensack University Medical Center in New Jersey. He is a Fellow of the American College of Physicians and a Diplomat of the American Board of Internal Medicine. He is an adjunct clinical instructor for the University of Maryland Medical School and a former Hospitalist at AGH and Memorial Hospital in Easton, MD. He served as Chief of the AGH Medical Staff from 2006-2009 and Chief of the AGH Department of Medicine from 2001-2003, in addition to other AGH medical staff leadership roles. He also served as a member of the AGH Board of Trustees from 2013-2019.

**Carrie Dawes, CPNP**, is a certified pediatric nurse practitioner with Atlantic General Health System. Dawes has more than 15 years of experience in advanced practice, having cared for children in both primary care and acute care settings. Prior to joining Atlantic General Health System in February, she worked at A.I. DuPont Hospital for Children as well as the pediatric trauma and surgery unit at Johns Hopkins Hospital and the Children's Hospital of Philadelphia.



Carrie holds a Bachelor of Science in Nursing from Villa Julie College in Baltimore and earned her Master of Science in Advanced Practice Nursing from University of Maryland School of Nursing. She provides care alongside Drs. Laura Stokes and Anita Pascucci at Atlantic General Pediatrics in West Ocean City. Carrie's arrival has made it possible for the practice to begin offering evening and Saturday appointments to busy parents. *To schedule an appointment, please call 443-728-1004.*



**Freaw Dejenie, MD**, joins Atlantic General Health System's medical staff in December 2020 to provide care at Atlantic General Gastroenterology. Prior to moving to the Eastern Shore, Dr. Dejenie practiced at Parkview Regional Medical Center in Fort Wayne, Indiana, and then Medstar Health's Southern Maryland Hospital and Montgomery Medical Center. Dr. Dejenie completed his internship and residency in internal

medicine as well as his gastroenterology fellowship at Howard University Hospital in Washington, DC. He received his medical degree from Addis Ababa University, Ethiopia. Dr. Dejenie is board certified in gastroenterology, and has been diagnosing and treating ailments of the digestive system since 2013. He is currently accepting patients. *To schedule an appointment, please call Atlantic General Gastroenterology at 410-629-1450.*



**Michelle Farlow, CRNP**, recently joined Atlantic General Women's Health in Selbyville, Delaware, to provide care alongside Dr. Brandi Musselman. Michelle earned a Master of Science in Nursing from Wilmington University before securing her post-master's certificate

in family nurse practitioner studies. She is an experienced nurse educator, having taught nursing students in both clinical and classroom settings, and served as a public health clinician for more than five years. Michelle has 18 years of women's health experience and has been providing care to patients of Atlantic General Health System since 2012. She is currently accepting new patients.

*Appointments can be made by calling 302-524-5007.*



**Family Nurse Practitioner Christina Hargis** joined the medical staff of Atlantic General Health System in October 2020 to provide primary care at their Pocomoke office alongside Dr. John Whittaker. Christina earned her Doctor of Nursing Practice, Family Nurse Practitioner certification from Salisbury University in

May. She earned her Bachelor of Science in Nursing from Salisbury University and started her career at The University of Washington Medical Center in Seattle Washington before moving on to Johns Hopkins Hospital. Upon her return to the Eastern Shore, she worked at Peninsula Regional as well as with a medication assisted treatment center for substance abuse. Christina will be accepting new patients in February. *Appointments can be made by calling Atlantic General Primary Care's Pocomoke office at 410-957-6622.*



**Danielle Imparato, FNP-C**, joined Atlantic General Health System in October 2020 to provide primary care for adults and children in the Ocean View community. Danielle earned her Bachelor of Science in Nursing and her Master of Science in Nursing, graduating summa cum laude, from Thomas Jefferson College of

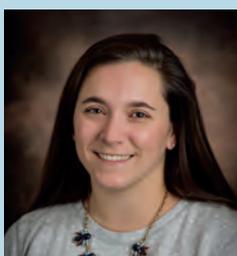
Nursing in Philadelphia, Pennsylvania. She is board certified by the American Association of Nurse Practitioners. Danielle is currently accepting new patients. *To schedule an appointment, please call Atlantic General Primary Care in Ocean View at 302-541-4460.*

**Corinna Kirkpatrick, PA-C**, joined Atlantic General Health



System in January 2020 to provide care alongside Dr. Oswaldo Nicastró at Atlantic General Primary Care, in Ocean Pines. Corinna has more than eight years of experience as a physician assistant, with a diverse background in addictions treatment, geriatric care, occupational medicine, and

urgent care as well as family medicine. She holds a Bachelor of Science in Medical Studies from King's College, in Wilkes-Barre, Pennsylvania, where she also earned her Master of Science in Physician Assistant Studies. Corinna is currently accepting new patients. *To schedule an appointment, please call 410-208-9761.*



