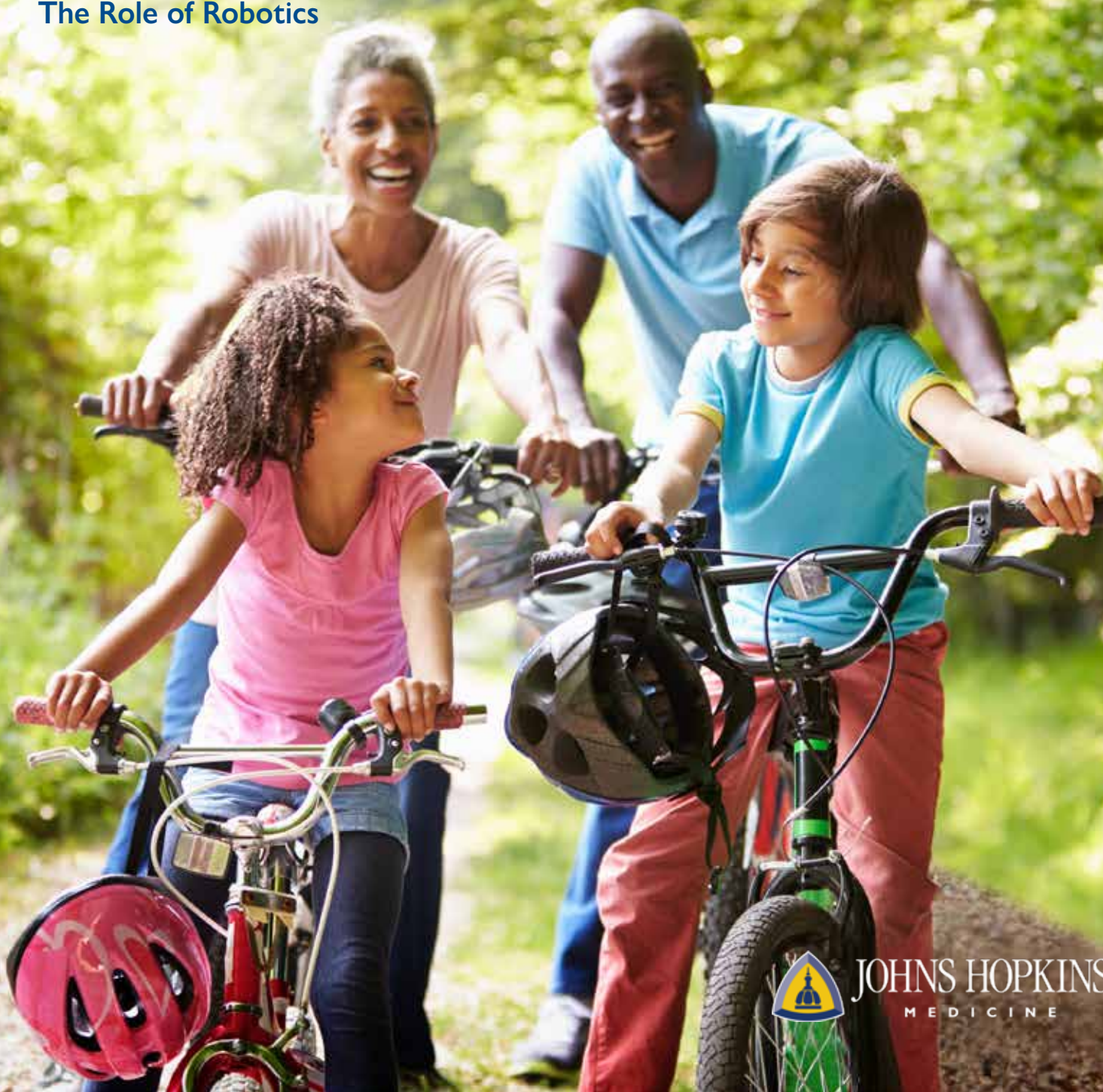


# Wellness

**TACKLING KNEE PAIN:**  
Revolutionizing  
Knee Replacement

The Role of Robotics

**MATTERS**



# Wellness

## MATTERS

In this issue of *Wellness Matters*, we explore the expanding impact of Johns Hopkins orthopaedic care in Howard County and share new construction underway to support mental health needs.

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### Wellness Matters

is published by Johns Hopkins Howard County Medical Center, a private, not-for-profit, health care provider. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family.

Please direct comments regarding *Wellness Matters* to 410-740-7810.

