



Well Aware

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Quality Cancer Care, Close to Home

WellAware

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400 West Seventh Street
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240-566-3300 • fmh.org

Tom Kleinhanzl
PRESIDENT & CEO

Jim Reinsch
CHAIR, FMH BOARD OF DIRECTORS

Melissa Lambdin
DIRECTOR, FMH MARKETING &
COMMUNICATIONS

Kelsey Felice Shupe
MARKETING, COMMUNICATIONS, &
SOCIAL MEDIA SPECIALIST

Alyssa Boxhill
GRAPHIC DESIGNER

Sadie Wolf
SENIOR DEVELOPMENT OFFICER

About the Cover

From diagnosis through treatment to recovery, members of the FMH Cancer Program's multidisciplinary team work together to provide clinical expertise and emotional support to patients facing cancer. The program recently earned reaccreditation at the highest level from the American College of Surgeons Commission on Cancer (CoC). *Read more on Page 4.*



A MESSAGE FROM THE PRESIDENT

Several years ago, the Institute for Healthcare Improvement recommended an approach to optimizing healthcare delivery known as the Triple Aim. It relies on finding new and innovative ways to do three things: improve the patient's experience, address the health of entire communities, and reduce the per capita cost of care.

In this issue of *WellAware*, you will learn about the many ways we at FMH are working to implement the Triple Aim in the Frederick community. Through community outreach, extensive education efforts, and careful care coordination, we are identifying problems and solutions before they become a crisis and need to be managed in an acute healthcare setting. You can read about several examples of our efforts to build partnerships and improve access to care in our community on pages 10-14.

Our commitment to comprehensive, coordinated care has been validated by several recent reaccreditations of our programs at the highest levels. Congratulations to everyone involved with our cancer program and the Chest Pain & Stroke Center who worked so hard to make these surveys such a resounding success. Most importantly, we applaud the daily efforts of our many employees and volunteers, each of whom is playing an important role toward improving the overall health and wellness of the entire Frederick community.

Yours in good health,

Tom Kleinhanzl, President & CEO
Frederick Regional Health System



Did You Know?

The new lobby (also known as Entrance #1) opened in September. It serves as the entry point for patients registering for Surgery, Imaging or Cath Lab procedures and provides a waiting area for families. This entrance also provides access to the second floor for visitors to ICU or other patient rooms. The entrance is now open 24 hours a day, every day of the week.





YOUR SAFETY IS OUR PRIORITY

Fall-related injuries can be devastating, physically and emotionally. They account for the third leading cause of death-due-to-injury in every age group and are the leading cause of injury-related death in people over the age of 65. A single fall may result in a downward spiral of reduced mobility, loss of function, and further risk for falls.

The experience of being hospitalized puts adults at further risk for falls because of illness and the newness of the hospital environment. Unfamiliar surroundings, medications, and treatments given in the hospital setting—along with the absence of normal routines and a decrease in activity level—can cause patients to become confused, weak, and unsteady. Even patients who were active and independent at home may require assistance to safely complete simple activities while they are in the hospital, such as getting out of bed or using the bathroom.

To keep patients as safe as possible during their hospital stay, nurses evaluate each patient's risk for falling during the admission process, according to project leader Jamie White, FMH Director of Professional Development & Nursing Quality. Many patients' risk for a fall can be well managed through the regular high standards of fall prevention that are always in effect at FMH. All patients are asked to keep their call bells within reach and to use them to turn on lights, use the TV, and call for assistance. Non-slip socks are provided to every patient, walkers and other mobility devices are available in every room, and all patient areas are kept clutter-free.

When a patient is identified as being at risk to fall, a placard alerting the staff is placed outside his or her hospital room. In addition, bright yellow non-slip socks are provided for the patient to wear when out of bed. If a patient wearing these yellow socks is seen walking without support, all employees—caregivers, housekeeping, kitchen staff, security officers, and administrative employees—as well as our volunteers are trained to provide immediate assistance.

"The most important thing adults can do to prevent falling while they are in the hospital is to ask for help when getting up out of bed for any reason, but especially to use the bathroom," says White. "Answering a patient's call bell is never an interruption. It's one of the most important reasons we're here."



Patients at FMH who are evaluated by the nursing staff to be at risk for falling receive bright yellow non-slip socks to wear when out of bed. The entire hospital staff is trained to offer immediate assistance when they see a patient wearing these yellow socks walking unattended.

