

# MARYLAND'S

HEALTH



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## UNIVERSITY OF MARYLAND SHORE REGIONAL HEALTH

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Construction of the University of Maryland Shore Medical Campus at Cambridge is underway, with an anticipated completion by fall 2021.



COVER STORY

**ON THE COVER:** Located in Cambridge Marketplace on Route 50/Ocean Gateway, University of Maryland Shore Medical Campus at Cambridge will offer a wide array of emergency, observation, diagnostic and outpatient care services in a new, state-of-the-art facility.

Maryland's Health Matters is published by the Communications & Marketing office at University of Maryland Shore Regional Health. This publication is not intended to provide professional medical advice. It is to provide general health and wellness information.



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MARYLAND'S  
HEALTH MATTERS

UM SHORE REGIONAL HEALTH

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[@umshoregional](https://www.instagram.com/umshoregional)

### WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to [trena.williamson@umm.edu](mailto:trena.williamson@umm.edu).

FROM THE CEO

## MEETING HEALTH CARE CHALLENGES



Preparing for and addressing the challenges of COVID-19 has been our focus since winter 2020, as we've also continued to care for the health care needs of our communities. As part of University of Maryland Medical System, we will continue to be vigilant in pursuing strategies to

combat the spread of this deadly disease and providing quality care to all patients under our care.

While we will continue to deal with the issues of the pandemic for some time, we have also been reminded of the importance of taking care of our health all the time. Our chronic conditions—diabetes, heart and lung disease—have put us at increased risk for poor health outcomes not just during a pandemic but throughout our lives.

Our commitment to your health continues today and always. An important part of that commitment is the move toward an exciting new medical campus in Cambridge—the focus of this issue, along with other helpful information to keep you educated and healthy.

Looking ahead, a growing emphasis on the overall health of people who live in this region is fostering new initiatives that bring positive results. For example, our Medication Management program (described on page 5) is helping seniors throughout the region manage their medications simply by consulting with a UM Shore Regional Health pharmacist, who visits local senior centers every month for that purpose.

To help you and your family maintain better health and quality of life, we also are expanding our partnerships with county health and social services departments, departments of aging, skilled nursing and rehab facilities, MICH programs and churches.

We look forward to ensuring that you and your family will continue to be well-served by UM Shore Regional Health.

Kenneth D. Kozel, MBA, FACHE  
President and CEO  
University of Maryland Shore Regional Health

## A COMMUNITY CONVERSATION

LET'S TALK ABOUT HEALTH

## NEW HEALTH EDUCATIONAL WEBINAR SERIES LAUNCHING THIS SUMMER

Taking care of your health is an important part of everyday life. Being knowledgeable about health can prevent problems and knowing how to find, understand and use health information and services can help you better manage unexpected situations when they occur.

Join us each month as we offer a 30-minute lunchtime presentation on a specific health topic such as diabetes, asthma, advanced directives and cancer. Our clinical experts will use the Ask Me 3<sup>®</sup> approach that encourages patients and families to ask three specific questions of their health care providers to better understand health conditions and what is needed to stay healthy.

- What is my main problem?
- What do I need to do?
- Why is this important for me to do this?

Visit [www.umms.org/community](http://www.umms.org/community) for more information and to register for an upcoming webinar.

## A HEALTHY START

# Health Care Heroes Serving Our Communities During COVID-19

The team at University of Maryland Shore Regional Health has shown amazing dedication, professionalism, creativity and teamwork in navigating the extraordinary challenges posed by COVID-19.

For frontline team members and those behind the scenes, each day has brought new demands in meeting the health care needs of our five-county region. On the bright side, our local communities have treated health care workers and first responders as the heroes they are. Donations of food and medical supplies have poured in, showing our team and our health care partners the appreciation and gratitude they have earned from all quarters.

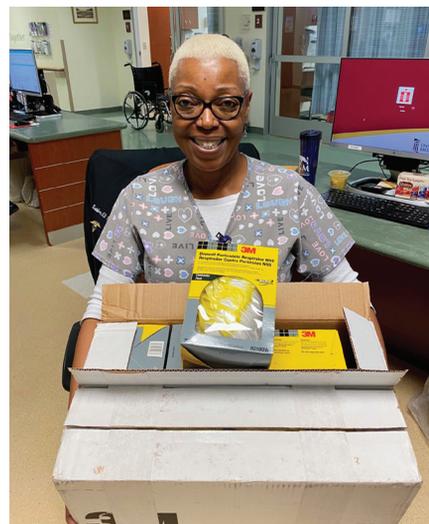
The duration of the COVID-19 pandemic is hard to predict, but whatever the future holds, the UM SRH team is committed to continue being Where the Health of the Eastern Shore Comes First.



