

# Wellness Matters

TODAY OUR **NEW NAME**  
REFLECTS WHO WE ARE  
AND WHO WE HAVE  
BEEN FOR 25 YEARS.



JOHNS HOPKINS  
M E D I C I N E

Howard County  
Medical Center

# President's Message



*Dear Friends,*

There have been a lot of exciting changes at our hospital this summer. Not only are we celebrating our 50th anniversary as a hospital and our 25th year as a member of Johns Hopkins Medicine (JHM), we also recently announced that our name has changed to **Johns Hopkins**

**Howard County Medical Center.** Being part of JHM is who we are and who we have been. We are proud of our 25-year legacy, and our new name reflects that ongoing connection.

As we look to the future, we also honor our history. The past 50 years have brought us challenges and exciting new opportunities. We have seen our building, staff and services grow and expand. We've watched medical advancements transform health care, and we've seen a pandemic usher in a new normal. We have risen to every occasion with the help of our incredible staff and community.

In the following pages you'll read about some of the extraordinary people who have helped make our hospital what it is today. These employees, physicians, volunteers and supporters have done amazing things to propel us forward. We hope you will be inspired by their stories and join us as we look to the next 50 years and beyond. I invite you to help us continue to move health care forward and support our 50th anniversary campaign by visiting [hopkinshoward.org/50Forward](http://hopkinshoward.org/50Forward).

Wishing you and your family well.

Sincerely,

M. Shafeeq Ahmed, M.D., MBA, F.A.C.O.G., *President*

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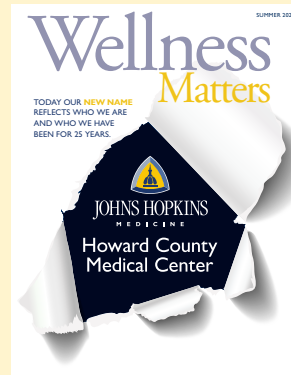
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# Wellness Matters



In this issue of *Wellness Matters*, we take a look at 50 years of caring for our community and how far health care in Howard County has come through the eyes of our physicians, staff and patients.

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# ON THE REFLECTING PAST AS WE STRIDE TOWARD THE FUTURE

## 1970s HOSPITAL OPENS DOORS



The 75,000-square-foot Columbia Hospital and Clinics Foundation opens as a 59-bed, short-stay HMO-based hospital. It later changes ownership and is renamed Howard County General Hospital, accommodating all insurance plans, and finishes the decade with a 120-bed addition.



## 2000s NEW EMERGENCY & PATIENT PAVILION

A new Emergency Department opens, triple in size and run by Johns Hopkins physicians, with a Behavioral Health Unit to treat mental health conditions. Other notables: new/renovated ICU, obstetrics facilities, Center for Wound Healing, designation as a state-certified primary stroke center and a new five-level Patient Pavilion with all private rooms and new outpatient space.

## 1980s EXPANSION



The North Wing expansion opens, adding 120 beds, and the entire third floor of the hospital

now treats maternity and gynecology patients. Construction begins on the second expansion, to include an outpatient testing center. By the end of the decade, a ribbon cutting for the South Wing takes place, which will provide 72 new medical/surgical beds, a cafeteria and a new main entrance.

## 2010s JOHNS HOPKINS SERVICES



The Breast Center, Johns Hopkins Center for Sleep and Johns Hopkins Vein Center open, all started by Johns Hopkins physicians. The Johns Hopkins Musculoskeletal Center and Rehabilitation Network opens on campus.

## 1990s EXPANDED SERVICES



Highlights include adding to the care for high-risk infants and pregnancies; a comprehensive pediatric unit; MRI Center; adjacent outpatient center; regional and hospital-based oncology services, including the 4 South nursing unit; and a chest pain unit. Rounding out the decade is a partnership to become a member of Johns Hopkins Medicine, the first community hospital in the Johns Hopkins Health System.

## Present to Future

A 50,000-square-foot addition opens, providing a new pediatric and adult ER entrance as well as expanded and improved observation and psychiatric units. Specialty services from Johns Hopkins physicians, such as robotic surgery, expand on the medical campus. Primary care expands in Howard County through Johns Hopkins Community Physicians.

**Hospital changes name to Johns Hopkins Howard County Medical Center.**

[hopkinshoward.org/50Forward](http://hopkinshoward.org/50Forward)



# At the Heart of the Hospital:

A skipped beat. A pain in your chest. No matter what your symptoms are, one thing is certain: cardiac care can't wait. Today, Johns Hopkins Howard County Medical Center is known for its robust, lifesaving cardiac care program. Over the past 50 years, our visionary cardiologists shaped and led the evolution of cardiac care and helped make it what it is today.