For information on the four most important things that can be done to prevent falls in the home, visit blog.fmh.org and search Fall Prevention.

ONCOLOGY CARE CONSULTANTS

A diagnosis of cancer can be overwhelming, but you can be assured of one thing from the very beginning: when you entrust your care and treatment to the compassionate professionals at FMH, you will be at the center of everything we do, starting with a customized treatment plan that considers your medical, emotional, and practical needs.

If treating your type of cancer involves the use of chemotherapy or other cancer-fighting medications, Monocacy Health Partners Oncology Care Consultants will be an important part of your team. Called “medical oncologists,” these physicians work closely with the rest of the FMH cancer team to provide you with high quality, well-coordinated care where you can be most comfortable—close to home.

Oncology Care Consultants are devoted to creating a healing environment for their patients based on comprehensive, compassionate care that draws on the experience and expertise of many different professionals and services including:

In-Office Cancer Navigator A patient who has just been diagnosed with cancer enters unfamiliar territory—a confusing maze of questions, concerns, and choices. Oncology Care Consultants’ Navigator is an experienced healthcare professional who will work with patients on the many aspects of cancer care such as scheduling appointments, tests, and procedures, making referrals, suggesting solutions to any logistical or financial problems, and making sure that all the patient’s concerns are addressed.

Infusion Center Patients of the practice receive intravenous chemotherapy, hydration, and other medications at the hospital’s Infusion Center. Co-located with Oncology Care Consultants at the FMH Regional Cancer Therapy Center, the Infusion Center is staffed entirely with nurses who are certified and credentialed through the Society of Oncology Nursing.



FMH Cancer Program Earns Rec accreditation with Seven Commendations

Accreditation from the American College of Surgeons Commission on Cancer (CoC) is the



yardstick against which America’s top cancer treatment programs measure their performance and progress. Every three years, the FMH Cancer Program voluntarily participates in this rigorous accreditation process in order to compare the success of its program against nationally recognized quality measures and standards of care.

Earlier this year, the FMH Cancer Program received a three-year reaccreditation from the Commission on Cancer with commendations in seven out of seven categories. The commendations were received for clinical trial accrual, cancer registrar accrual, public reporting of outcomes, College of American Pathologists protocols, nursing care, RQRS participation, and data submission (accuracy of data).



Cancer Risk Assessment Expert

Oncology Care Consultants' cancer risk assessment expert Patricia Rice, CRNP, uses a set of tools to define a person's risk to develop cancer—genetics, gender, age, family history, history of hormone exposure, and many other factors. She can also provide information and guidance regarding genetic testing—including its benefits, risks, costs, and limitations if patients desire.

Access to Clinical Trials Patients have access to a wide range of clinical trials designed to evaluate the safety and effectiveness of new drugs or therapies, offering access to promising new treatments.



The physicians of Oncology Care Consultants are all certified in Internal Medicine, Hematology, and Medical Oncology by the American Board of Internal Medicine. Pictured from left to right: Elhamy Eskander, M.D., Brian O'Connor, M.D., Yin Wu, M.D., Medical Director Patrick Mansky, M.D., Patricia Rice, CRNP, and Mark Goldstein, M.D.

Cancer Patient Assistance Fund Founded by Dr. P. Gregory Rausch and completely supported through community donations, the FMH Cancer Patient Assistance Fund assists patients who are struggling to afford their medications, dietary supplements, and other medical necessities related to their cancer diagnosis.

Pain Management Oncology Care Consultants work with physicians at the FMH Pain and Supportive Care program to provide patients with relief from symptoms associated with cancer including pain, nausea, loss of appetite, shortness of breath, depression, and fatigue.

Fitness & Nutrition Patients of the practice have access to the FMH Fitness and Nutrition for Survivors (FANS) program, an eating and exercise plan to help manage the side effects of cancer treatment.

Complementary Therapies With guidance from their physicians at OCC, cancer patients have access to massage, Reiki, acupuncture, meditation, aromatherapy, reflexology, and guided visualization to relieve the side effects of cancer treatments.

“Each patient with cancer faces multiple, unique challenges. Oncology Care Consultants at FMH offer a nationally recognized, comprehensive cancer care program close to home, right here in Frederick.”