At UM Shore Medical Center at Dorchester, security officers Justin Wivell and Ryan Brice sported masks first thing Monday morning, April 6, the first day of universal masking.



From left are UM Shore Medical Center at Chestertown team members Sandy Prochaska, Lori Perry, Mickey Roderick, Kathy Arnold, Cassandra Price and Sierra Green.



Esther Nichols, nursing tech at UM Shore Emergency Center at Queenstown, displays a donation of masks from 3M.



At UM Shore Medical Center at Easton, nurse Emily Uyttewaal checked Dr. David Marcozzi's temperature upon his arrival at the hospital. Dr. Marcozzi leads the UMMS response to the COVID-19 pandemic.



## LEARN MORE

For more information about UM Shore Regional Health's response to COVID-19, please visit [umms.org/shore/coronavirus](https://umms.org/shore/coronavirus).

# Helping Seniors Manage Their Medications

## NEW PROGRAM PROVIDES PRESCRIPTION DRUG COUNSELING AT SENIOR CENTERS

By partnering with community organizations, University of Maryland Shore Regional Health provides health care beyond the walls of the hospital and makes it convenient for people in the region to access care.

In one of those partnerships, Melanie Chapple, a UM SRH pharmacist, visits its nine senior centers throughout the five-county region served by UM SRH to meet with seniors one-on-one and answer questions about their medications.

“Medication is a real source of confusion,” Chapple says. “And people can have adverse effects from not taking medications correctly.” Chapple notes that problems stemming from medication misuse are often a factor when seniors need to be admitted to the hospital.

In the outreach program, Chapple meets with seniors to review their medications and make sure they understand how to take them safely. She also helps them overcome barriers they may face. For example, she can guide them in signing up for automatic refills if they don’t have access to transportation. She can also use the UM SRH computer system to send questions to their primary care doctors for follow-up.

Medication costs and insurance coverage are other areas where Chapple’s assistance is valued, as she helps seniors fill out paperwork for drug assistance programs or review their Medicare Part D coverage.

Chapple sees an average of 50 seniors each month through this program, which is free. Jackie Acree, manager of the Federalsburg Senior Center in Caroline County, is pleased with the program. “I think it’s working really well. [The seniors] ask a lot of questions—they’re really interested. They really enjoy talking to Melanie,” she says.

### MEET A PHARMACIST



Melanie Chapple reviews medications with seniors at these locations\* on a walk-in basis each month:

#### Caroline County

Denton Senior Center  
First Thursday of the month  
10:30 a.m. to 12:30 p.m.

Federalsburg Senior Center  
First Tuesday of the month  
10 a.m. to noon

Hurlock Senior Center  
Second Monday of the month  
1:15 to 3:15 p.m.

#### Dorchester County

Cambridge Senior Center  
First Monday of the month  
10 a.m. to noon

#### Queen Anne’s County

Grasonville – Kent Island Senior Center  
Fourth Wednesday of the month  
12:30 to 2:30 p.m.

#### Kent County

Chestertown – Kent Senior Center  
Third Tuesday of the month  
9 to 11 a.m.

Sudlersville Senior Center  
Fourth Wednesday of the month  
9:30 to 10:30 a.m.

#### Talbot County

Easton Talbot Senior Center  
(Brookletts Place)  
Second Monday of the month  
10 a.m. to 1 p.m.

St. Michaels Community Center  
Fourth Monday of the month  
1:30 to 3:30 p.m.

**\*Medication management assistance is offered when Centers are open to the public.**



# ENHANCING HEALTH CARE SERVICES IN DORCHESTER COUNTY

THE NEW UNIVERSITY OF MARYLAND SHORE  
MEDICAL CAMPUS AT CAMBRIDGE WILL PROVIDE  
STATE-OF-THE-ART OUTPATIENT SERVICES



The exciting vision of a new, state-of-the-art freestanding medical facility in Cambridge, Maryland, is now being realized. University of Maryland Shore Medical Campus at Cambridge is now under construction with expected completion in fall 2021.