**Alison Lathroum, PA-C**, is a physician assistant at Atlantic General Internal Medicine with Dr. Edwin Castaneda, in Berlin, Maryland. She joined Atlantic General Health System in January 2020. Raised in Worcester County, Alison is a graduate of Stephen Decatur High School. She earned her bachelor's

in Biology from Towson University, where she played Division I lacrosse, before attending Keiser University in Fort Lauderdale, Florida, for her Master of Science in Physician Assistant Studies. Alison returned in 2015 to begin caring for patients in her community. She is certified by the National Commission on Certification of Physician Assistants. She is currently accepting new patients. *Appointments can be scheduled by calling 410-629-0041.*



**Kathleen Morris, DNP, FNP - C**, joined Atlantic General Health System this past spring to practice with Dr. Sally Dowling at Atlantic General Primary Care in Selbyville, Delaware. Over the last 11 years, Kathleen has worked in Atlantic General Hospital's medical/surgical and intensive care units where she

provided patient care, and trained and supervised other nurses in her roles as charge nurse and preceptor. Kathleen earned her Bachelor of Science in Nursing from Wilmington University in 2014 and continued her studies with a master's degree in Leadership and Education in Nursing followed by her family nurse practitioner degree. Most recently, she earned a Doctor of Nursing Practice from Wilmington University. Kathleen is a member of the American Nurses Association and the Sigma Theta Tau International Honor Society of Nursing. She is currently accepting new patients. *To schedule an appointment, please call 302-436-8004.*

# New Faces & Places

**Dr. Matthew Morris** joined Atlantic General Hospital's senior leadership in January 2020 to serve as Vice President of Patient Care Services/Chief Nursing Officer. Matt succeeds Colleen Wareing, who served in the role for the past 15 years. Matt has been a registered nurse for more than 20 years, earning



his Bachelor of Science in Nursing from the University of Maryland Baltimore (UMB) and a Master of Science in Health Services Leadership and Management from UMB, before completing a Doctor of Nursing Practice degree at the University of Alabama. He is also a board certified nurse executive through the American Nurses Credentialing Center (ANCC). He has worked in progressive nursing leadership roles in several hospitals in the Baltimore area, most recently serving as the director of nursing for the Surgery and the Physical Medicine and Rehabilitation units for The Johns Hopkins Hospital.



**Caroline Phillips** joined the Atlantic General Hospital Foundation as Development Officer in March 2020. Caroline earned her bachelor's degree in Political Science from Appalachian State, where she also contributed as a Division 1 field hockey player. She completed her Master of Public Administration with a focus in nonprofit institutions at Virginia Commonwealth University (VCU). Caroline began her fundraising career at VCU, where she worked directly with the senior coordinator for alumni engagement to develop fundraising strategies and assist their major gifts officers with cultivation of new prospective donors. Prior to joining Atlantic General, Caroline served as a community outreach coordinator for United Way of the Lower Eastern Shore.



Assistant Studies at Towson University, gaining clinical

**Gregory Wilkinson "G.W." Smith, PA-C**, joined Atlantic General Health System in February of this year to provide primary care to the residents of our beach communities. G.W. earned his Master of Science in Physician

experience in his rotations in emergency medicine, pediatrics, family medicine, internal medicine, and surgery at physician practices and healthcare organizations across the Eastern Shore. G.W. is certified by the National Commission on Certification of Physician Assistants. He is currently accepting new patients at the Townsend Medical Center in Ocean City. *To schedule an appointment, please call 410-289-6241.*



Nurse practitioner **Diane Skolka, PMHNP**, joined Atlantic General Health System to provide psychiatric and behavioral health care alongside psychiatrist Bryce Blanton, MD, in October. Diane has 19 years' experience as a registered nurse. She has a background in post-anesthesia care in addition to her role as a patient care coordinator in case management/population health. She earned her bachelor's at Wilmington University and her master's degree in Psychiatric Mental Health Nurse Practitioner Studies at Eastern Kentucky University. She provides diagnosis and treatment of mental disorders including, but not limited to, depressive disorders, anxiety disorders, psychotic disorders, PTSD, ADD/ADHD, and personality disorders, with use of psychopharmacology and therapy. Her philosophy for practice is based on facilitating positive personal change and growth. She incorporates a "whole person" approach to care with respect to the mind-body connection. Diane is currently accepting new patients ages 18 and older. *To schedule an appointment, please call 410-641-3340.*



**Kanika Trehan, M.D.**, recently joined Atlantic General Hospital and Health System to provide general surgery services to residents of Worcester County and the surrounding area. Dr. Trehan completed her undergraduate studies and master's degree in Molecular and Cellular Biology at Johns Hopkins University before entering the Johns Hopkins School of Medicine in 2010. She completed her general surgery residency at Yale-New Haven Hospital. Dr. Trehan sees patients in Ocean View, Delaware, in addition to her office hours at Atlantic General Surgical Associates in Berlin, Maryland. *To schedule an appointment in Ocean View, please call 302-541-9690. To schedule an appointment in Berlin, call 410-641-9568.*