## In the Beginning...

**Jerry Hantman, M.D.**, was a pioneer in 1975 as the very first cardiologist in Howard County and the first cardiologist on the hospital's professional staff. When cardiologist **David Jackson, M.D.**, joined the hospital in 1987, he was a welcome addition to a small but dedicated team. "I was actually the first cardiologist to put in a pacemaker at the hospital," says Dr. Jackson. "There was no cardiac catheterization lab because placing pacemakers had been a surgical procedure done in the operating room for many years. But as technology advanced, that was no longer ideal."

“When I first joined the hospital in 1987, the idea that today we'd be doing emergency angioplasty and stents on acute heart attack patients and have a busy Cath Lab opening clogged arteries wasn't even imaginable. The progress is amazing.”

— David Jackson, M.D.



David Jackson, M.D., founder and medical director of the Outpatient Cardiac Rehabilitation Program, pictured in the current space.

## The Campaign for the Cardiac Catheterization Lab

For the first few years, cardiologists on staff at the hospital had to perform cardiac catheterization procedures at other hospitals. "We weren't a member of Johns Hopkins Medicine yet, and the options were very limited," Dr. Jackson says. "We were wasting precious time transporting patients who needed a cardiac catheterization to a hospital that would accommodate us." Something had to change.

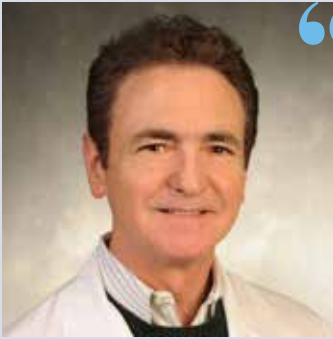
One of the first cardiologists at the hospital, **Stephen Valenti, M.D.**, says, "We've always been at the forefront in terms of making sure we had the technology to provide the best cardiology care we could here. The establishment of a cardiac catheterization lab on the hospital's campus was vital."

Formed as a joint venture between the hospital and Johns Hopkins Medicine, the lab opened in 1997 adjacent to the emergency room, with Drs. Jackson and Valenti serving as medical directors with two Johns Hopkins cardiologists.

*The original Cardiac Rehabilitation room had one treadmill and a bike when it opened.*



# The Evolution of Cardiac Care



“Through the years, I have seen so many aspects of the cardiology program develop in the hospital — from vascular and echocardiography labs to a nuclear cardiology department. Then you look at the cardiac catheterization lab in terms of what else can be done there, including putting in pacemakers and defibrillators. It’s been so wonderful to be part of such a great team effort for so many years.”

— Stephen Valenti, M.D.

In 2003, the lab moved into the hospital and was able to provide emergency angioplasty and stents. “Being able to perform stenting and eliminating the delay in care was a relief to providers and also comforting for patients and their families,” says Dr. Valenti. “It was a huge advance in cardiology patient care.” In 2020, the Maryland Health Care Commission granted the hospital permission to perform routine outpatient interventional catheterization procedures.

## Developing the Cardiac Rehab Program

In his second year at the hospital, Dr. Jackson also saw an opportunity to establish cardiac rehabilitation services in-house. “Cardiac rehabilitation is second nature today, but it wasn’t commonplace 25 years ago,” says Dr. Jackson. “Our team has always stressed the importance of preventive care, so even back then we knew a cardiac rehabilitation program was crucial.”

“We were always concerned that a cardiac patient would be exercising a week or two after their heart attack and experience complications,” said Dr. Jackson. “So, we started small. The first cardiac rehab facility was just a little room with a treadmill and a stationary bike, but it expanded quickly. Today, it’s a state-of-the-art full gym.”

## The Future of Cardiac Care

As technology improves and advances are made, Dr. Jackson and Dr. Valenti are excited to see how cardiology will evolve at Hopkins Howard County. There’s a lot to look forward to.

“We’ve seen this hurricane of cardiac technology, and Howard County has grown with it,” says Dr. Jackson.



*The establishment of a Cardiac Catheterization Lab in the hospital meant patients could receive care in their community.*

“Right now, we have everything we need and more to take care of you if you have a heart attack. But the future of cardiology is all about prevention. It’s about detecting heart disease and identifying high-risk patients. I think that going forward genetic testing, medications and lifestyle changes will be key.”

Dr. Valenti believes that the medical center’s tie to Johns Hopkins Medicine will help the cardiology department stay ahead of the curve as technology continually improves. “Our connection with Hopkins has helped us not only build our department but bring cutting-edge equipment and procedures to our community,” he says. “Patient care will continue to get better and better.”

# Right Time, Right Place:

Lou Kennedy was just hours away from retirement when he found himself in Johns Hopkins Howard County Medical Center's emergency department, fighting for his life.

It was Lou's final day working at his Columbia office, ending his career of over 36 years. He packed up his personal items and headed to his car to drop them off. Lou was only a few feet away from his car when he felt a large pop, like a rubber band tearing, in his left hip. He was startled but chalked it up to aging and continued walking.