Located in the new Cambridge Marketplace on Route 50/Ocean Gateway, the project includes a two-story freestanding medical facility (FMF) with a full 24/7 Emergency Department, a helipad and ample parking.

“The Cambridge Marketplace site is perfect—it offers convenient access to public transportation and emergency vehicles and efficient access to the helipad,” says Ken Kozel, president and CEO of UM Shore Regional Health. “We are excited that our medical campus will be conveniently located among other services at the Marketplace that benefit local residents.”

### TOP-NOTCH EMERGENCY CARE

The first floor of the new building will house the state-of-the-art, 39,000-square-foot Emergency Department that includes 18 private treatment rooms, six private observation rooms and a separate, three-bed unit for the assessment and treatment of patients needing behavioral health emergency care. Shore Behavioral Health’s Bridge Clinic and Intensive Outpatient Program also will be located in the Emergency Department. As is now the case, the new Dorchester ED will have telemedicine capabilities that enable physicians and other care providers to consult with specialists at University of Maryland Medical Center and around the globe.

“Like our Shore Emergency Center in Queenstown, nearly 16,000 people come to the Emergency Department in Dorchester each year. We are looking forward to having a top-notch facility where our outstanding emergency care teams can continue to provide the best care possible,” says William Huffner, MD, senior vice president and chief medical officer of UM Shore Regional Health. Other services located on the first floor will include Cardiac Rehabilitation, laboratory and radiology services and the Infusion Center.

### SPECIALTY SERVICES

The second floor of the new building will serve as a medical pavilion, offering a wide array of services, including an outpatient surgery center, diagnostic imaging and laboratory services, rehabilitation services (including the Balance Center), chronic disease management services and a community education room. The Cambridge offices of UM Shore Medical Group pediatric, women’s health and surgery practices will also be located on the second floor, along with a multispecialty suite where providers from specialties including diabetes, cardiology, urology and primary care will see patients.

Plans for UM Shore Medical Campus at Cambridge have been in the works since 2015. An important part of the process was a series of community listening sessions, conducted in 2016, in East New Market, Cambridge, Vienna and Madison. Hosted by officials representing University of Maryland Medical System and UM Shore Regional Health, these sessions attracted hundreds of Dorchester residents as well as local physicians, business and civic leaders,



“From the outset, our goal has been to ensure that quality, accessible and affordable health care is available to all residents of Dorchester County. We sought a convenient, visible location that would meet the key health care needs of Dorchester families,

and serve as a modern place of employment, a focal point for public transportation, and an attractive draw to physicians and advanced practice providers.”

**Ken Kozel, President and CEO  
UM Shore Regional Health**



“If you look at where health care is going, nationwide, it’s about systems of care—getting the right care at the right place at the right time. University of Maryland Medical System is in the forefront of this trend, and Dorchester County residents will be seeing the benefits as this new health care center becomes a reality.”

**Roger Harrell,  
Health Officer  
Dorchester County**

“As a person born and raised on the Eastern Shore, I know that our residents are often resistant to change. Understanding the changes in health care doesn’t always come easy and are hard for some to accept. The new medical facility slated to open in the city of Cambridge will be on the cutting edge of 21st century health care. We as a community should understand that we are moving forward with the times, and the new Shore Medical Campus at Cambridge will expand access to quality care for all Dorchester residents.”



**Victoria Jackson-Stanley, Mayor  
City of Cambridge, Maryland**

elected officials, state and county health care officials, and representatives from the Maryland Institute for Emergency Medical Services Systems (MIEMSS). Those in attendance gained an overview of the changing landscape of health care delivery and the forces driving that change, as well as the plans for the new medical campus

to replace UM Shore Medical Center at Dorchester.

“We were able to answer many questions from interested citizens and to hear their thoughts about what our plans would mean for them and their family members,” says Kozel. “The feedback we gained was invaluable as the project moved forward. Our reassurance

was key that our Dorchester hospital will not close until the new campus is completed and fully operational, along with our commitment to improving local access to quality outpatient care and recruiting medical providers to see patients in Cambridge.”

Designed by the Baltimore-based architectural firm Marshall Craft

“My patients have an understanding of the economic drivers in health care, for example, that so many surgeries that used to mean a few nights in the hospital are now done on an outpatient basis. They see the freestanding medical facility as a way to maintain current services here in our community. They also are looking forward to having a new emergency department that is designated so that patients who need to be observed can receive treatment without being transferred elsewhere.”