Medical Center Information:  
410-740-7890

Writing/Editing/Graphic Design  
Bonnie Heneson Communications

## President's MESSAGE



Dear Friends,

In this issue of *Wellness Matters*, we focus on exciting developments at our hospital that support our community's well-being.

As a husband and father, I understand our county's health care system is the cornerstone of a family-centered environment, including an aging population.

Good orthopaedic health is vital to maintaining a physically active and fulfilling lifestyle. I am excited to share that the hospital earned the prestigious certification as a Center of Excellence for Total Hip and Total Knee Replacement from The Joint Commission, a testament to our excellent care. Learn more about our orthopaedic care in this issue.

Mental health is also essential to your well-being. It's important for the hospital to have a suitable environment for mental health emergencies, which account for a substantial portion of emergency department visits. I invite you to read about our new behavioral health unit, which is currently under construction adjacent to the emergency department, that will open in late 2024.

In addition, we opened a new discharge lounge, where patients wait for their transportation after an inpatient stay. Construction will begin soon for a large nursing care observation unit, where patients will receive care until admitting decisions are made. Thank you for your patience and support as we work on many initiatives to improve patient flow and emergency department wait times.

I am grateful for the investment of the hospital foundation and community donors to improve access to health care in the county. With your support and generosity, we're making strides in our growth and services.

Wishing you and your family continued good health.

Sincerely,

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

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# Knee Replacement Surgery Puts Out the Fire of Pain

## A PATIENT'S STORY

Mary Anne LaPorte of St. Michaels, Maryland, had suffered with arthritis in both of her knees for years. At age 55, she was told she would need knee replacements, but she wasn't ready.

Over the years, she used over-the-counter medication to curb her pain and when that stopped helping, she had steroid shots. Eventually, at the age of 69, nothing was working.

"My knees popped and clicked, and the pain was unbearable," recalls Mary Anne. "I couldn't kneel or walk. Rolling over in bed was excruciating. One day at the store, every step I took hurt, and I felt like I could fall. It was like my knee was on fire. I knew it was time for knee replacement surgery."

Lucas Nikkel, M.D., an orthopaedic surgeon on staff at Johns Hopkins Howard County Medical Center (JHHCMC), performed Mary Anne's left knee replacement a year ago and right knee several months ago. Dr. Nikkel says, "Many patients are nervous about undergoing knee replacement, but the procedure has improved dramatically over the past 10 years. When knee pain begins to shift from an annoyance toward a disability, it is worth discussing options with a knee replacement specialist."

"The arthritis had caused the bone to deteriorate in one knee to the point that I needed two different size knee replacements, and Dr. Nikkel had to customize the replacement to me," says Mary Anne. "But you wouldn't know it by looking at them, and I have no instability."

For the first two weeks following surgery, Mary Anne used a walker. By the end of the third week, she used a cane occasionally to go up and down steps. By four weeks, her life was returning to normal.

"I went to physical therapy three times a week — which was grueling, but worth it," says Mary Anne. "Today, I am pain free. I was always very active, and now I'm back to being active again. I can ride my bike and walk as far as I want. I've lost weight because I'm more active. I can even wear low-heeled shoes. My only regret is that I waited too long. I should have had the surgery sooner. My life is so different — now I don't even think about my knees. I have my life back."



Mary Anne LaPorte, active once again following knee replacement surgery.

*"I have my life back."*

## ORTHOPAEDIC EXCELLENCE RECOGNIZED

Johns Hopkins Howard County Medical Center (JHHCMC) recently earned certification as a Center of Excellence for Total Hip and Total Knee Replacement from The Joint Commission (TJC), a national organization that measures state-of-the-art quality standards and safety. This certification indicates that the medical center exceeds the strict quality measures outlined by TJC to reduce readmissions, infection rates and other total joint complications.

*"For joint replacement patients, this should affirm that they will receive excellent care here. It also validates the fact that we have many service lines in place to care for them and that there are specialists every step of the way."*

— Savya Thakkar, M.D.  
Chair of Orthopaedic Surgery  
at JHHCMC

This core certification is the result of years of dedicated work by the orthopaedic team, but maintaining it is an ongoing process. "Every two years we are up for recertification, so we will set new goals for ourselves every cycle to ensure we continue to improve our quality," says Dr. Thakkar. "Our next step will be to apply for advanced certification, which requires more parameters and even stricter policy measures. Excellence is not a stagnant process."