*– Dr. Patrick Mansky, Medical Director
Oncology Care Consultants*

To schedule an appointment with Oncology Care Consultants, call 301-662-8477. To read more about the practice's multidisciplinary, integrative approach to cancer care, visit blog.fmh.org and search Oncology Care Consultants.

MINUTES MATTER TO YOUR HEART HEALTH

From the moment you feel chest pain, our heart experts take control, making swift and collaborative decisions about your care from the ambulance to your hospital bedside.

This type of coordinated care is what it takes to be an accredited Chest Pain Center, a distinction first awarded Frederick Memorial Hospital's program from the Society of Cardiovascular Patient Care (SCPC) in 2012. Frederick Memorial was recently reaccredited as a Chest Pain Center with Percutaneous Coronary Intervention (PCI) from the SCPC, the organization's highest level of accreditation.



Members of the FMH Chest Pain Center include (pictured L-R) Physician's Assistant Laura Mathis, Telemetry Specialist Gail Martin, Chair of Emergency Medicine Dr. Vipul Kella, Department Manager Debra Disbrow, Program Coordinator Tom Shupp and Medical Director Dr. Michael Levangie.

SCPC's accreditation process requires a comprehensive onsite program review every three years, ensuring that hospitals meet or exceed a wide set of stringent criteria. With its most recent accreditation, the FMH program has demonstrated an expert ability to:

- Integrate the emergency department with the local emergency medical system.
- Assess, diagnose and treat patients quickly.
- Effectively treat patients with low risk for acute coronary syndrome.
- Improve processes and procedures through continuous evaluation.
- Ensure the competence and training of personnel.
- Promote optimal patient care through a functional design.
- Support community outreach programs that educate the public to promptly seek medical care if they display symptoms of a possible heart attack.

Minutes count when someone has chest pain. Call 911 immediately!

"Treating patients who present with chest pain requires a true team effort," says Chest Pain Center Coordinator Tom Shupp. "We go above and beyond what's required to provide the most advanced care to our patients, and this accreditation is validation that our commitment to providing outstanding cardiac care is making a difference in the lives of our patients."

To learn more about The Chest Pain Center at FMH, as well as important facts about heart attack, visit blog.fmh.org and search Chest Pain Center.

TREATING STROKE: GOING ABOVE AND BEYOND



Stroke Program Medical Director Neurologist Shahid Rafiq, M.D. consults with Emergency Department Physician Dr. Danielle Warren.



Pictured L-R: Stroke Program Coordinator Tom Shupp with Stroke Unit Manager Cathy Aker and Emergency Department Manager Judy Roberts.

Stroke occurs when blood flow to the brain is disrupted. After just a few minutes without blood or oxygen, brain cells begin to die, causing paralysis, loss of speech, and death. The greatest chance for recovery from stroke occurs when emergency treatment is started immediately.

When stroke is suspected, don't delay. Call 911 immediately!

One way the FMH Stroke Center demonstrates its commitment to prompt, thorough, coordinated care is through its voluntary participation in the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke program. Based on its success in meeting this program's top standards for stroke care, FMH recently received the *Stroke Gold Plus Quality Achievement Award*, the program's highest recognition.

Led by Board-certified neurologist Dr. Shahid Rafiq, Frederick Memorial's stroke specialists work closely with the other members of the multidisciplinary team for the best patient outcomes. According to Stroke Program Coordinator Tom Shupp, the staff of the emergency room is an important part of the stroke team and is specially trained to evaluate and begin treatment as quickly as possible.

Designated as a Primary Stroke Center by the Maryland Institute of Emergency Medical Service Systems (MIEMSS), FMH has also received Target: Stroke Honor Roll Elite recognition. The FMH Stroke Center was given this award for meeting stroke quality measures that reduce the time between hospital arrival and treatment with clot-busting drug tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. Patients experiencing a stroke who receive tPA within three hours of the onset of symptoms may recover more quickly and are less likely to suffer severe disability.

To learn more about The Stroke Center at FMH, including additional warning signs of stroke, visit blog.fmh.org and search Stroke Center.



Chairman's Message

Nearly three years ago, Frederick Memorial Hospital committed to building a state-of-the-art cancer treatment facility. Located on the hospital's Rose Hill campus, this new facility is intended to serve as a single, convenient location for the coordinated, multidisciplinary care of patients with cancer. With a projected cost of more than \$20 million, making this facility a reality would clearly take the support of our entire community.