**John Whittaker, M.D.**, joined Atlantic General Health System from private practice in March 2020. Dr. Whittaker has served the



primary care needs of the communities of the lower Eastern Shore for more than 20 years. He earned his medical degree at State University of New York (SUNY) in Syracuse, and completed his residency at Family Medicine Center in Wilmington. He is board certified by the American Board of Family Medicine. Dr. Whittaker

cares for patients at Atlantic General Primary and Specialty Care in Pocomoke. *To schedule an appointment, please call 410-957-6622.*

## AGH Board of Trustees Appointments



**Todd M. Bescak, D.O., FAOCO**, is a board certified ophthalmologist with Chesapeake Eye Center in Berlin and a member of the medical staff for Atlantic General Hospital and Health System. A resident of the Eastern Shore since 2008, Dr. Bescak and his wife Allison live in Berlin. He has three children, Olivia, Madison and TJ. He

enjoys volunteering his time and talents to the underprivileged and underserved, taking part in mission work both domestic and international. Dr. Bescak previously sat on the board for Worcester Youth and Family Counseling Services. In his spare time, Dr. Bescak enjoys golfing and traveling with his family.



**Voncelia (Vonnice) Brown, Ph.D., R.N.**, is a recently retired member of the nursing faculty at Salisbury University and a lifelong resident of the Eastern Shore. A graduate of Wicomico Senior High School, Vonnice left the Shore briefly to begin her

nursing education at Union Memorial Hospital in Baltimore. She went on to earn her bachelor's degree and her master's degree in nursing from University of Maryland. She also earned a doctorate in human development from University of Maryland. She is passionate about the health and wellness of rural populations, and from very early in her career she recognized the importance of nurses entering academia to foster the professional development of future nurses. Vonnice sits on the Board of Worcester County Social Services and the Board of Somerset Community Services, and she's active at St. Peter's Lutheran Church, in Ocean City. She and her husband, Charlie, live in Berlin and have two sons, Matthew and Nathaniel. ●

# Awards & Recognition



**The American College of Osteopathic Family Physicians (ACOFP) Names Dr. Kathleen M. Henley its 2020 Young Osteopathic Physician of the Year**

Dr. Kathleen M. Henley joined Atlantic General Hospital in 2016 to provide inpatient care as a member of the hospitalist team. In addition to her clinical duties, she serves as the utilization review and clinical documentation improvement physician advisor for Atlantic General. She is the Maryland delegate on the board of trustees for the Pennsylvania Osteopathic Physicians Society and also volunteers on several ACOFP committees. She earned her medical degree from Philadelphia College of Osteopathic Medicine in 2013 and completed her family medicine residency at Penn State Health St. Joseph Medical Center. Dr. Henley is board certified in family medicine and osteopathic manipulative medicine. The ACOFP Young Osteopathic Physician of the Year honors physicians who have made significant contributions to family medicine 2-10 years after entering the specialty.



**Atlantic General Named a 2020 Top 100 Rural & Community Hospital by The Chartis Center for Rural Health**

This annual award honoring rural hospital performance is determined by the results of iVantage Health Analytics' Hospital Strength INDEX®. Hospitals recognized as a Top 100 facility had one of the 100 highest overall scores among all rural and community hospitals throughout the nation. Based entirely on publicly available data, the INDEX is the industry's most comprehensive and objective assessment of rural hospital performance. Utilizing 50 independent indicators, the INDEX assesses performance across eight pillars of performance that span market-, value- and finance-based categories. It's used by organizations such as the National Rural Health Association for their advocacy and legislative outreach efforts.

Additionally, Atlantic General made **Beckers Hospital Review's list of the Best Hospitals for Patient Experience**, based upon the 10 HCAHPS measures publicly reported by the Centers for Medicare and Medicaid Services. ●

# Upcoming Events

## **Virtual Walk with a Doc – educate, exercise, empower**

3rd Saturday of every month • 9 a.m.

### **Your Favorite Walking Route**

Join us for our virtual Walk with a Doc the third Saturday morning of every month on the Atlantic General Hospital Facebook page, where there is a short presentation by a member of our medical or clinical staff on a current health topic. Then, walk wherever you like for the remainder of the hour. Share your post-walk selfies on social media with the hashtag #walkedwithagh.

## **Virtual Breast Cancer Support Group**

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

### **Via video conference**

For local women and men who have fought breast cancer, current patients, and survivors. Sponsored by Women Supporting Women. Call **410-548-7880** to register.

## **Virtual Diabetes Support Group**

First Monday of every month • 6 p.m. – 7 p.m.

### **St. Paul's Group – via video conference**

First Wednesday of every month • 7 p.m. – 8 p.m.

### **Ocean Pines Group – via video conference**

These groups are open to the public, with discussion and education related to diabetes. Now meeting via conference call: Dial 978-990-5451, wait for the voice command, then press 3753651. For more information, contact the AGH Diabetes Education Program at **410-208-9761**.

## **Virtual Parkinson's Support Group**

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

### **Via video conference**

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**.