# What is a kinematic knee replacement?

WITH  
**LUCAS NIKKEL, M.D.**

No two knees are the same, which means that no two knee replacements should be the same either. **Lucas Nikkel, M.D.**, a Johns Hopkins orthopaedic surgeon on staff at Johns Hopkins Howard County Medical Center (JHHC MC), explains how an advanced technique called kinematic alignment allows surgeons to personalize knee replacements and improve outcomes.



## Why does kinematic alignment lead to better outcomes than a traditional knee replacement?

The major difference is in how the procedure treats the knee's ligaments. The ligaments in the knee are actually very complex; some parts are more active when the knee is straight, and some parts are more active when the knee is bent. The majority of traditional knee replacements require us to cut partway through or release ligaments to balance the knee, but in kinematic alignment, the bone is cut at angles that allow us to just resurface the knee and leave the ligaments intact. This improves recovery time and makes the knee function more normally.

## How does a kinematic knee replacement differ from a traditional knee replacement?

Your knee and your best friend's knee are different, but they are treated the same during a traditional knee replacement. There may be some variation in the size of the implants, but the bone cuts are made the same way. During a kinematic knee replacement, we customize the surgery based on your anatomy. Most people are naturally somewhat bow-legged or a bit knock-kneed. Our goal is to restore the patient's anatomy to what it was before the joint wore out. We do this by recreating the surface of the knee, instead of changing the alignment of the knee, to create a more normal feeling knee with a wider range of motion.

## Why would I need a knee replacement?

We often use knee replacements primarily for people with arthritis — when the cartilage on both sides of the joint has worn out. When this happens, you'll find that knee pain is significantly impacting your day-to-day life and nonsurgical treatments do not provide enough relief.

## What nonsurgical treatment could I try first?

I group nonsurgical treatments into three categories:

1. Take pressure off the joints. This can be done through things like weight loss or modifying activities, using a cane or walker, or certain braces that can take pressure off one side of the knee.
2. Use medication. Taking acetaminophen or nonsteroidal anti-inflammatory drugs (NSAIDs) or using topical NSAID gel medications can often provide some relief from the discomfort. Steroid injections can also help.
3. Get physical therapy. Working with a physical therapist helps to strengthen the muscles around the knee and improve motion.

## How long does a knee replacement last?

There is a 1% risk of failure for each year that the knee replacement is in. If a patient is age 60 or over, the majority of patients can expect the replacement to last their lifetime. For younger patients, the decision to get a knee replacement depends heavily on their symptoms and the impact that knee pain is having on their life.

## What can cause a knee replacement to fail?

An implant may fail if it becomes loose or gets infected. The national risk of infection is only 1%. Sometimes, a knee replacement feels unstable or doesn't function as expected which could cause stiffness in the knee, kneecap dislocation and other issues.

## What are the risk factors of surgery?

People who undergo knee replacement surgery run the risk of infection or developing a blood clot after surgery, but the most common postoperative issues are stiffness, persistent pain or loss of motion. The rate of dissatisfaction with a knee replacement is low — about 90% of patients report good or excellent outcomes. In my experience with kinematic alignment, patients get range of motion back earlier and with less pain, and fewer patients require a return to the operating room to break up scar tissue in the knee.



## What is the recovery process like?

Many patients can go home on the same day as their procedure, and some patients stay one night in the hospital. Once discharged, a walker and then a cane is used while walking for four to six weeks. We recommend attending physical therapy two to three times a week for six to eight weeks. Most people can drive within two to six weeks of surgery depending on which knee was replaced.

For patients who are very active, knee replacement does have some long-term recommended restrictions to include avoiding running and jumping.

## What kind of results can you expect from the procedure?

The surgery can have a dramatically positive effect on a patient's quality of life. I recently had a patient who came to us in a wheelchair and hadn't walked in months. Today, she is easily walking into my clinic.

A knee replacement can really give people their life back. If you feel like you've tried everything — from medications to physical therapy — and you're still having daily pain that is holding you back, it's a good time to go see an orthopaedic surgeon.

**Lucas Nikkel, M.D.**, is a board-certified orthopaedic surgeon with Johns Hopkins Musculoskeletal Center in Columbia.

**Appointments: 443-997-6754**

# THE FUTURE IS NOW

## Growing Orthopaedic Care in Howard County

Since 2020, Johns Hopkins Orthopaedics has offered Howard County residents more options for care close to home. Located adjacent to the Johns Hopkins Howard County Medical Center (JHHCMC) campus, the team has significantly expanded specialized orthopaedic services in the county and brought innovative technology to JHHCMC, including the addition of robotic use in joint replacement surgery.