**Eugene Newmier, DO**  
**Rose Hill Family Physicians**  
**Cambridge, Maryland**



“At first, it took me some time to understand how much health care is changing, with fewer hospital admissions, shorter stays and more outpatient surgeries. Soon I saw that along with telemedicine, this kind of facility is the ‘next big thing’ in health care. For me, the key goal of Shore Medical Campus at Cambridge is to have a state-of-the-art facility where health care services we now have can be maintained and others can be added, and where doctors and other providers will be available to see patients in Dorchester, close to home.”



**Ricky Travers**  
**Member, District #3**  
**Dorchester County Council**



“The majority of people who come through the doors of our hospital for various kinds of medical care will be able to receive their care at Shore Medical Campus at Cambridge, with transport readily available for those who need inpatient care. The new campus will offer the latest in medical technology and also new services that have not been available here. It’s going to be a real boost to our community.”

**Richard Loeffler**  
**Vice President, Board of Directors**  
**University of Maryland Shore Regional Health**

Associates, Shore Medical Campus at Cambridge is being built by Chesapeake Contracting Group.

“Getting to this point was an amazing process,” says Dorchester County Health Officer Roger Harrell. “It involved tremendous collaboration by a lot of people—hospital leaders; city of Cambridge and Dorchester

County elected officials and staff; state of Maryland agency personnel; local physicians; civic leaders and others.

Along the way, we strengthened mutual partnerships in ways that will support the continued enhancement of health care services in our region. Now that construction of the new campus is moving forward, I think excitement in

the community will build as people see it take shape and hear more about what it will offer.” ♦



## LEARN MORE

Visit [umshoreregional.org/cambridgecampus](https://umshoreregional.org/cambridgecampus).



A serious ATV accident left Danielle Greenstein at risk of losing her arm, but the expert care she received at the University of Maryland Medical Center enabled her to regain almost full range of motion in her arm and hand.



For Danielle Greenstein, what should have been a fun-filled vacation at Deep Creek Lake in September 2018 quickly turned into a dramatic fight for survival.

Danielle, then 15, was driving a large ATV off-road with a friend when she made a sharp turn to avoid a tree. The ATV flipped over, sending her arm flinging backward outside of the vehicle's roll cage and dragging beneath the vehicle.

When the ATV stopped on its side, she looked down. Her lower left arm had been crushed between the roll cage bars and the ground. "My arm was basically gone," Danielle recalls.

Her friend was unharmed and ran to the nearest road in search of help and called 911, while Danielle tried to keep her arm intact. "I held myself up off the ground for about 15 minutes with my other arm. If I let go, my body weight would have crushed it even more," Danielle says.

Once help arrived, Danielle took an ambulance to the nearest hospital that could stabilize her, which was in West Virginia. Doctors there feared that they might need to amputate her arm.

Danielle's family, from Baltimore, quickly realized that because of the severity of her injury, she would need to be treated by experts in trauma care. So they had her

# THE SKILL TO REBUILD AND RESTORE

HOW UMMC'S EXPERTISE IN COMPLEX TRAUMA CARE SAVED A YOUNG WOMAN'S ARM

transferred to the R Adams Cowley Shock Trauma Center at the University of Maryland Medical Center (UMMC).

## A PATH FOR RECONSTRUCTION

Danielle was stable when she arrived at UMMC, but her arm was still in a bad state.

“She had a fist-sized wound. You could basically see through her arm, and there was still evidence of leaves, dirt, twigs and other debris in the wound. Some muscle tissue was dead or dying,” says Raymond Pensy, MD, an associate professor of orthopaedics at the University of Maryland School of Medicine (UM SOM) and a board-certified hand and upper extremity surgeon at UMMC and UM Orthopaedics.

The first step in preserving Danielle’s arm was to perform multiple debridements, a procedure that removes dead tissue and debris from the wound, while identifying nerves, arteries and other structures that remain intact. Though the first hospital had done some cleaning, it hadn’t been thorough. “When a wound isn’t sufficiently cleaned, it’s the perfect environment for bacterial growth and infection,” Dr. Pensy says.