"There was a lot happening that week," Lou recalled. He had just turned 61, and he and his wife were planning a big celebration to recognize his retirement. Lou had never worried about his health before — he had never even spent the night in a hospital. He was an avid biker and in excellent shape. But as he sat down in his car to catch his breath, the pain got much worse and it became clear that something was not right.

"I was perspiring tremendously and very pale. The pain became unimaginable and was unlike anything I've ever felt," Lou said.

Lou knew he had to get to the hospital. He called his wife, Tracy, to explain what was happening, and asked her to meet him at Hopkins Howard County. The pain was so overwhelming that he feared the worst. "I told her 'Something bad is happening,'" said Lou. "I told her 'I need to say goodbye to you.'"

When he arrived at the emergency department, he could barely stand and started to feel like he was losing consciousness. Lou remembers, "I couldn't see, but I heard my wife saying, 'something's really wrong.'"

**Danielle Matilsky, M.D.**, a Johns Hopkins emergency physician on staff at Hopkins Howard County, evaluated Lou and ordered tests to check for kidney stones. "They gave me a CT scan within moments," Lou said. "When they rolled me out from the scanner, I could see in my wife's eyes that it wasn't kidney stones."



Lou Kennedy, pictured before his lifesaving surgery.

It was an abdominal aortic aneurysm (AAA), a rare and oftentimes fatal event. During an AAA, the large blood vessel in the abdomen that supplies the lower half of the body balloons out and, in Lou's case, ruptures. In addition, the iliac arteries in both of Lou's legs tore, restricting blood flow, especially to his right leg. Only 15 to 20% of people survive this type of aneurysm, but if Lou quickly received care, his chances would increase substantially.

"Dr. Matilsky told me that this was very serious and that normally the best course of action would be to get me to The Johns Hopkins Hospital ASAP," said Lou. "But, as it turns out, Johns Hopkins Chief of Vascular Surgery and Endovascular Therapy, **James Black, M.D.**, was in the building."



# Lifesaving Care Delivered

Dr. Black specializes in complicated aortic surgery like AAA and was rounding at Hopkins Howard County that day. “I was probably about a half an hour from heading back to Baltimore when I got the call from the emergency department about Lou’s case,” said Dr. Black. “An operating room was open, we had the grafts we needed, and on duty was a Johns Hopkins trained anesthesiologist who also specializes in cardiac surgery. It all worked out in a real nice way.”

Dr. Black rushed Lou into surgery and began replacing his aorta with a polyester graft. In the operating room, he found that Lou had experienced an acute aortic dissection inside a pre-existing abdominal aortic aneurysm. “It was a double hit,” Dr. Black said. “It was tricky to find suitable vessels to graft onto, because the tear of the dissection had shredded most of them. I was sewing to vessels that had the consistency of wet tissue paper, so it was a little challenging.”

The surgery was successful, and six hours later, Lou woke up with a new aorta that should last a lifetime.

Today, Lou feels much better and is gradually participating in more physical activity and expects a full recovery within a year.

“Dr. Black said this was a lightning strike. You can’t go back and say what caused it. I wasn’t a smoker, don’t have high cholesterol or any other high-risk factors,” Lou says.

**Lou credits his proximity to Johns Hopkins Howard County, Dr. Matilsky and the lifesaving ER staff, and Dr. Black’s presence that day for saving his life.**

“I’m lucky to be alive, but I wouldn’t be had it not been for the staff — from the person who helped me in the front door to the folks who quickly checked me in. I don’t know how to thank Dr. Black. He gave me time to see my kids again. My prognosis could not be better.”

Dr. Black told Lou, “I’ll see you in a year. You’ve got new pipes. You’re better than you were.”

As for his retirement? Lou had been thinking about spending his golden years in the mountains or the beach, but now he thinks he might stay closer to home. “This emergency made me rethink things,” he said. “I realized how important it is to have a good medical system close by. It’s opened my eyes to the fact that you never know when your life is about to change.”

AAA only happens to about five out of 100,000 people, but Dr. Black says you should get screened if you are or were a smoker, have hypertension or have a family history of aortic aneurysms or dissections. “The most important thing is to listen to your body and don’t write off sudden pain that’s a 10 out of 10,” says Dr. Black. “Even if you think you could have just pulled a muscle or twisted something, that level of pain means you need to call 911 and get to the emergency room.”

<<< (l. to r.) Danielle Matilsky, M.D., James Black, M.D., reunite with Lou and his wife Tracy.



# When the Nurse Becomes the A Breast Cancer Story



After spending years serving as a clinical nurse and nurse manager in Johns Hopkins Howard County Medical Center's Intensive Care Unit, Linda Sayre thought she had seen it all. Then, she found a lump in her breast, and everything changed.