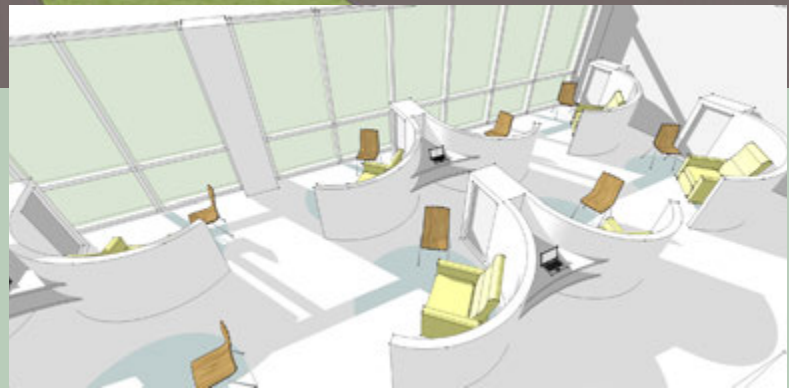
As it has done since its founding in 1989, the FMH Development Council was called on to play a lead role in the fundraising effort. In January of 2013, its 70 volunteers agreed to raise \$15 million over a five year period to build and equip this facility.

Our dedicated fundraising volunteers have made great progress, but we still need your support to reach our goal. If you're on board already with your support for this important project, thank you. If not, I invite you to join us as we continue to expand and renovate to provide the highest level of community healthcare.

Sincerely yours,

Dr. P. Gregory Rausch, Chair
FMH Development Council

CAMPAIGN UPDATE



Latest artist's rendering of the new FMH Cancer Institute (above) and Infusion Center (right). The new treatment area has been designed to be light-filled with a view of outdoor gardens.

The FMH Cancer Institute will provide a new home for the hospital's award-winning cancer program. Its expanded footprint will allow significantly more space for medical, radiation and surgical oncology clinics, and strategic clinical care coordination among the program's multidisciplinary care teams. There will also be more room to house cancer prevention and other educational programs, support group activities, complementary therapies to promote wellness and symptom relief, and an expanded clinical trials program.

Thanks to the tremendous efforts of the FMH Development Council, more than \$11.6 million has already been raised toward the campaign's \$15 million goal. In fact, contributions from individuals, couples, families, businesses, foundations, and the hospital family are combining to make The Time is Now campaign one of the most successful fundraising efforts in the hospital's history.

To learn more about the FMH Cancer Institute, or to make a gift to The Time is Now campaign, visit fmh.org/cancer.



LEADING THE FIGHT AGAINST BREAST CANCER

In 2001, Patty and Jeff Hurwitz created the FMH Hurwitz Breast Cancer Fund with an initial contribution of \$25,000. Since then, more than \$1.3 million dollars has been raised to help Frederick Memorial Hospital provide the community with the latest technology for the early detection and treatment of breast cancer.

During the month of October, many local businesses and organizations hold fundraisers to help raise awareness and funds. Additional support comes from private donations and the proceeds from events such as:



T-Shirt Sales

Career Fire Fighters Association, IAFF Local 3666, have contributed thousands of dollars in proceeds over the years from their annual t-shirt sale.



Pink Ribbon 5K

Hundreds of participants braved the rainy weather on the first Saturday in October for the Pink Ribbon 5K.



Thurmont—Think Pink Month

Dozens of creative promotions and events helped turn the town of Thurmont pink during the month of October, raising awareness and more than \$10,000 for the Hurwitz Breast Cancer Fund.



Celebrity Night Out

The 6th annual version of this event was filled with Holly Golightlys, Marilyn Monroes, Cleopatras, light refreshments and a celebrity look-alike contest.



School Support

From Hood College to the Banner School, local schools and sports teams stepped up to raise funds for the cause.



Pink Ribbon Gala

A glamorous evening of music, cocktails, hors d'oeuvres, and a silent auction of fine jewelry at Colonial Jewelers' beautiful and historic Downtown store.

To learn more about the Hurwitz Breast Cancer Fund, visit pinkribbonfrederick.org.