In Danielle’s case, expert-level debridement was essential not only for preventing infection but also for developing a thoughtful plan to preserve her arm. “This was a

highly specialized procedure. Usually, surgeons who treat cases as severe as Danielle’s are well versed in handling massive, wartime-type wounds. UMMC has the expertise required to handle these complex injuries,” Dr. Pensy says.

## RE-CREATING WHAT WAS LOST

Dr. Pensy and his team discovered roughly four inches of dead bone that would need to be replaced, along with skin and muscle. Luckily, the major arteries and nerves of Danielle’s arm remained intact, providing a foundation for rebuilding.

The team first installed an antibiotic-loaded cement spacer, a bacteria-resistant replacement for the lost area of bone. Then they replaced the dead skin and muscle using a microvascular free tissue transfer, a surgery where tissues are taken from one part of the body and placed in another location. In Danielle’s case, her thigh donated the new tissues for her arm.

“A microvascular free tissue transfer involves hooking up arteries and veins that are sometimes smaller than pencil lead. It ensures that the relocated tissue can still have a blood supply and stay alive,” Dr. Pensy says. This complex surgery can successfully rebuild areas affected by traumatic injuries, but it’s not free of complications.

## DILIGENT OBSERVATION

After the microvascular free tissue transfer, Danielle was monitored hourly. If a blood clot forms or the arteries constrict, the new tissues can lose blood flow and die. Having the right kind of observation and nursing care after surgery is essential.

“UMMC treats the most patients for limb-salvaging microvascular tissue transfers in the state. Our nurses have the experience needed to monitor patients closely and quickly identify signs of complication,” Dr. Pensy says. Most other hospitals don’t train their nurses to monitor microvascular surgery patients hourly.

A few days after surgery, Danielle’s fingers showed discoloration. Dr. Pensy found that two of her major arteries had constricted, reducing blood flow to dangerously

low levels. She was at risk of losing her fingers.

Dr. Pensy and Jonathan Morrison, MD, an assistant professor of surgery at UM SOM and a vascular surgeon at UMMC, swiftly performed emergency angioplasties to unblock the arteries and successfully restored blood flow to Danielle’s fingers.

“I was so scared, but when I found out that they saved my fingers, I was overjoyed,” Danielle says.

## MAKING A COMEBACK

The series of surgeries Danielle underwent kept her in the hospital for four weeks. Luckily, she had a lot of support along the way. “My family and friends would come to visit me every day. I also got close to all of the doctors. It felt homey,” she says.

Through all the procedures, Doug and Jody Greenstein,



**“I don’t think I would have had the same recovery with any other team caring for me,” says Danielle, with her parents, Doug and Jody Greenstein.**

**“UMMC treats the most patients for limb-salvaging microvascular tissue transfers in the state.”**  
— Raymond Pensy, MD

Danielle’s parents, never left her side. The couple took turns sleeping in a chair at her bedside.

After being released from the hospital, Danielle began her recovery. She spent the next month at home in bed, her arm elevated and attached to an IV. She received infused antibiotics four times a day.

While she required a few follow-up surgeries for a bone graft in her hip, much of her time was spent on rehabilitation efforts. Three days a week, she went to occupational therapy at UM Orthopaedics at Camden Yards.

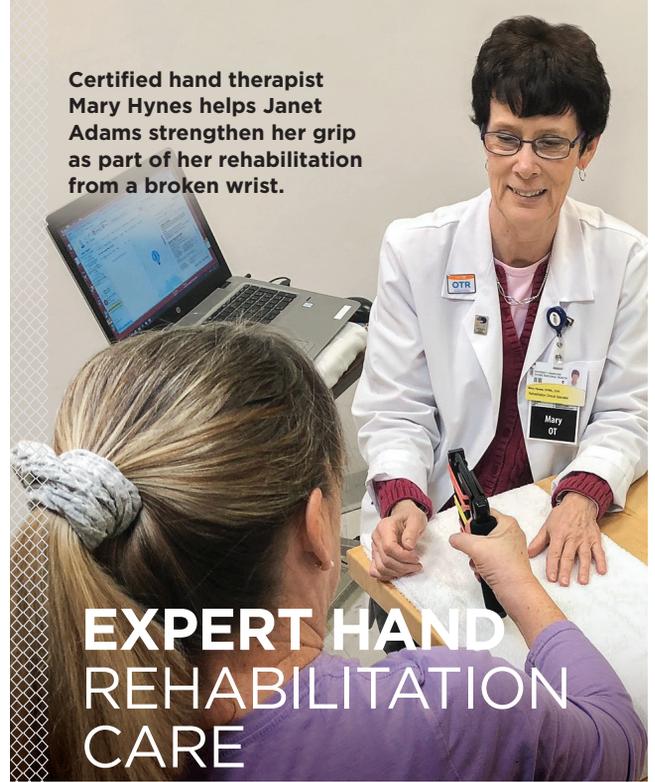
When Danielle and her family had questions about her recovery outside of doctor visits, they could always rely on Dr. Pensy for guidance.