Linda Sayre, MS, RN, NE-BC  
Director, Nursing Professional Practice  
Johns Hopkins Howard County Medical Center

Like it does for so many, Linda's breast cancer diagnosis came out of the blue. It was 2011, and she and her husband were adjusting to a new phase of life as empty nesters. She was turning 50, and the whole family had just returned from a cruise to celebrate, when she found a lump in her breast.

Linda had taken care of hundreds of critically ill patients in her nursing career, and she felt like she understood what a patient goes through during a medical crisis. But, after the mammogram confirmed she had an aggressive form of breast cancer, she felt completely lost, overwhelmed and terrified. "No matter how many years you have been a nurse, nothing prepares you for that moment when you are told, 'You have cancer,'" she said. "It simply takes your breath away."

After her diagnosis, Linda's colleagues jumped into action to support her. Linda immediately called her friend and colleague, **Nicholas Koutrelakos, M.D.**, who orchestrated her treatment plan. She was quickly referred to **Lisa K. Jacobs, M.D.**, a Johns Hopkins surgical oncologist who was just starting as the director of the new Johns Hopkins Breast Center Howard County.

At the first surgical consultation, Linda asked Dr. Jacobs, "Do you think I'll live five years? What is the plan?" Linda vividly remembers everything about that day — the room, what she was wearing and how Dr. Jacobs responded.

“**Dr. Jacobs put her hands on my shoulders and said, 'You are going to be okay. We're not looking at the five-year plan. We're looking at a 30-year plan.' That was the first time I felt hopeful I might actually survive this.**”

She was facing a difficult diagnosis, and it was important she make things easy for herself by receiving care close to home. Linda was Dr. Jacobs' first surgical patient at Howard County.



<<< Linda Sayre with her husband and sons.



# Patient:

“I trusted everyone from the operating room to the recovery room and felt confident I would get the best possible care here.”

Linda's treatment plan also included chemotherapy and radiation. It wasn't easy, but Linda found strength in the women she met along the way who shared their survivor stories with her. "They showed me there was hope on the other side and what it meant to be strong," Linda said.

Linda remembers being nervous about losing her hair. She found comfort at the Claudia Mayer/Tina Broccolino Cancer Resource Center, where a hairstylist helped her design a custom wig. The stylist encouraged Linda to bring her girlfriends with her to offer their advice on which wig to choose and how to cut and style it. "It ended up being a fun way to tackle a really hard thing," she said.

**Today, Linda has been cancer-free for 11 years. She is still passionate about her work and feels like her experience has helped her become even more empathetic to patients, colleagues and friends.**

"When you think there's no way something can happen to you and then it does, you have to find your way through it to the other side," she says. "I don't think about breast cancer every day like I used to. For a long time, I couldn't talk about it. It was just too hard, too painful. But now I'm at a place where I can say there's hope, there's good treatment, and we have so many advocates here who can help any woman facing that fear of the unknown."



Hear Linda tell her story at [bit.ly/LindaSayreStory](https://bit.ly/LindaSayreStory)

## NEW JOHNS HOPKINS BREAST CENTER HOWARD COUNTY OPENS



Johns Hopkins Howard County Medical Center is dedicated to caring for women. A focal point of women's health is the Johns Hopkins Breast Center Howard County. Opened in 2011, the center recently underwent a complete renovation tripling the space, providing new technology and centralizing care.

The newly renovated breast center offers comprehensive breast services that include diagnostics and biopsies, and a full range of treatment options for breast cancer. In addition to expanding the number of exam rooms, the new center includes an imaging suite, bedside ultrasound and surgery suite. Having imaging in the center will provide continuity of care in one place so patients do not have to travel to multiple locations to have procedures.

Additional services at the center include patient navigation, genetic evaluation and management, and a survivorship program for a more patient-centered experience.

Johns Hopkins Division Chief of Breast Cancer Surgery Lisa Jacobs, M.D., leads a dedicated team allowing our patients to receive expert care, close to home.

**Johns Hopkins Breast Center Howard County**  
**Appointments: 410-884-4744**



# Celebrating 50 Years #MoreThanAHospital —

**WHEN REFLECTING** on the hospital's 50-year impact on the community, longtime hospital board member **Al Scavo** may have said it best, *"It's more than a structure. More than a place you go when your child breaks an arm or you have an illness. It's the web of individuals who make up the hospital — from community supporters, volunteers, clinical staff, dietary, nursing, senior staff, physicians — how they all fit together in a common bond is what makes up the hospital. I am proud to serve with such dedicated and focused individuals."*

HERE WE HIGHLIGHT A FEW OF THE MANY STORIES OF THOSE WHO HAVE A PLACE IN OUR 50-YEAR HISTORY. READ THEIR FULL STORIES HERE: [bit.ly/50Anniversary-Stories](https://bit.ly/50Anniversary-Stories).