## Advanced Robotic Technologies Lead to Improved Joint Replacements

Two robotic systems and an augmented reality tool used in total and partial knee and hip joint replacement surgeries are improving accuracy, efficiency, surgical results and, ultimately, patient outcomes.

“The robots are not autonomous — the surgeon directs the robot, as opposed to the robot directing the surgeon. We’re there controlling the entire procedure,” says

**Savya Thakkar, M.D.**, a Johns Hopkins board-certified orthopaedic surgeon and chair of orthopaedic surgery at JHHCMC.

Robotic-assisted surgery has many benefits for the surgeon and the patient.

“There is no increase in radiation, and the robot’s three-dimensional imaging improves the surgeon’s precision placement of the implant resulting in less trauma to surrounding tissue. This decreases both the surgery and recovery time and reduces post-surgical pain. It allows us to provide patients with a more stable and functional joint earlier in their recovery.”

Dr. Thakkar says that he expects to see more orthopaedic robotic technological advances in the future. “As time goes on, robots will become smaller and easier to use, which will reduce complications for our patients even further,” says Dr. Thakkar. “That’s the true power of this technology.”

“*The surgery comes with no additional costs to the patient and an immense improvement in outcomes.*”

— Savya Thakkar, M.D.



**Savya Thakkar, M.D.**, is a board-certified orthopaedic surgeon with Johns Hopkins Musculoskeletal Center in Columbia.

Appointments: 443-997-6754

## — A LOOK AT THE NUMBERS —

When Johns Hopkins Orthopaedics Expanded in Howard County...

2020

ONLY 10% OF SURGERIES were outpatient.

PATIENTS WERE OFTEN TRANSFERRED to other Johns Hopkins hospitals for specialty care.

THERE WERE THREE JOHNS HOPKINS ORTHOPAEDIC SURGEONS on campus specializing in shoulder, hip/knee and foot/ankle surgery.

AVERAGE OF 50 JOINT REPLACEMENTS were performed a year.



TODAY

60-70% OF SURGERIES are outpatient.

TRANSFER RATE HAS BEEN REDUCED BY 80-90% with the addition of more specialists at JHHCMC, to include vascular and trauma surgery.

EIGHT JOHNS HOPKINS ORTHOPAEDIC SURGEONS are on campus specializing in upper extremities, foot/ankle, pediatric orthopaedics, joint replacements, spine and trauma surgery.

AVERAGE OF 750 JOINT REPLACEMENTS performed a year.



Bryan Pax pictured with maternal-child unit nursing staff.

## Special Sweet Deliveries

Bryan and Alice Pax have found a way to make welcoming a new baby into the world even sweeter. Every day they donate bundtlets, mini bundt cakes, from their bakery, Nothing Bundt Cakes in Columbia, to every new parent being discharged from the maternal child unit at Johns Hopkins Howard County Medical Center (JHHCMC).

Bryan remembers his family's first visits to JHHCMC beginning 15 years ago with the birth of his daughter and then years later, his son. "Even though Alice had challenging pregnancies and difficult deliveries, the care she and my children received was amazing," he says. "We were so thankful the hospital was there for us when we needed it."

They came up with the idea for the sweet deliveries because they were looking for ways to give back to their community. "We thought about all the different kinds of celebrations that exist and how we might be a part of them and help our community celebrate," says Bryan. "Instantly, we thought of the maternity unit at JHHCMC and the great care we received and said, 'Why don't we do something to celebrate the new parents?'" And so they did.

Every morning, the maternity nurse manager calls the bakery and lets Bryan know how many parents are being discharged that day and how many boys and girls. Each new parent receives two wrapped bundtlets tied with either a blue or pink ribbon.

To learn more about ways you can support the hospital, visit [hopkinshoward.org/give](https://hopkinshoward.org/give).

"We love supporting the new parents, and our staff enjoy giving back too," says Bryan. "Childbirth is such a miracle. We are just grateful to be a small part of it."

Since they began making the sweet deliveries in October 2023, Bryan estimates they have donated and delivered more than 4,000 bundt cakes to JHHCMC.



**"The hospital is a valuable resource for our community. Let's face it, we all want to be healthy our whole lives, but things happen. Whether it's a new baby or a broken leg, nearly everybody, at some point, will have an experience where they need to be cared for at a hospital. Supporting JHHCMC to ensure we have expert health care and quality resources nearby in our community is invaluable."**

— Bryan Pax

# Addressing Mental



A rendering of a section of the new behavioral health unit.