“Dr. Pensy was the best doctor I’ve ever had. We could shoot him an email, and he would respond almost instantly. He puts his patients before anyone,” Danielle says.

Danielle, who has always loved playing sports, has regained almost full range of motion in her arm and hand. Although she can no longer play competitive sports, she can perform most daily activities. She has even returned to working out with a trainer at her gym and performing activities that require some arm strength, such as kayaking.

Danielle’s awe-inspiring recovery is the result of hard work, a positive attitude and the first-class care she received at UMMC.

“I don’t think I would have had the same recovery with any other team caring for me. If I had stayed at the other hospital, I might have lost my arm. Now, I’m easing back into doing things I love,” Danielle says. ♦



**Certified hand therapist Mary Hynes helps Janet Adams strengthen her grip as part of her rehabilitation from a broken wrist.**

**EXPERT HAND REHABILITATION CARE**

Mary Hynes, OTR/L, CHT, a team member with Comprehensive Rehabilitation Services at University of Maryland Shore Regional Health (UM SRH), helps patients recover from all sorts of hand-related issues, including ruptured tendons, severe burns, surgical tendon repairs, carpal tunnel syndrome and traumatic amputations. She also works with patients who have neurological conditions, such as strokes and peripheral nerve damage.

The “CHT” after Hynes’ name stands for certified hand therapist, which requires meeting rigorous standards and obtaining advanced clinical knowledge, experience and skills in hand and upper extremity rehabilitation. She is the only certified hand therapist on Maryland’s Mid-Shore and has been part of the UM SRH rehab team for more than three decades.

For Hynes, who serves on the outpatient rehab team in Easton, helping patients regain optimal use and functionality of a hand compromised by illness, injury, surgery or nerve impairment is gratifying.

“We work with patients who are referred to us by all kinds of providers—surgeons, pain care specialists, rheumatologists, primary care providers and others,” Hynes says. “My typical caseload includes patients coping with multiple sclerosis or rheumatoid arthritis, patients recovering from a fracture or an injury that required surgery, and patients working to regain the use and strength of their arm and hand after a stroke.”



**MAKE AN APPOINTMENT**

To schedule an in-person or virtual consultation with our hand and upper extremity surgeons, call **410-448-6400** or visit **umortho.org**.



**FOR MORE INFORMATION**

To learn more about rehab at UM Shore Regional Health, visit **umshoreregional.org/rehab** or email **RehabReferrals@umm.edu**.

# 5 Ways to Safely Enjoy the Summer

Summer brings ample opportunities for kids and adults to have warm-weather fun in the great outdoors. But it's also important to stay safe and healthy while taking part in your favorite activities. Follow these tips to ensure you and your family get the most out of the season.



## 1. Avoid Sunburn

Reduce your risk of skin cancer by putting on sunscreen at least 15 minutes before going outside, and reapply every two hours. Wearing a hat, sunglasses and loose-fitting clothing offers further sun protection.



## 5. Practice Pool and Beach Smarts

Children and adults should not swim alone. Pay attention at all times when children are in the water. Young children, inexperienced swimmers and all passengers on boats should wear life jackets. At the beach, swim only in areas with a lifeguard.



## 2. Fend Off Bugs

Mosquitoes and ticks are not only annoying, they can also carry disease. Use insect repellent on exposed skin. Check for ticks after spending time outside in grassy or wooded areas.



## 3. Stay Hydrated

Adequate hydration is essential. Bring water along whenever you go out. Avoid alcohol and sugary, caffeinated energy drinks that make you more dehydrated.



## 4. Eat Food Safely

At picnics and cookouts, keep raw meat, poultry and seafood in a separate cooler away from salads and fruit. Be sure to cook food thoroughly.