## **CPAP Mask Fitting – appointment necessary**

1st and 3rd Thursday of each month

### **Atlantic General Hospital Sleep Disorders Diagnostic Center, Berlin, MD**

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 completely **FREE** service, but requires the patient to 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 • 6 p.m. – 6:30 p.m.

### **Via conference call**

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. Meetings currently being held via conference call. Dial 978-990-5451, wait for the voice command, then press 3753651. For more information, contact Rose Campion at **410-641-0157**.

Visit [www.agh.care/calendar](http://www.agh.care/calendar) for other upcoming events and dates.

## **Get Ready to Wash Away 2020...**

... at the 27<sup>th</sup> Annual Penguin Swim to benefit the Atlantic General Hospital Foundation!

Due to the ongoing global pandemic, we, like many organizations, are faced with numerous challenges for planning and holding public events. The health and safety of



annual Penguin Swim are being modified to reduce touchpoints and adhere to physical distancing guidelines. We will also offer the

our participants, spectators, staff, and volunteers are at the forefront of our logistics planning.

Some of the traditional features that we all look forward to at the

continued on page 24

### **EVENT SCHEDULE @ The Princess Royale**

#### **New Year's Eve**

1 - 5 p.m. • **Pre-Registration & Advance Check-in** – Avoid long lines at the event! Pick up your gear.

#### **New Year's Day**

10 a.m. • **Registration and Check-in BEGINS**

12:30 pm • **Registration and Check-in ENDS**

1:00 pm • **The Swim!**



## 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:

- Compassion
- Accountability
- Respect
- Error-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

- Welcoming
- Outstanding
- Warm

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](mailto: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 **410-629-1500.**

### 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](http://www.agh.care/honoracaregiver). ●



# Our Donors

JULY 1, 2019 — JUNE 30, 2020

## Major Gifts

### General Fund

2019 Hal Glick Service Award Gala  
Atlantic General Hospital Auxiliary  
Leslie C. Kopp Inc.  
Worcester County Commissioners

### COVID-19 Relief Fund

Eugene B. Casey Foundation  
Myers Family Foundation

## Special Gifts

### Community Flu Clinics

Mr. and Mrs. Todd F. LeKites  
Ocean Downs Casino

### Integrated Health Literacy Program

Harvey L. Berger

### James and Nancy Barrett Nursing Scholarship Fund

Nancy W. Barrett  
AARP Chapter 1917  
AGH Junior Auxiliary Group  
AGH Nurses Week  
Mended Hearts of Delmarva

### Sexual Assault Forensic Examination (SAFE) Nurses Program

Elizabeth K. Koval, M.D.  
Emergency Service Associates, P.A.

### Sleep Disorders Diagnostic Center

John and Sharon Mick

### Eunice Q. Sorin Women's Diagnostic Center

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Ms. Helen M. Smith  
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Joan Stearn  
Mrs. Laura Lee Thomson  
Ocean Pines Ladies Golf Association

# Annual *Appeal*

Deborah R. Adkins  
Andrew Akelaitis  
Major (Ret.) and Mrs. Guy M. Akob  
Patrick Allender  
Tor & Barbie Andersen  
Mr. Joseph Aquilla in memory of Michelle Aquilla  
Shirley A. Aydelotte  
William and Helen Ayers  
Lee and Diane Baker in memory of Ruth M. Baker  
George and Lois Barstis  
Nicholas and Jane Bartolomeo in memory of The Bartolomeo Family  
Phil and Julie Barton in memory of Beverly Ammann  
Mr. and Mrs. Hans J. Beck  
Mrs. Florence Bethel in memory of James W. Bethel, Sr.  
Ms. Nancy O. Blank  
Dianna M. Bolyard  
Larry & Barbara Bormel  
Betty-Lou L. Bowman in memory of Charles W. Bowman  
Ronald and Marlyn Brewer  
Gloria and Josef Brown  
Vonnice and Charlie Brown  
Sally and Larry Buhl  
Pat and Charles Bussey  
Connie Cadwell  
Vicky and Jack Cairns  
Mr. and Mrs. Richard V. Cano  
William F. Carduff  
Linda Cargill  
Upshure and Della Coard in