## NEW BEHAVIORAL HEALTH UNIT UNDER CONSTRUCTION

A

surge in mental health cases across the country has led to a critical need for more resources and support. Hospitals in Maryland are seeing an uptick in patients showing up to emergency rooms in the middle of a mental health crisis.

“As the only hospital in Howard County with an emergency department, we’re feeling the mental health crisis that is sweeping the nation,” says **Andrew Angelino, M.D.**, director of psychiatry at Johns Hopkins Howard County Medical Center (JHHCMC). “We’re seeing more patients than ever before, and our emergency department is routinely experiencing an overflow of patients with mental illness.”

**TO MEET THE GROWING NEED, JOHNS HOPKINS HOWARD COUNTY MEDICAL CENTER IS EXPANDING ITS BEHAVIORAL HEALTH UNIT AND CREATING A NEW SPACE DESIGNED SPECIFICALLY FOR EMERGENCY MENTAL AND BEHAVIORAL HEALTH NEEDS.**

“We want to provide the best, safest and most comfortable care we can to all our patients. We also want to make sure there’s plenty of access to nonbehavioral health patients to receive emergency care.”

— **Andrew Angelino, M.D.**  
Director of Psychiatry at JHHCMC

“This expansion will free up space in the emergency room and is an opportunity for us to benefit all patients coming to our emergency department,” says Dr. Angelino.

Construction is currently underway, and the expansion project is expected to be complete in late 2024. The behavioral health unit will increase in capacity from six to 24 beds and more than quadruple in size, growing from 1,500 to 7,000 square feet. It will have nine bedrooms, a private interview room, a quiet space, frosted windows to allow more natural light, additional showers and storage for patients’ personal belongings.

# Health Needs

The severity of cases varies in the behavioral health unit. Patients who require a high degree of attention sometimes wait in the emergency department for a couple of days before being admitted to an inpatient unit. “The expansion will allow us to provide more types of therapies, even group therapy or other activities, while a patient is waiting,” explains Dr. Angelino.

The expansion is possible due to corporate and individual philanthropy. M&T Bank, a longtime supporter of JHHCMC, is pledging its commitment through a multiyear contribution. Brian Walter, regional president of M&T Bank and a member of the JHHCMC Board of Trustees, says the gift underscores the importance of investing in community initiatives while raising awareness about behavioral and mental health resources.

“It’s a part of M&T’s innate responsibility to do our part, to help our neighbors and to be there for one another. The behavioral health unit is doing phenomenal work. They’re handling a desperate need in the community. The expansion will provide access to services for more people who need them and in an environment that is much more conducive to healing and making progress in their struggles. We want to make sure we’re continuing to find ways to back the great work the hospital is doing.”

— Brian Walter  
Regional President of M&T Bank  
Board Member, JHHCMC Board of Trustees

Additional funding for behavioral health at JHHCMC would enhance psychiatry services, including more patient evaluations, new clinical positions and education and training programs for residents. Dr. Angelino shares how Johns Hopkins believes in the “bottom-up” approach to establish a diagnosis — it’s treating symptoms by asking patients questions to understand who they are, their background and experiences. In other words, psychiatry is a slow practice.

“The funding we receive from donors goes to support the kind of work that takes a long time to fix. Patients need to feel safe and secure,” he says. “Hope is a hard thing to have when patients are dealing with long problems, but it’s essential. We’ve got to be able to instill hope. Funding gives us the ability to help people develop that hope over time.”



Dean and CEO of Johns Hopkins Medicine Theodore DeWeese (center) recently toured the space under construction with JHHCMC President M. Shafeeq Ahmed, M.D., MBA, F.A.C.O.G., (left), and Chief Nursing Officer Ron Langlotz, DNP, RN, NEA-BC, (right).

Dr. Angelino notes the inpatient capacity will remain at 20 but emphasizes the significance the new behavioral health unit will have on the community. “By having more spaces, we can have patients in the appropriate space and feel more comfortable. It’s going to allow for better management,” he says. “The more we advocate to raise awareness of behavioral and mental health, the more we advocate for people to speak up when they’re not feeling well, and the more services we have ready for them if they do need assistance.”

The partnership with local organizations such as M&T Bank and community members is making all the difference. “I feel very blessed by Howard County,” Dr. Angelino says. “The response from the community has been wonderful. It’s an honor to do this work.”