## DID YOU KNOW?



**Ultraviolet rays** from the sun can harm your skin in just 15 minutes.



**Foodborne illnesses** increase during summer because bacteria multiply faster when it's warm out.



**Signs of dehydration** in adults include extreme thirst, fatigue, confusion and dizziness. In infants and children, look for dry or cracked lips, fewer wet diapers and low energy levels.

## INTRODUCING...

# PHYSICIANS LAURENCE PEZOR, MD, AND IVAN PENA, MD, AND NURSE PRACTITIONER CHRISTINA BALL, MS, CNRN

University of Maryland Shore Regional Health recently welcomed new providers in mental health, interventional cardiology and palliative care.



## LAURENCE PEZOR, MD

Laurence J. Pezor, MD, joined UM Shore Regional Health as medical director of Shore Behavioral Health in December.

Dr. Pezor leads a highly skilled team of providers who treat patients in need of mental health and recovery services, including Inpatient Treatment Services, the Behavioral Health Response Team, the Mental Health Intensive Outpatient Program, the Bridge Clinic and Addiction Services.

Dr. Pezor's past leadership positions include chair of the Child Psychiatry Division and director of Healthcare Operations at the National Naval Medical Center in Bethesda, Maryland. A diplomate of the American College of Healthcare Executives and the American Board of Psychiatry and Neurology, Dr. Pezor is board-certified in adult, child and adolescent psychiatry.

Dr. Pezor is a graduate of the Ohio State University College of Medicine in Columbus, Ohio. He completed his internship in pediatrics and his residency in psychiatry at the Naval Hospital in San Diego and his fellowship training at the University of California, San Diego School of Medicine.

For information about Behavioral Health services, call **410-228-5511**.

## CHRISTINA BALL, MS, CNRN

UM Shore Medical Group - Palliative Care welcomed Christina Ball, MS, AGACNP-BC, CNRN, in January. Ball provides support to patients in the Palliative Care Program, which works with patients' primary care and specialist providers to relieve the stress and symptoms of serious or chronic illness.

Ball came to UM SRH from Bayleigh Chase in Easton. She previously worked at Peninsula Regional Medical Center and was clinical coordinator in the Primary Stroke Center at UM Shore Medical Center at Easton.

Ball's educational credentials include a bachelor's degree in nursing from Stevenson University and a master's degree in adult-gerontology acute care from the University of Maryland, Baltimore. For information about Palliative Care, call **410-820-4434**.



## IVAN PENA, MD

UM Shore Medical Group welcomed Ivan Pena, MD, to UM SMG - Cardiology in November. Dr. Pena specializes in interventional cardiology and performs a number of procedures. He also has special interests in treating cardiogenic shock and pulmonary embolism.

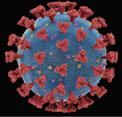
In prior positions, Dr. Pena was director of Interventional Cardiology/Vascular at Nanticoke Cardiology and director of the Vascular Ultrasound Laboratory at Nanticoke Memorial Hospital.

A fellow of the American College of Cardiology and the Society for Vascular Medicine, Dr. Pena is also trained in advanced cardiac life support.

Dr. Pena is a graduate of the Instituto Tecnológico de Santo Domingo in the Dominican Republic. He completed internal medicine residencies at the Hospital Salvador B. Gautier in Santo Domingo, Dominican Republic, and New York University in New York City.

To make an appointment with Dr. Pena at UM Shore Medical Pavilion at Easton or Denton, call **410-822-5571**.

# Wellness Calendar



**UPDATE** Because of COVID-19 precautions, all on-campus support groups, information sessions and classes have been canceled for the time being. Please call the appropriate number below for any exceptions and more information. As always, the health and safety of our patients, visitors and community remains our priority.

## SCREENINGS AND SUPPORT GROUPS

### BEHAVIORAL HEALTH

■ **BRIDGE CLINIC:** Tuesdays, 6 to 7:30 p.m., UM Shore Medical Center at Dorchester, 300 Byrn St., Cambridge. Led by Sean Alvarado. Contact: **410-228-5511, ext. 2146.**

### BLOOD PRESSURE SCREENINGS

■ **EASTON:** Tuesdays and Wednesdays, 9 a.m. to noon, Diagnostic & Imaging Center, 10 Martin Court, Easton.  
 ■ **CAMBRIDGE:** Tuesdays and Fridays, 11 a.m. to 1 p.m., Main Lobby, UM Shore Medical Center at Dorchester, 300 Byrn St., Cambridge.