memory of Audrey Purnell  
Raymond and Leslie Coates  
Victor and Stephanie Cohen  
Marguerite S. Colglazier  
Mrs. Joyce Constant  
Mr. Joseph Cook  
Robert and Diane Cooke  
Francis J. Cossitor  
James and Beverly Crabill in memory of Victoria Crabill  
Mr. and Mrs. James G. Cullison  
Ray and Brenda D'Antuono  
Brian A. Darcy in memory of Lori J. Darcy  
Gonzalo H. Del Fierro  
Douglas A. DeLawter in memory of my wife Jeannette  
Mrs. Betty M. Dice  
Roy & Kathy Diefenbach  
Donna Dorman Adams  
Carolynne Dorsey  
Toby and Phyllis Dryden in memory of Harry C. Bradford  
Connie Duke  
Jack Dunlap, Esq.  
Cliff and Sarah Dypsky  
Virginia K. Elliott in memory of M. Stuart Nottingham  
Georgie S. Ellwood  
Ted & Sallye Eschenburg  
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Sam & Janie Everett  
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Jack Finkelstein  
Jim and Sharon Fisher  
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Robert Griffith in honor of Jack Burbage  
Joan T. Grim in memory of John F. Grim  
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Mr. and Mrs. Leo Halpert  
Patti Halsey in memory of Jim Halsey  
Daniel and Marilyn Halteman  
Howard and Ann Hamilton  
Raymond and Elizabeth Hanley  
Kenneth and Carole Harding  
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Carol L. Harper  
Sue H. Harting  
Martin C. Hauf  
Cynthia and Michael Headman  
Olevia E. Henry  
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Agnes G. Hitchens  
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 Shirley Dennison & Betty Moyer  
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 Thomas H. Mullen  
 Peggy K. Mumford  
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 Stuart and Kathy Murray in memory  
 of Esther Murray  
 Ronald and Wanda Nagers  
 Mr. and Mrs. Stephen Nemphos  
 Michael and Janis Nesterak  
 William and Carol Nielander  
 Darrell and Patricia Nottingham  
 Patricia A. Nowicki in memory of  
 Thomas P. Nowicki Jr.  
 Don and Kathy O'Grince  
 Audrey O'Keefe  
 Dr. John G. Olenick in memory of  
 Theresa Olenick  
 Bob Opatovsky and Linda Durkos  
 Cheryl Oster  
 William & Judy Paxson  
 Nancy J. Pearson  
 Kathleen and Burke Pieper Jr. in  
 honor of all cancer survivors  
 Robin B. and Robert A. Platky  
 The Potter Family in memory of Andy  
 Lawless  
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 Bert and Vivian Pruitt  
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 Mr. and Mrs. Ronald Rice  
 Carl T. Richards  
 Ron and Terri Rickards in memory of  
 Darrin Phillips and in honor of Louis  
 Taylor  
 Mr. and Mrs. Melvin L. Rider  
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 Donald and Rosemary Rogers  
 Sandra Roupp  
 Arthur and Diane Rutledge  
 Geneva A. Sampson  
 Mr. and Mrs. Walter G. Sauter  
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 Mr. Robert Schaefer  
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 Mr. & Mrs. Charles N. Schwarz  
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 Shanahan Family  
 David Sharretts, Sr. in memory of  
 Barbara Sharretts  
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 Ms. Ann Singley  
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 Milton and Betty Wilson  
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 Mr. and Mrs. Duncan Wright  
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 Thom Young  
 Gunnar W. Zorn III, M.D.

2019 - 2020

# Associates Campaign

## Annual Appeal Pledge Drive

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Sally H. Dowling MD  
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Lisa McBride  
Jill McGuire  
Bonita McLean  
Elizabeth Miller  
Terry Moore  
Chistine Neto, MD, FACOG and  
Kuna-Neto Family  
Christine Leigh Newman

Tiffany Reddish  
Shane Schaffer  
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### PATIENT ASSISTANCE FUND

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Paul, Michelle & Rylee Miller  
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Rob & Tammy Simington  
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Mary Ellen Beideman  
Sherri Martinek  
Janice Finnerty Novak  
Barbara Ogurcak  
Judith McClafferty Sheehan  
Colleen Wareing

### Committee Chair: Debbie Grove

In addition to the Annual Pledge Drive, the Associates Campaign Committee held several events throughout the year including AGH Apparel Sales (fleece jackets, sweaters, shirts), Vendor Days, Bake Sales, Raffles, and Jeans/ Jersey Spirit Days.

Thank you to all of the AGH Associates who participated in fundraising efforts that raised \$15,000 in support of AGH's programs and services!

## HONOR A

# Caregiver/Grateful Patient

**Robert L. Bremerman** in honor of Dr. Roopa Gupta  
**Jerry & Anne Canakis** in honor of the lovely employees & volunteers  
**James and Beverly Crabill** in honor of Lisa Bayles  
**Shafic and Mary Fattaleh** in honor of the Emergency Department  
**Ms. Maytal Hazan**, "Thank you for saving my father"  
**Doug and Debby Hiob** in honor of the Emergency Room team  
**Michael and Ethel Jacobs** in honor of Dr. Zarif  
**Mr. and Mrs. Charles R. Martin** in honor of Dr. Stephen Waters  
**Mr. and Mrs. William McNelis** in honor of Dr. Sally Dowling & Dr. Alae Zarif  
**Ron and Terri Rickards** in honor of Dr. Paul & Dr. Jain  
**Charles & Patricia Tregoe** in honor of EMT & Emergency Department Doctors  
**Suzanne Wagner** in honor of Craig Johnson

## 28th Anniversary Celebration

May 2021

Atlantic General Hospital will celebrate its 28<sup>th</sup> Anniversary in May 2021. This is a very special occasion for Atlantic General Hospital, as it is a time when we come together to celebrate the hospital our community helped create nearly 28 years ago.