## HISTORIC GIVING ▶

In 2014, **Dr. Sanford A. Berman** and his wife **Dr. Kay Y. Ota-Berman** donated \$5 million — the largest private donation in the history of the hospital. In recognition of the Bermans' gift, the surgery center building was renamed The Dr. Sanford A. Berman and Dr. Kay Ota-Berman Pavilion.

Dr. Berman said, *"Kay and I wanted to leave a legacy in the community, and we have both been patients here and were treated so well. I knew donating would make a difference for others in the community."*



## CONNECTING WITH PATIENTS

**Ayni Ahmed's** love for her patients is contagious, as is her affection for her co-workers. While she arrived at the hospital in 1985 as a nursing assistant, 15 years later she transitioned to the Food and Nutrition Department and has served as a dietary assistant ever since. It is the connection she feels to her patients when she delivers meals that motivates her to do her best.



## ◀ BUILDING AN OUTPATIENT CENTER

The hospital took a quantum leap forward in 2009 when it opened a four-story pavilion. **Evelyn Bolduc**, who was chair of the hospital board at the time, raised \$5 million to fund the hospital addition and spearheaded a capital campaign. As a result, the hospital's complexion was forever changed. Having donated over \$1 million to the hospital, Evelyn and her husband J.P. are members of the Jim Rouse Visionary Society, and the Bolduc Family Outpatient Center is named in their honor.

## GROWING NURSES ▶

**Robin Hof** is not afraid of a challenge. She takes pride in her quest to learn and challenge herself as a nurse. As a new nurse, she took advantage of the hospital's tuition assistance and started working toward her bachelor's degree in nursing. After that milestone, she looked for her next challenge and moved to the Emergency Department. *"I want to stay here,"* she said. *"It's my community hospital, and I can grow as a nurse. That's what keeps me here."*



## THE MOTHER OF THE NURSERY ▶

**Eugenia Melvin** cared for more than 20,000 Howard County residents during their first days of life, as manager of the hospital's nursery from 1974 to 1990. She calmed fussy newborns and was notorious for soothing even the most irritable babies. While Melvin did not have children, she considered the nursery babies hers. Melvin's spirit lives on in the nurses who still care for newborns and their parents.



# It's the People



## EXPANDING CARE

In 2019, **Cyndi and Ron Gula** donated \$500,000 to support the hospital's campus construction project that included a two-story addition with a new emergency room entrance, inpatient psychiatry unit and patient observation unit as well as renovations to existing space.

*"Our children were born here, so we always had a connection," Cyndi Gula said, "but it wasn't until we learned about the hospital's critical need for philanthropy that we considered the impact our support would have on health and wellness in Howard County. It's important to us to invest in the community where we work and live."*

## PASSION FOR EMERGENCY CARE

**Don Berlin, M.D.**, joined the Emergency Department in 1999. While most emergency physicians stay for a short time, due to the stress and personal sacrifice needed for this role, Dr. Berlin is the exception. His resilience and detective-like diagnostic curiosity have kept him here for 24 years of immense growth in emergency services and a pandemic. Through all the changes he has witnessed, there is one primary reason he remains ... the people, both co-workers and patients. *"Every patient is unique, and they all touch us in special ways,"* he said.



## SUPPORTING WOMEN'S SERVICES

In 2022, the hospital received \$1.5 million from longtime donor **The Kahlert Foundation**, to enhance women's health services in Howard County by bringing a Johns Hopkins Kelly Gynecologic Oncology Service clinic to the hospital's campus.

*"We are thrilled to support the vision for women's health in Howard County,"* said Roberta Kahlert, a member of The Kahlert Foundation board of directors. *"We raised our family here, and it is gratifying to us to give back so others are able to enjoy the best health and quality of life."*

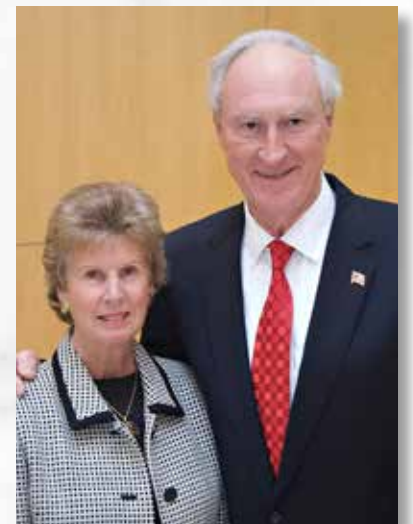


## PRACTICING GUIDANCE

For over three decades, **Rev. Robert Turner, D.Min.**, has been a dedicated advocate of the hospital directly and through his role as the senior pastor at Columbia's St John Baptist Church. Supporting the hospital's efforts to make a positive impact on Howard County is of great significance to Rev. Turner and his congregation. *"The hospital has a legacy of service and a proven track record of success,"* he says. *"The church practices gratitude at every opportunity. It is our responsibility as a faith institution to lend support with a positive focus."*

## CARING FOR OUR TINIEST PATIENTS

In 2009, a generous donation was made through the **Lundy Family Foundation** led by Harry L. "Chip" Lundy and his wife Cathy. In recognition of their gift, the NICU was renamed the Lundy Family Neonatal Intensive Care Unit. Chip noted, *"Everyone in Howard County talks about how good the schools are, and the great libraries and parks—and they are all great, but one of our greatest assets is our hospital. The future of our health care system depends on giving back to it."*



# PROVIDING THE BEST CARE ... IN YOUR COMMUNITY



## New Behavioral Health Unit at Johns Hopkins Howard County Medical Center

### Care in a Time of Crisis

Behavioral health emergency hospital visits have increased significantly in recent years statewide.