# Honoring Our Heroes in Health Care

On May 2, 2024, Johns Hopkins Howard County Medical Center (JHHCMC) held its annual Heroes in Health Care event. The incredible patient story of Howard County resident Lou Kennedy was shared with attendees and his lifesaving heroes were honored to include: Patricia Pugh, D.O., chair and medical director, emergency department; Danielle Matilsky, M.D., emergency department physician; James Black III, M.D., Johns Hopkins chief of vascular surgery and endovascular therapy; and Kevin Phillips, clinical customer services coordinator.



*Pictured (l. to r.): Shafeeq Ahmed, M.D., president, Johns Hopkins Howard County Medical Center, with members of the Lundy family who accepted the Heroes in Philanthropy Award on behalf of Chip Lundy.*

The legacy of Chip Lundy was also celebrated when his family was presented with the Heroes in Philanthropy Award. Chip and Cathy Lundy felt strongly about giving back to the community to make it a better place to live, work and raise their daughters. Chip and his family's contributions to JHHCMC have been numerous over the years and include his service as chair of the hospital's board of trustees. In addition to their time, the Lundys also gave generously, and the hospital's Neonatal Intensive Care Unit, which held a special place in their hearts, was a recipient of their generosity.

**If you would like to make a donation in honor of the health care and philanthropy heroes, scan the QR code. >**



*Pictured (l. to r.): Victor Kim, M.D.; Margaret Kim, board member, Howard County Medical Center Foundation; Marcia Boyle, past chair, Johns Hopkins Howard County Medical Center Foundation; and John Boyle.*

**▶ Hear Lou Kennedy's lifesaving story: [bit.ly/2024HeroesStory](https://bit.ly/2024HeroesStory)**



*Pictured (l. to r.): Lou and Tracy Kennedy.*

## SPECIAL THANK YOU TO OUR SPONSORS

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# Celebrating Golf Tournament Success

On May 13, 2024, 120 golfers enjoyed a picture-perfect day on the links at Cattail Creek Country Club. Nearly \$50,000 was raised to benefit Johns Hopkins Howard County Medical Center. Congratulations to the winning foursome, Team Mahogany. We thank everyone who helped make this event possible.

**To support Johns Hopkins Howard County Medical Center in moving health care forward, scan > the QR code or visit [hopkinshoward.org/give](https://hopkinshoward.org/give).**



*Pictured (l. to r.): Greg Kahlert, The Kahlert Foundation; Katharine Voss; Shafeeq Ahmed, M.D., president, Johns Hopkins Howard County Medical Center; and Terry Brown.*

# DAISY Award for Care

**Congratulations** to Tiffany Lebano, RN, a JHHCMC pediatric nurse who received the May/June 2024 DAISY Award. The DAISY Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day.

Tiffany was nominated by a parent whose child was brought by ambulance to the pediatric emergency department with difficulty breathing. The mother wrote, “We were terrified, and it was an extremely scary time. She talked to him and would walk him through everything she was doing even though he was a baby and couldn’t understand. She made him toys out of hospital objects to try and distract him during scary moments such as stuffed glove balloons and rattles made of ice and specimen cups. It was a little act of kindness, but for the first time all day, he smiled and wasn’t scared.

“She showed us how her phone would ring if he had any episodes and that she would be in immediately, and that she did. She would always be the first person there to check on him. Unfortunately, we have been frequent flyers to hospitals due to autoimmune conditions, and our little guy has had many unpleasant interactions. She is the best nurse we have ever had. She was attentive, kind, caring, knowledgeable and everything you would want in a nurse.”



## CREATING THE Heroes Grove

Patients, families, community members and staff will soon have access to a nurturing outdoor space to rejuvenate outside of the Johns Hopkins Howard County Medical Center’s walls.

The Heroes Grove will be redesigned into a beautiful sanctuary with lush gardens, accessible pathways and ample seating for everyone.

We are thankful for our project partners, including the JHHCMC Foundation’s Young Professionals Council, Blossoms of Hope, Boy Scouts of America, eos Outdoor Services and the JHHCMC staff.

**To donate or learn more about the Heroes Grove project, scan the QR code. >**



## The Together Initiative

Johns Hopkins Howard County Medical Center (JHHCMC) is launching an initiative, “Together, Let’s Support Our Neighborhood Hospital.” Our mission is to engage communities, schools, businesses and organizations to raise awareness of the needs of JHHCMC in our community. Through community fundraising, our goal is to raise \$3 million to support the emergency department’s behavioral health unit.

At the end of the initiative, awards will be presented to schools and organizations, and recognition will be given to businesses and communities that have been most successful in supporting the hospital.