With the ongoing circumstances related to COVID-19, event planning is fluid. The tentative event is to be hosted by Kevin Myers & Family at their home in Berlin. We are hoping to be able to celebrate with our friends and supporters in May! Please check

[www.agh.care/anniversary](http://www.agh.care/anniversary) for details as they become available.



# 2020 Penguin Swim

Event Co-Chairs: S. Michael Cylc & Phillip Cheung

## Legacy Sponsor - "The Emperor Penguin"

Bull on the Beach & Crab Alley for 26 consecutive years as Title Sponsor

## Glacier Sponsors

Atlantic General Hospital Auxiliary  
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## Iceberg Sponsors

Hardwire

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Seacrets  
Talbot Street Watersports  
The Bonfire Restaurant  
The Burbage Funeral Home  
The Original Greene Turtle  
The Ward Museum of Wildfowl Art

## Special Thanks to...

Chris Pappenfort and the Princess Royale Staff  
Wayne Cannon, Emcee  
Erik Cantine, Ice Sculptor  
Harry O, Live Music  
Lollipop the Clown, Face Painter  
Sherman the Shorebird

... and the many AGH Associates and Community Member Volunteers who helped with this event!

## TOP FUNDRAISERS

### Team – Business Category

1. Bull on the Beach (Ocean City, MD), \$27,486\*
2. Carrabba's West Ocean City (Ocean City, Md.), \$1,165
3. AGH's Frosty Flip Flops (Berlin, MD), \$850

*\* The Bull on the Beach team has contributed more than \$630,000 to the AGH Penguin Swim since it started in 1995!*

### Team – Community Groups Category

1. Ocean City Ravens Roost #44 (Ocean City, MD), \$14,757\*
2. HFY Swim Team (Salisbury, MD), \$725
3. Ocean Pines Penguin Swim Team (Ocean Pines, MD.), \$375

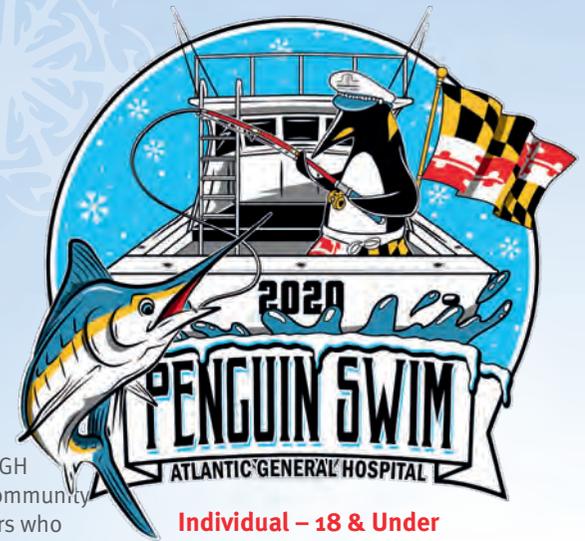
*\* The Ravens Roost team has contributed nearly \$135,000 to the AGH Penguin Swim over the last 12 years!*

### Team – Youth/Family

1. Zoo Crew (Breinigsville, PA), \$1,975
2. The Roarty Family (Churchville, MD), \$850
3. Parker's Home for Peculiar Children (Gaithersburg, MD), \$750

### Individual - Adult

1. Richard Moore (Glen Burnie, MD), \$625
2. Robert LeCompte (Columbia, MD), \$575
3. Arleen Dinneen (Ellicott City, MD), \$525



## Individual – 18 & Under Division

1. Max Ewancio, age 18 (Berlin, MD), \$825
2. Nicholas Franklin, age 17 (Berlin, MD), \$450
3. Dennis Tice, Jr. (Lusby, MD), \$275

## Costume Contest

**Best Overall Costume –** "Frosty" Timothy Yates from Boonsboro, MD

**Most Spirited –** "Blue Shark & Hula Girls" Emily Brozena, Kelli Brozena, Matthew Brozena, Lindsey Carter from Frosty Paws Team from Telford, PA

**Most Creative –** "Fun in the Sun" Peter Hesson, Lynn Ceritano, MacKenzie Callahan, Macklin Risch, Charles Bitler from Flip-N-Flop Team from Frankford, DE

**Best Little Penguin –** "O'Sea Navy Sweeties" Sienna & Keera Pearce, McKenna Schlegel from It's 5 O'Clock Somewhere Team from Effort, PA

**Team/Group Costume –** "Saved by the Bell" Chance Ebel and friends from Ocean City, MD  
**Honorable Mention –** "Missed Virginia Beach" Edward Geis from Eure, NC