IMPROVING OUR COMMUNITY'S HEALTH

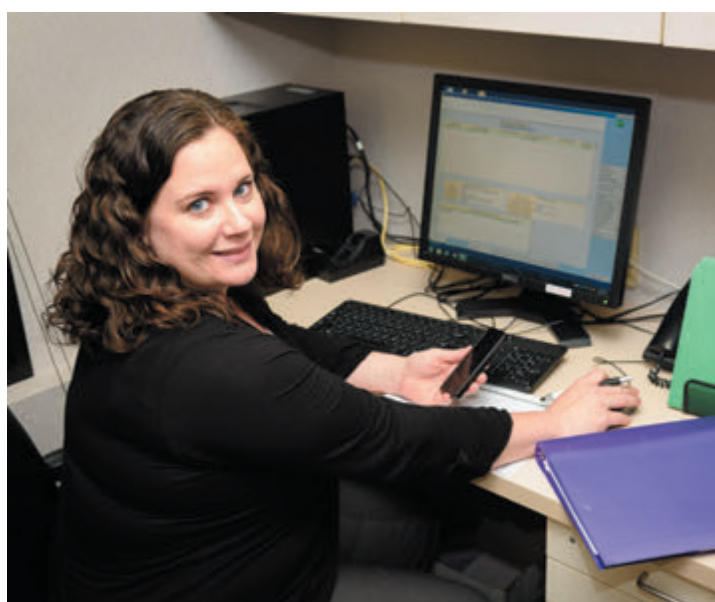
Population Health is one of the most important strategies shaping the future of healthcare today, but what exactly is it?

Think of it as a comprehensive approach to creating a healthier community by focusing not just on the physical and emotional health of its residents but on the underlying factors that contribute to illness and disease—things like poverty, addiction, inadequate housing, poor nutrition, and the many logistical barriers that often get in the way of people seeking and receiving the care they need.

Have you ever watched a relay race? Unlike sprints and marathons, the relay is team-based. The best outcomes are determined by how well the baton gets passed from one runner to the next. In the end, it is the team with the smoothest transitions that has the best outcome.

Recovering from an injury or a serious illness is a bit like a relay race. As patients transition from home to hospital to home again, those involved with their care must be careful to assure that the “hand-off” from one environment to the next is smooth and complete. Patients who are cared for at FMH, and whose physicians are part of the Frederick Integrated Health Network, now have the benefit of a care manager at their doctors’ offices whose job it is to ensure these smooth transitions.

Employed by FMH, these Master’s-prepared social workers and registered nurses reach out to patients by telephone to ensure good communication among all members of the healthcare team. Care managers may also help schedule appointments and specialty care and connect patients with prescription assistance, in-home services, and transportation—all with the goal of helping patients stay safe and well in their own homes.



Leigh Hunter, LCSW and other care managers work within practices that are a part of the Frederick Integrated Health Network to help patients understand their medical conditions, including risk factors and the early warning signs that could result in another hospitalization.

“When we connect people to the right health information, tools and guidance, we remove many barriers to care. We also break down the larger issue of helping people take charge of their health into smaller, more manageable steps. Combined with other population health efforts county wide, we hope to achieve a gradual but steady decline in chronic illness and preventable disease.”

**– Heather Kirby
FMH Assistant Vice President,
Care Management**



Building Bridges to Better Health

Another important part of Frederick Memorial's population health strategy is the Bridges program. Bridges builds partnerships between Frederick County's medical, religious, and neighborhood communities to provide the information people need to improve their own health and wellness. Certain groups within our community, such as the fragile elderly or minority populations, often have a higher risk for chronic health problems yet lack a reliable way to seek advice and care.

"Bridges seeks to bring health information and education to those who need it most by going to the places where these residents live, socialize, work, and worship so that it integrates into their other routines," says Janet Harding, FMH Director of Cultural Awareness & Inclusion.

In keeping with its mission to help people learn how to get the right care at the right time and for the right reasons, another goal of the Bridges program is to help people understand when it is appropriate to seek emergency care. According to FMH Assistant Vice President of Medical Affairs Dr. Rachel Mandel, one reason for long wait times for everyone at Emergency Departments is the number of people who visit with non-emergent conditions that could better be treated with a visit to their primary care physician or an urgent care center such as FMH Immediate Care.