**To learn more and help us reach our goal, scan the QR code. >**



# MEET OUR NEW Foundation Board Chair and Staff



## FOUNDATION BOARD CHAIR: Judy Smith

We are pleased to announce Judy Smith has been named chair of the Johns Hopkins Howard County Medical Center Foundation Board of Trustees. With expertise in governance, strategic planning, financial management, risk management, mergers and acquisitions and systems and software engineering, Judy is a results-oriented leader. She has been a trustee since 2022 and brings more than 25 years of experience engaging high-performance teams and creating a culture of innovation and transformation.

Judy is founder and chief operating officer of OnPoint Consulting, specializing in leadership assessment and development. Her background includes senior roles in the aerospace and defense industry with Exelis, Northrup Grumman, Lockheed Martin and Booz Allen Hamilton. She retired in June 2024 and is looking forward to a new chapter of service within her community.

Judy also serves on the boards of Leadership Howard County and the Women's Giving Circle of Howard County. She holds a bachelor's degree in electrical engineering and a master's degree in computer science from Johns Hopkins University. She has an MBA from the University of Baltimore and completed an executive leadership program at the Wharton School of Business.

## DIRECTOR OF DEVELOPMENT: Rachel Ricketts-Uy

Join us in welcoming Rachel Ricketts-Uy, the new director of development for the JHHCMC Foundation. Rachel is launching the Grateful Patient Program and working with the development team to identify new major gift prospects and corporate supporters. She previously served as senior director of development for the American Heart Association where she led the Greater Maryland Heart Walk and raised over \$8.5 million. She has also held positions with the National Multiple Sclerosis Society, Greater D.C.-Maryland Chapter. Rachel has a bachelor's degree in business communication from Stevenson University.

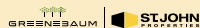


## DONOR AND EVENTS SPECIALIST: Colleen Kilchenstein

We also welcome Colleen Kilchenstein, the new donor and events specialist for the JHHCMC Foundation. She brings 20 years of experience in peer-to-peer fundraising, event planning and volunteer management. Colleen previously held positions as development coordinator of the Heart Challenge for the American Heart Association and campaign manager for the Leukemia and Lymphoma Society. She has a bachelor's degree in business administration from James Madison University and an MBA from Loyola University Maryland.

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# Childbirth and Parenting Classes

Class fees are per couple. Classes include an online course and an in-person, instructor-led class.

For information, dates and to register, visit [hopkinshoward.org/babyclasses](http://hopkinshoward.org/babyclasses).

## Childbirth Preparation and Birthing Center Tour

Learn about pregnancy, labor, childbirth, comfort techniques, cesarean section and other medical procedures. Our childbirth instructor will provide an overview of childbirth preparation and demonstrate breathing and relaxation techniques. \$115.

## Childbirth Preparation, Birthing Center Tour and Breastfeeding Bundle

This bundle addresses the same topics as Childbirth Preparation and includes a Birthing Center tour and additional discussion regarding breastfeeding, positioning, latching on, signs your baby is getting enough milk, breastfeeding pumps and partner support. \$140.

## Infant Care

Learn about the care of your newborn including crying and comforting, feeding, bathing and sleeping. Our nurse will discuss infant care, newborn behavior and health. \$80.

## Infant Care and Breastfeeding Bundle

In addition to the topics covered in Infant Care, this bundle class will also explore the benefits of breastfeeding, positioning and latching on, signs your baby is getting enough milk, breastfeeding pumps and the importance of partner support. \$100.



## Online Classes

The instructor-led classes include an InJoy online class available to you for nine months from the time you register. The self-paced, online classes include resources, videos, information and more. The classes may also be purchased separately for those who do not choose to take an instructor-led class. \$40 per online class.

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



## Infant Care/Infant & Toddler Safety and Childproofing Bundle

Infant care topics will be discussed in addition to crucial information about how to keep infants and toddlers (up to age 4) safe. Learn about car seat and sleep safety, childproofing, injury prevention, consumer-product safety, community resources and emergency preparedness. This class is appropriate for parents, grandparents and caregivers. \$100.

## 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 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. Tuesdays, 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.



See more classes  
on the back cover.

# Johns Hopkins 2023 Clinical Awards

The awards program, established by the Office of Johns Hopkins Physicians, honors physicians and care teams for their commitment to the mission of Johns Hopkins Medicine and their consistent dedication to providing excellent patient care.

## Congratulations to the Johns Hopkins Howard County Medical Center recipients:

### Physician of the Year Award



Stacey Seidel, M.D.