## Special Recognition:

**Youngest Penguin –** Sawyer Long (Berlin, MD), 2 months and 8 days old

**Oldest Penguin –** Bill Hunter (Ocean Pines, MD) 91 years, 6 months and 20 days young

**Traveled the Farthest –** Christina Fraschetti (Oceanside, CA)

# Tributes

## In Memory of Guy R. Ayres III

Mr. and Mrs. Thomas W. Allen  
Shirley A. Aydelotte  
Mr. Edward G. Banks, Jr.  
Ms. Debbie M. Birgfeld  
Ms. Bonnie Blottenberger  
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## In Memory of Betty Lou Bowman

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Estate of Betty Lou L. Bowman  
Maryland Chapter V PEO Sisterhood

## In Memory of Kathleen Ann Harman

Guerrieri Family Foundation

## In Memory of Wayne T. Hastings

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Estate of Margaret J. Wimbrow

## 2021 Penguin Swim

continued from page 16

opportunity to participate virtually and challenge others to do the same.

The Penguin Swim is a fun annual event to support our not-for-profit community hospital! Each year, hundreds of Penguins raise funds to help AGH provide the excellent quality care on which our community depends.

Individual and team fundraising efforts by Penguin Swim participants enable Atlantic General to continue to provide that care — but they can't do it alone!

Business sponsors help make the event a great success, as the Penguin Swim is one of our largest fundraisers in support of AGH's mission to provide a coordinated care system with access to quality care, personalized service and education to improve individual and community health.

To learn more about how to become a Penguin Swim sponsor, contact Joy Stokes at 410-641-9671 or [jstokes@atlanticgeneral.org](mailto:jstokes@atlanticgeneral.org), or visit [www.aghpenguinswim.org](http://www.aghpenguinswim.org).

### Hey, Penguins!

swimmer. All swimmers who register on or before December 10<sup>th</sup> will receive an official 2021 Penguin Swim short-sleeve t-shirt. Shirts for swimmers who register after December 10<sup>th</sup> will be available at online check-in and in-person registration while supplies last.

Register online at [AGHPENGUINSWIM.ORG](http://AGHPENGUINSWIM.ORG).

**All proceeds benefit Atlantic General Hospital Foundation.**

## ATLANTIC GENERAL

THRU 7/1/19 - 6/30/20

# Campaign FOR THE Future

Financial support is critical to bridging the gap between the cost of modern medicine and the growing needs of our community. That's why we reached out to the community through the **Atlantic General Campaign for the Future**, which is helping to fund five major healthcare initiatives:

- **Construction of the John H. 'Jack' Burbage, Jr. Regional Cancer Care Center**  
*(completed June 2018)*
- **Modernization of our Inpatient Care Area**  
*(completed Fall 2020)*
- **Modernization of our Surgical Facilities**
- **Expansion of the AGH Emergency Department and Outpatient Services**
- **Atlantic General Women's Health Center**  
*(completed January 2017)*

We secured more than \$12.5 million of our \$10 million overall goal in pledges, commitment and grants, and our campaign is more than complete. We extend our heartfelt thanks and appreciation to the donors who have made it possible to finish these critically important endeavors.

#### LIFE VISIONARY

John H. 'Jack' Burbage Jr.  
Gudelsky Family  
State of Maryland – Maryland  
Hospital Association

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Town of Ocean City

M&T Charitable Foundation  
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Mr. and Mrs. A. G. Allen II  
Steve and Sallie Barker  
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*Thank you...*

**In Memory of Dr. Ignatius Loyola DiNardo, continued**

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Mr. C.J. Dodge  
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# FISCAL YEAR 2020 Grants

**The Community Foundation of the Eastern Shore Community Needs Grant Program** — \$4,278 to support Atlantic General Hospital's School-Based Telehealth Services

**The Community Foundation of the Eastern Shore COVID-19 Emergency Response Grant** — \$2,000 to support Atlantic General Hospital's VivifyHealth COVID-19 Screening Platform for Associates

**FCC COVID-19 Telehealth Program** — \$51,645 for Atlantic General Hospital and Health System's FollowMyHealth Video Consults

**FCC COVID-19 Telehealth Program** — \$515,449 Atlantic General Hospital's FollowMyHealth Full Enterprise

**Maryland Hospital Association** — \$25,000 to support Atlantic General Hospital's Hospital/Healthcare Preparedness Program

**Nora Roberts Foundation** — \$5,000 to support Atlantic General Hospital's COVID-19 Relief Fund

**Rural Maryland Council's Rural Maryland Prosperity Investment Fund** — \$220,322.12 for Atlantic General Hospital's Integrated Behavioral Health Initiative

**State of Maryland Governor's Office of Crime Control and Prevention Violence Against Women Formula Grant** — \$18,000 to support Atlantic General Hospital's Sexual Assault Forensic Examination (SAFE) Nurses Program

**United Way of the Lower Eastern Shore's LIVE UNITED Response Fund** — \$2,000 to support Atlantic General Hospital's VivifyHealth COVID-19 Screening Platform for Associates

**Worcester County Health Department** — \$2,000 to support the Tobacco Retailer Education Program

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**Fall Golf Classic** – Steven Sweigert and Terry Wright  
**Penguin Swim** – S. Michael Cylc and Phillip Cheung  
**Anniversary Celebration** – Emily Tunis and Sara Hambury

26<sup>TH</sup> ANNUAL FALL

Golf Classic

SEPTEMBER 26, 2019

Ocean City Golf Club – Berlin



Robert E. Warfield, Sr.  
May 22, 1940 - January 22, 2016

The Atlantic General Hospital Foundation was honored to share, once again, in recognizing the generous commitment and loyal service of the late Robert E. Warfield, Sr. with the Robert E. Warfield Memorial Tournament on Thursday, September 26 of 2019.