Meet Angela Spencer At the center of the Bridges program's success are lay health educators like Angela Spencer. An active member of Jackson Chapel United Methodist Church and founder of the local advocacy group the Faith Striders, Angela was already a trusted advisor in her church, work, school and volunteer communities—positioning her ideally as a lay health educator. After completing ten weeks of classes on a wide variety of health topics, Spencer and the 14 others in her class began teaching people who are currently well to prevent illness by reducing their risk factors for serious disease, and the importance of obtaining regular screenings. For those already dealing with chronic illness—such as cardio-pulmonary disease and diabetes—Spencer and other lay health educators become advocates and referral sources. Connecting these individuals with appropriate clinical care, and providing additional social support and practical guidance, helps them manage their diseases more efficiently, and stay safe and well in their own homes

"As a Lay Health Educator, I start by just listening to people," said Spencer. "Establishing trust is the first step toward making a connection with someone—and eventually building a bridge—between them, the hospital and other health care resources that they might need."

Interested in becoming a lay health educator? 2016 classes are forming now. Call Janet Harding at 240-566-3465, or email jharding@fmh.org. Connect with the Bridges program on Facebook at facebook.com/FMHBridges, and learn more by visiting blog.fmh.org and searching Bridges.

IMPROVING OUR COMMUNITY'S HEALTH

Another important aspect of an effective Population Health strategy involves promoting better community health by encouraging residents to make changes in their lifestyles and behaviors. FMH has launched several initiatives to assist those with chronic conditions in making needed changes to improve their long-term health and wellness.

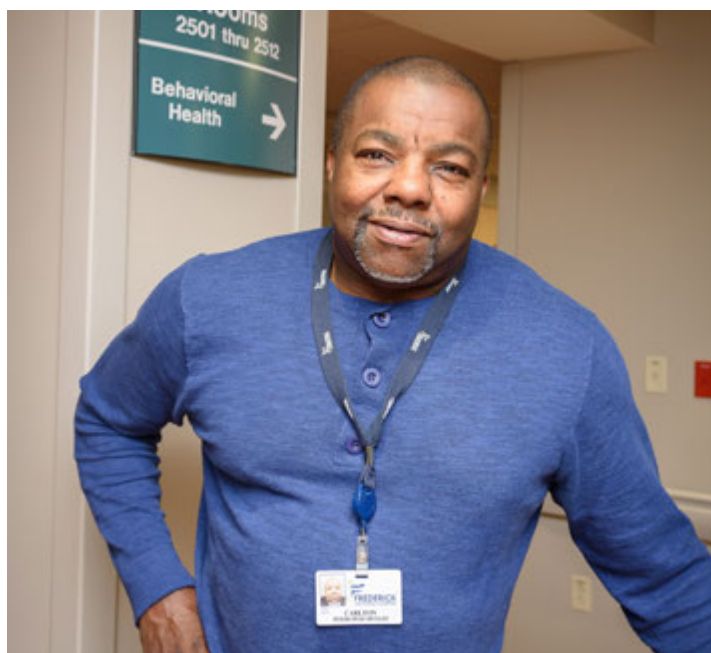
Learning to Cope

Last year, FMH created Team C.O.P.E. (Caregiver Outreach Providing Education) to provide education on the growing heroin epidemic here in Frederick, and provide practical assistance to individuals dealing with acute episodes of substance abuse and chemical dependency. According to the hospital's ICU Manager Jennifer Kramer, who also chairs the C.O.P.E. committee, the program is working to:

- Serve as a knowledgeable resource for patients, communities, families, and friends.
- Provide information relevant to substance abuse, community issues, events, organizations, and leadership.
- Seek out opportunities to create a connection between FMH and collaborating agencies.
- Be available to work with the Frederick County Health Department to identify opportunities to involve community members in substance abuse prevention services.
- Plan and execute outreach activities that support FMH patient needs and research objectives.

During its first year of operation, C.O.P.E. has created a Substance Abuse Resource brochure, hosted educational vendor tables at community events, and provided education to FMH staff through a Lunch and Learn program.

“Our goal is to use education and outreach activities to decrease the incidence of acute episodes of substance abuse, specifically heroin overdoses, in Frederick County and beyond,” said Kramer.



Meet Carlton Hill Carlton Hill works with patients at FMH who have been identified as needing further evaluation for substance abuse treatment and recovery support.