### Innovations in Clinical Care



Shahriar Amin, M.D., and the Special Care Unit Patient Care Technicians

### Armstrong Award for Excellence in Quality and Safety



Clarita Dawson, M.D.

### Excellence in Service and Professionalism



Yonatan Yohannes, M.D.

### Best Consulting Physician



Raul Sebastian Laines, M.D.

### Advanced Practice Provider



Tingting Niu, PA-C

### Clinical Collaboration and Teamwork



Alexander Wu, M.D., and the 4P Team

# New Professional Staff Leadership



**Anirudh Sridharan, M.D.**  
President of the  
Professional Staff



**Nicholas Risko, M.D.**  
Vice President of the  
Professional Staff

Please join us in welcoming **Anirudh Sridharan, M.D.**, as the new president of the JHHCMC professional staff. His extensive knowledge of our institution and experience as chief medical informatics officer, medical director of geriatrics and a hospitalist have uniquely equipped him to represent and advocate on behalf of the professional staff.

Joining the leadership team as vice president of the professional staff is **Nicholas Risko, M.D.** An accomplished emergency medicine physician, Dr. Risko brings a wealth of experience in collaborating across departments and advocating for his colleagues.



## Discharge Hospitality Suite Opened

JHHCMC opened a new discharge hospitality suite to serve patients who are medically discharged and awaiting transportation. Staffed with health professionals, the suite is open Monday through Friday, 10 a.m. to 7 p.m. The newly designed space, located off the hospital's main lobby, can serve up to 12 patients and is complete with comfortable chairs, reading material and refreshments. Family members are instructed to call 410-720-8313 upon arrival to the main circle, and patients are escorted by JHHCMC employees.

By providing this space to our discharged patients, we are able to better meet the needs of new patients coming through our emergency departments and operating rooms. The development of the discharge hospitality suite was made possible through funding by the JHHCMC Foundation.

## First Annual Nurse Awards

JHHCMC is proud to share the winners of our first annual nurse awards:

### Novice Nurse of the Year Award



Tashia Henderson

### Nurse Preceptor of the Year Award



Constance Ofwono

### Nursing Innovation Award



Marci Young

### ACE Award



Daniel Brierly

### CNO Award for Clinical Nursing Excellence



Paige Simpson



Miah Bigio

**CONGRATULATIONS  
TO OUR AMAZING STAFF!**



JOHNS HOPKINS  
MEDICINE

Howard County  
Medical Center

5755 Cedar Lane  
Columbia, MD 21044

## CLASSES TO SUPPORT Your Wellness

### 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: *In Person or 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: *Virtual*

Share experiences and explore real-life skills for maintaining nutrition and minimizing fatigue, pain, frustration and isolation. Six weeks. Free.

### Adult Mental Health First Aid: *Virtual*

Learn skills to assist an adult who may be in distress or experiencing a mental health crisis. 11/16, 8:30 a.m.-3:30 p.m. Free.

### Youth Mental Health First Aid: *Virtual*

Learn to assist a young person, ages 12 to 18, who may be experiencing a mental health or substance use crisis.

For dates and 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).

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



Donate: [hopkinshoward.org/give](http://hopkinshoward.org/give)



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Johns Hopkins Howard County Medical Center

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Howard County Medical Center

# PINK PATHWAYS

Your Passport to Women's  
Health in Howard County

SATURDAY | OCT. 26 | 11 A.M. TO 2 P.M.

### Panel Discussion at Noon

Tour the Johns Hopkins Breast Center, meet our doctors and speak with representatives from cancer care organizations and local breast and gynecologic women's health practices. Free health screenings. First 50 guests receive a free gift.

JHHCMC Campus, 5759 Cedar Lane  
Columbia, Md.

Scan to  
Donate



JOHNS HOPKINS  
MEDICINE

### Advance Care Planning Help

Receive help completing an advance directive, which includes a living will and assigning a health care agent — a person who would make medical decisions for you should you be unable to speak for yourself. To schedule an appointment, call 443-518-6684 or email [HCGH-ACP@jhmi.edu](mailto:HCGH-ACP@jhmi.edu). Third Thursday of the month, 1-4 p.m. Free.

### Claudia Mayer/Tina Broccolino Cancer Resource Center

offers support to cancer patients, families and caregivers through counseling, stress and symptom management, care planning, education, aesthetic services and other resources. Learn more: [bit.ly/HCMC-CancerResources](http://bit.ly/HCMC-CancerResources).