**“Over 18% of hospital visits in 2021 were for behavioral health, up from 10.5% in 2013.”**

— Maryland Hospital Association

As the only hospital in the area that can treat patients with emergent psychiatric needs, our emergency room is a frequent destination for patients who need our help.

In 2020, Johns Hopkins Howard County opened a new inpatient psychiatric unit which offers a healing space to patients requiring hospitalization. However, there are some patients who do not meet the criteria for inpatient admission at the medical center but do require supervised care. These patients remain in the Emergency Department (ED) awaiting placement at a facility specializing in their needs. Boarding patients who are experiencing a mental health crisis in the ED can limit the capacity to treat non-behavioral health emergency patients in need of ED care.

### Responding to the Need: Our Vision for the Future

To expand our current six-bed Behavioral Health Unit (BHU), we are planning the construction of a new 24-bed BHU adjacent to the ED. This would increase our overall capacity for care of behavioral health patients while offering that care in a safe, healing environment. At the same time, our aim is to alleviate pressure on the demand for beds in the emergency department.

This new unit will offer patient rooms suitable for all types of care and include common areas for group and individual therapy and areas where patients’ families can visit.



Learn more from our staff,  
[bit.ly/newHowardBHU](https://bit.ly/newHowardBHU)

### Invest in Our Future

To realize this vision, we need the support of our community and philanthropic partners.



Make a gift at [hopkinshoward.org/give](https://hopkinshoward.org/give).



Marcia Boyle



Judy Smith

## WELCOME Johns Hopkins Howard County Foundation New Leadership and Board Members

**Marcia Boyle** has been elected chair of the Johns Hopkins Howard County Foundation Board. A member of the board since 2018, Marcia is the founder of the Immune Deficiency Foundation, the national nonprofit patient organization dedicated to improving the diagnosis, treatment and quality of life of persons with primary immunodeficiency diseases.

*“I’m honored to be the chair of the foundation board at such an exciting time for Johns Hopkins Howard County Medical Center. The recent name change reflects the enhanced clinical care provided by the medical center, including expanded medical specialties and subspecialties. The future success of our ability to provide and grow high-quality medical care will depend on increased community support. My goal is to involve many more people in understanding the needs of this great medical center and providing philanthropic support.”* — Marcia Boyle

**Judy Smith**, COO of On Point Consulting, will serve as vice chair.

**New board members include:** Bryan Alston, Michael Currie, Sandy Goodman, Jennifer McManus and Ben Nichols.

# Being a Corporate Partner in Philanthropy



For Brian Walter, Chesapeake regional president of M&T Bank, supporting Johns Hopkins Howard County Medical Center means supporting our community.

*“At M&T Bank, we look for opportunities for volunteering and giving dollars that can contribute to improving quality of life to help build better communities. The medical center clearly sits in the bullseye of that priority. It’s hard to find an organization that has a broader and deeper impact and is more important in what it does for our community. We are proud to have been supporting the hospital for over 20 years and now to be a Corporate Partner in Philanthropy.”*

— Brian Walter, Chesapeake Regional President, M&T Bank

The Corporate Partners in Philanthropy program was launched in 2023 as part of the medical center’s 50th anniversary. The program allows the medical center to ally with business leaders who recognize the importance of shared investment in advancing the health and well-being of our entire community. Philanthropic support, including generous gifts from many area corporations and businesses, allows us to continue providing patients with expert care, close to home. Join us as a corporate partner and help us move health care forward in Howard County. Learn more at [hopkinshoward.org/corporate-partners](https://hopkinshoward.org/corporate-partners).

SPECIAL THANKS to those companies that have committed as a Corporate Partner in Philanthropy

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## Community Partners

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Howard Hughes  
Intelibits  
Johns Hopkins Federal Credit Union  
Security Development Corporation

## Heroes in Health Care Rocked the Decades

Johns Hopkins Howard County’s 2023 Heroes in Health Care: Rock the Decades event, held in June at Merriweather Post Pavilion, raised \$300,000 to benefit the medical center.

A SPECIAL THANK YOU TO OUR GENEROUS SPONSORS, LISTED BELOW, FOR THEIR SUPPORT:



(l. to r.) Honorary Chairs Zack Shariff and Louann Magi-Shariff with Arifa Ahmed and Shafeeq Ahmed, M.D., president of Johns Hopkins Howard County Medical Center.