An alumnus of Montgomery Blair High School in Silver Spring, MD, and Western Maryland College (McDaniel College) in Westminster, “Bob” dedicated his busy life to giving to others in service and in spirit. A veteran of the United States Army, Bob served as a second lieutenant in the Army’s 29th Division in Korea before moving to Ocean City and co-founding Moore, Warfield & Glick Realtors. A Trustee at McDaniel College, Bob and his beloved wife of 47 years,

Margaret “Peggy” Warfield, endowed an undergraduate scholarship for students from Worcester County who major in economics or business. Bob was also an integral member of the AGH Fall Golf Classic Committee from the time he joined the Foundation’s Board of Directors in 1999. A founding member of the hospital’s Board of Trustees and former Chairman of the Board of Directors for the AGH Foundation, he was also a member and served on the board of directors for the Ocean City Golf and Yacht Club and on the board of directors for the Maryland Economic Development Corporation and Chesapeake Bay Restoration Fund.

A great family man, Bob loved life to the fullest and never passed on the opportunity to help out someone in need. Renowned on the local links, his magnetic personality and community involvement allowed him to touch the lives of many people. Although his generous being will infinitely be missed by all, his legacy will persevere.

**Special thanks ... to Buddy Sass and Ocean City Golf Club and all of our volunteers who generously gave their time and talents to this worthwhile event.**

**Tournament Co-Chairs**

Terry Wright and Steven Sweigert

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The Carousel Group for 20 Consecutive Years as Title Sponsor

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Dead Freddie’s Island Grill  
de Lazy Lizard Tiki Marina & Island Grill  
The Warfield Family

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## TOURNAMENT WINNERS

### Women's Longest Drive

Poppy Granite (Seaside) & Robin Higgins (Newport Bay)

### Men's Longest Drive

Ross Bergey (Seaside) & Drew Havrilla (Newport Bay)

### Women's Closest to the Pin

Poppy Granite (Seaside) & Judy Kight (Newport Bay)

### Men's Closest to the Pin

Ron Clapper (Seaside) & Pete McGoff (Newport Bay)

### Floating Green Contest

Greg Langler, Jay Reading, Mickey Fitzmorris, Chris McLoota, Jeff Neal, Doug Peters, Tom Bradshaw

### Putting Contest

1. Dale Allman 2. Eric Milhollan 3. John Kilian

### Seaside (Scramble) Winning Teams

1. Home Instead Senior Care – Don Boger, Jim DeAngelas, Tad Kaufman, Robert Williams  
 2. Louis Taylor, Howard "Buzz" Taylor, Daniel Parker  
 3. The Intermed Group – Dale Allman, Evan Hileman, Glenn Lebedz, Aldo Nichini

### Newport Bay (Best Ball) Winning Teams

1. Encompass Health – Greg Hartman, Matt Whaley, John Zimmerman, Steve Walar  
 2. Marshall Hotels & Resorts – Mike Marshall, Jeff Neal, Galen Gardner, Greg Langelar  
 3. Whiting-Turner – Amanda Cieslak, Timothy Edmonson, Josh Fanelli, James Martini

# COVID-19 *Relief Fund*

On behalf of our employees and medical staff, we sincerely thank the local businesses and community members who donated meals, hand-made masks and other items for our staff. During a time that has been difficult for everyone, you truly made work on the fronts lines a little easier.

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Gregory W. Stamnas, M.D. in honor of AGH Hospitalist team, your hard work is honored.  
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(410) 629-1500  
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(410) 641-9654

**Michael Franklin, President & CEO**  
mfranklin@atlanticgeneral.org

**Jonathan Bauer, Vice President of Information Services**  
jbauer@atlanticgeneral.org

**Ann Bergey, Vice President of Quality/Medical Staff Services**  
abergey@atlanticgeneral.org

**Sally Dowling, M.D., Vice President of Medical Affairs**  
sdowling@atlanticgeneral.org

**Kim Justice, Vice President of Planning/Operations**  
kjustice@atlanticgeneral.org

**Toni Keiser, Vice President of Public Relations**  
tkeiser@atlanticgeneral.org

**Cheryl Nottingham, Vice President of Finance/CFO**  
cnottingham@atlanticgeneral.org

**Matthew Morris, Vice President of Patient Care Services**  
mcmorris@atlanticgeneral.org

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