## CANCER SUPPORT

■ **BREAST CANCER/SURVIVORS OFFERING SUPPORT (SOS):** Women with breast cancer are paired with breast cancer survivors who serve as mentors through treatment and survivorship. For information or to volunteer, contact Lisa Sheehan. Contact: **410-820-9400.**

■ **BREAST CANCER/CAMBRIDGE GROUP:** Fourth Tuesdays, 6:30 p.m., Christ Episcopal Church, 601 Church St., Cambridge. Trained breast cancer survivors offer their support. Facilitated by Bobbie Rideout. Contact: **410-228-3078.**

■ **CANCER/CHESTERTOWN GROUP:** Fourth Mondays, 6 p.m., Education Center, UM Shore Medical Center

at Chestertown, 100 Brown St., Chestertown. Led by Chrissy Nelson. Contact: **410-778-7668, ext. 2175.**

■ **CANCER/EASTON GROUP:** First and third Thursdays, 5 to 7 p.m., Cancer Center, 509 Idlewild Ave., Easton. Led by Sharon Loving. Contact: **443-254-5940.**

■ **CANCER CAREGIVERS' COFFEE:** First Saturdays, 9 to 10:30 a.m., Cancer Center, 509 Idlewild Ave., Easton. Topics to assist caregivers in managing care and related issues. Led by Patty Plaskon. Contact: **410-820-6800.**

■ **CANCER/ROAD TO RECOVERY:** American Cancer Society program through which volunteers provide free transportation to and from cancer treatments. For information on service or to volunteer, call ACS: **800-227-2345.**

■ **CANCER/TIPPS QUALITY OF LIFE:** Consultation on financial planning/employment/disability, personal goals and long-range plans. Individual/family sessions offered by appointment. Led by Patty Plaskon. Contact: **410-820-6800.**

## DIABETES SUPPORT

■ **CAMBRIDGE:** Fourth Wednesdays, 6 p.m., Board Room, UM Shore Medical Center at Dorchester, 300 Byrn St., Cambridge. Led by Wynne Aroom. Contact: **410-822-1000, ext. 5757.**

■ **CHESTERTOWN:** Last Tuesdays, 6:30 p.m., UM Shore Medical Center

at Chestertown, 100 Brown St., Chestertown. Led by Chrissy Nelson. No meetings August or December. Contact: **410-778-3300, ext. 2175.**

■ **DENTON:** First Tuesdays, 5 p.m., St Luke's UM Church, 100 S. Fifth Ave., Denton. Contact: **410-822-1000, ext. 5757.**

■ **EASTON:** Second Mondays, 5:30 p.m., Talbot County Senior Center, 400 Brookletts Ave., Easton. Led by Karen Hollis. Contact: **410-822-1000, ext. 5757.**

## STROKE SUPPORT

■ **MID SHORE:** First Thursdays, noon to 2 p.m., UM Shore Medical Pavilion at Easton, 500 Cadmus Lane, Easton. Led by Nicole Leonard. Contact: **410-822-1000, ext. 5068.**

■ **QUEENSTOWN:** Fourth Tuesdays, noon to 2 p.m., UM Shore Medical Pavilion at Queenstown, Suite 320, 125 Shoreway Drive, Queenstown. Led by Nicole Leonard. Contact: **410-822-1000, ext. 5068.**

## CHILDBIRTH AND PARENT EDUCATION

■ **BREASTFEEDING:** First and third Tuesdays, 10 to 11:30 a.m., Birthing Center

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Conference Room, 219 S. Washington St., Easton. Led by Carol Leonard. Contact: **410-822-1000, ext. 5700.**

To register for the programs below, call **410-822-1000, ext. 5200**, and leave a message.

■ **LABOR AND DELIVERY:** Saturdays, July 11, Aug. 8, Sept. 5, 9 a.m. to 3 p.m.  
 ■ **NEW MOM, NEW BABY: SAFETY & CPR:** Saturday, Aug. 22, 9 a.m. to 1:30 p.m.

■ **BREASTFEEDING BABY:** Saturdays, July 18, Sept. 19, 9 a.m. to 12:15 p.m.  
 ■ **BIG BROTHER, BIG SISTER: SIBLING PREPARATION:** Saturdays, June 27, Aug. 29, 10 to 11 a.m.

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