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Liz & Edo Banach  
Bantam Technologies  
Builders First Source  
City National Bank

Davis, Agnor, Rapaport & Skalny, LLC  
Diagnostic Medical Imaging  
Downtown Columbia Partnership  
DPR Construction  
Dunn’s Floor Covering  
First National Bank  
Gilchrist  
Harkins Builders  
Harry H. Witzke’s Family Funeral Home

Hoenes Family Foundation  
Howard Community College  
Johns Hopkins Howard County Medical Center Professional Staff  
LG-TEK  
The Lutheran Village at Miller’s Grant  
MacKenzie Contracting  
Maxim Charitable Foundation  
Pinnacle Financial Partners  
Richburn Liquors

St John Baptist Church  
The Stephen and Renee Bisciotti Foundation  
Truist  
UHY LLP, Certified Public Accountants  
Upstream Insights  
Vintage Security  
W. R. Grace Foundation  
Kathleen & Patrick White  
Williamsburg Homes

## NEW Board Leadership Announced



**William Saway, M.D.**, has been elected chair of the Johns Hopkins Howard County Medical Center Board of Trustees. Dr. Saway specializes in internal medicine and is the president and managing partner of Columbia Medical Practice.

Dr. Saway received his medical degree from Howard University.



**Sheri Lewis, MPH**, has been elected vice chair. She is the deputy mission area executive for National Health for the Johns Hopkins University Applied Physics Laboratory. She leads efforts to develop capabilities that can rapidly detect and respond to changes in health status to better predict and prevent illness, injury and disease.

Sheri earned her master's degree in public health from George Washington University.

## NEW Vice President of Johns Hopkins Howard County Foundation Named



**Kirsten Baier** was appointed vice president of Johns Hopkins Howard County Foundation. As vice president, Kirsten will plan, manage and execute all fundraising efforts for the foundation to benefit Johns Hopkins Howard County Medical Center.

She brings more than 15 years of experience directing philanthropic, institutional and major gift campaigns for local chapters of national nonprofit organizations. Kirsten received her bachelor's degree from the University of Maryland and a master's certificate in fostering inclusion and diversity from Yale School of Management.

## Starbucks Opens at Medical Center

The new Starbucks store at Johns Hopkins Howard County Medical Center is now open! Hospital leaders cut the ribbon on the much-awaited shop in June. The store is open in the main lobby between 6 a.m. and 8 p.m. Monday through Friday for coffee, tea or a snack. Weekend hours will be added soon.



## Johns Hopkins Howard County Recognized for Cardiac Care

Johns Hopkins Howard County Medical Center received the American Heart Association's Get With The Guidelines Stroke Gold® and Mission: Lifeline NSTEMI Gold® Quality Awards.



These recognize the medical center's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines. In addition, the medical center made the American Heart Association's Target: Type 2 Diabetes Honor Roll for ensuring patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

# doctors

..... serving you

These physicians on staff at Johns Hopkins Howard County Medical Center have recently relocated or established new offices in Howard County.

### COLORECTAL SURGERY

Andrea Bafford, M.D.  
Johns Hopkins Gastroenterology and Hepatology at Howard County  
5450 Knoll North Drive, #390  
Columbia, MD 21045  
443-997-1508

### FAMILY MEDICINE

David Luebbert, M.D.  
Bisma Zulfiqar, M.D.  
Centennial Medical Group  
8186 Lark Brown Road, #201  
Elkridge, MD 21075  
410-730-3399

### INFECTIOUS DISEASE

Ravindra Karmarkar, M.D.  
Infectious Disease Associates  
2850 North Ridge Road  
Ellicott City, MD 21043  
410-418-8550

### ORTHOPAEDIC SURGERY

Bo Zhang, M.D.  
Potomac Valley  
Orthopaedic Associates  
10700 Charter Drive, #100  
Columbia, MD 21044  
410-992-7800

### RHEUMATOLOGY

Thomas Lang, M.D.  
Arthritis Care Specialists of Maryland  
6350 Stevens Forest Road, #101  
Columbia, MD 21046  
410-992-7440

To find a specialist, visit [hopkinshoward.org/findadoctor](http://hopkinshoward.org/findadoctor).

# Wellness Classes

## CHILDBIRTH AND PARENTING EDUCATION

Class fees are per couple. Classes are offered virtually via Zoom and in person and include an online course and an instructor-led class. For information, dates and to register for classes and support groups, visit [hopkinshoward.org/babyclasses](http://hopkinshoward.org/babyclasses).

- **Childbirth Preparation: *Virtual***  
Our childbirth instructor will provide an overview of childbirth preparation and demonstrate breathing and relaxation techniques. A virtual Birthing Center Tour may be scheduled separately. \$80.
- **Childbirth Preparation and Birthing Center Tour: *In-Person***  
Topics are the same as Childbirth Preparation: Virtual but offered in a small-group, in-person setting with hands-on demonstrations. Includes an in-person tour of the Birthing Center. \$100.
- **NEW: Bundle Classes**  
Take two classes back-to-back on the same day, in person, 8:30 a.m.-noon.
  - **Breastfeeding/Infant Care.** \$100
  - **Breastfeeding/Infant and Toddler Safety and Childproofing.** \$90
- **Breastfeeding**  
Mothers and their partners will learn to navigate breastfeeding during the first 6 to 8 weeks after birth and have their questions answered. \$40.
- **Infant Care**  
Learn about the care of your newborn including crying and comforting, feeding, bathing, sleeping and newborn safety. Our nurse will discuss infant care and newborn behavior, safety and health. \$70.

- **Infant and Toddler Safety and Childproofing**  
Learn about car and sleep safety, childproofing, injury prevention, consumer-product safety and emergency preparedness. \$60.
- **Breastfeeding Support Group**  
Meet with other breastfeeding mothers and a lactation consultant. For more information, email [bmadera1@jhmi.edu](mailto:bmadera1@jhmi.edu). Wednesdays, 12:30–1:30 p.m. Free.
- **New Moms' Support Group**  
Meet for support, referrals, guest speakers, discussion of parenting topics and an opportunity to connect with other new mothers of babies up to 5 months old. In person at St John Baptist Church, Columbia: Mondays, 9/11-10/30, 10–11:30 a.m. or virtual via Zoom: Tuesdays, 11/14-1/9, 10–11:30 a.m. Free.
- **Birthing Center Tour: *Virtual***  
Our nurse will answer your questions and discuss hospital services, preregistration and more information about your stay at Johns Hopkins Howard County Medical Center. Virtual via Zoom. Does not include a live video tour. Free.



## ADVANCE CARE PLANNING HELP

Our staff can help you complete an advance directive, which is a legal document that assigns a health care agent who would speak for you should you be unable to communicate. It can also include a living will that communicates your health care wishes. Having your advance directive on file at the hospital allows providers to follow your wishes if you are in the hospital and unable to communicate. Learn more at [speakeasyhoward.org](http://speakeasyhoward.org). To schedule an appointment call **443-518-6684** or email [HCGH-ACP@jhmi.edu](mailto:HCGH-ACP@jhmi.edu). Third Thursday of the month, 1:30–4:30 p.m. (masks strongly recommended but not required). Free.

## ADULT MENTAL HEALTH FIRST AID

Learn to support an adult experiencing a mental health or substance-use crisis. Virtual via Zoom. 9/15 or 11/11, 8:30 a.m.–3:30 p.m. Free.

## YOUTH MENTAL HEALTH FIRST AID

Learn to support youth who may be experiencing a mental health or substance-use crisis. Virtual via Zoom. 10/6, 8:30 a.m.–1:30 p.m. Free.

## LIVING WELL WITH CHRONIC DISEASE: *Virtual*

Learn skills to manage chronic health conditions. Book included. Six weeks. For dates and to register, visit [bit.ly/startlivingwell](http://bit.ly/startlivingwell). Free.

## LIVING WELL WITH DIABETES: *Virtual*

Learn skills such as goal setting and stress management strategies; appropriate exercise and nutrition for diabetics; understand glucose monitoring; and skin and foot care. Book included. Six weeks. For dates and to register, visit [bit.ly/diabetes-virtual](http://bit.ly/diabetes-virtual). Free.

## CANCER SELF MANAGEMENT

Share experiences and explore real-life skills for maintaining nutrition and minimizing fatigue, pain, frustration and isolation. Six weeks. For dates and to register, visit [hopkinshoward.org/events](http://hopkinshoward.org/events). Free.

To register, visit [hopkinshoward.org/events](http://hopkinshoward.org/events). For more information, call 410-740-7601 or email [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu).



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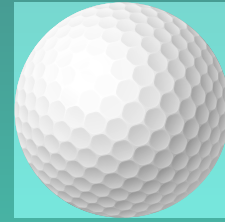
Howard County  
Medical Center

5755 Cedar Lane  
Columbia, MD 21044

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SAVE THE DATE



JOHNS HOPKINS  
HOWARD COUNTY MEDICAL CENTER

**GOLF**  
TOURNAMENT

Monday, May 13, 2024  
Cattail Creek County Club  
Glenwood, MD

# Calendar 2023 ..... of Events:

## Latino Health Fair

September 30/Noon-4 p.m. Free.

Wilde Lake Interfaith Center

Co-sponsored by Johns Hopkins Howard County Medical Center and St. John the Evangelist Church. This free community event offers numerous health screenings and health information, resources, giveaways and educational materials printed in Spanish. Interpreters will be available. All are welcome.



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