Hill understands substance abuse from a perspective many other professional people do not. An addict for most of his adult life, his habit cost him his 20-year marriage, a relationship with his children, his health, and his home. In 2002, after graduating from the Frederick Rescue Mission, Hill turned his life around. He became active in the recovery community, eventually going to FCC where he completed a degree in Human Services. A job as an addictions counselor at the Hagerstown prison led Hill to his current position with the Frederick County Health Department and FMH.

For more information on C.O.P.E., visit blog.fmh.org and search COPE.



Listen to the Rhythm of Your Heart

In the battle against heart disease, knowledge is power. The more a woman knows about heart disease, the better chance she has of beating it. Here's lesson one: heart disease is the number one killer of women. It kills more women than all forms of cancer combined, and it kills more women than men.



To register for "Listen to the Rhythm of Your Heart," please call Trish Reggio at 240-215-1447.

The Women's Center at FMH Crestwood takes these facts very seriously and will host an interactive educational event about heart health for women on **Friday, February 19, 2016 from 5:30 to 9 P.M. at FMH Crestwood**. A local cardiologist will explain how heart disease presents differently in women, risk factors to be aware of, and prevention strategies, while exercise demonstrations from Hula Hooping to Yoga to Zumba will be ongoing throughout the evening. Attendees can earn points toward raffle tickets and prizes by visiting various educational exhibits and displays and by participating in interactive activities. Red lights will illuminate the exterior of the

building, and all participants are invited to wear red for the cause.

"Heart disease is often called the Silent Killer, because heart disease victims often don't even know they have it," says Trish Reggio, FMH Women's Health Navigator and one of the event's organizers. "So they don't get treated or make healthy lifestyle changes. Thanks to the collaboration of a wide range of diverse community leaders from many different ethnic backgrounds, we are able to come together as a united team of women to educate, empower, and save lives."

As part of the Go Red for Women initiative, the acronym GO RED reminds us all to do the following:

Get Your Numbers

Ask your doctor to check your blood pressure and cholesterol.

Own Your Lifestyle

Stop smoking, lose weight, exercise and eat healthy.

Realize Your Risk

We think it won't happen to us, but heart disease kills 1 in 3 women.

Educate Your Family

Make healthy food choices for you and your family. Teach your kids the importance of staying active.

Don't Be Silent

Tell every woman you know that heart disease is our No. 1 killer. Raise your voice at GoRedForWomen.org.

To learn more about the unique ways women may experience heart attacks that are unrelated to chest pain, visit blog.fmh.org and search Heart Attack.

HAVE YOU HAD THE CONVERSATION?

Making healthcare decisions can be difficult under the best of circumstances, but making decisions for others—especially during a crisis—is even more complicated. With the Patient Self-Determination Act of 1990, each of us has the ability to take that unnecessary burden away from our healthcare providers and our loved ones by completing an Advance Directive.

An Advance Directive gives us the ability to document the types of healthcare we do and do not want and to name an agent to speak for us if we cannot speak for ourselves. Local resident and FMH Patient Advisory Committee member Nikki Moberly's experience speaks to the importance of having advance directives in place, regardless of current age or health status.



Nikki Moberly is a member of the FMH Patient Advisory Committee. She frequently gives presentations to local clubs and service groups on the importance of creating and documenting advance directives.

A Husband's Legacy

BY NIKKI MOBERLY

"How old do you need to be to do an Advance Directive?" a woman asked me at our community event on Advance Care Planning last April.

I told her you're never too young. Sadly, I learned this from personal experience.

In 1998, I was 34 years old. I was working toward my next promotion, planning a family and saving for retirement. Then my husband was diagnosed with a rare cancer. The doctor gave him between two weeks and two months to live.

After the furor of second opinions and researching treatment options, my husband

just said, "I don't want this. I'm only going to live an extra two or four months by doing these treatments, and I'll be too sick to enjoy the time with you. I don't want that." And so, we began "the conversation." We completed our Advance Directives almost immediately following that decision. My husband died on July 7th, almost three months to the day of his diagnosis.

We were blessed with time to complete his (and my) Advance Directive. But what if he had been in a car accident? What if he had suffered an acute event like a stroke that brought on a coma? Too many people are left to wonder what their loved one "would have wanted." I **knew** what my husband wanted, and I was able to support him in one of the most important decisions any of us can make.



To make it easier for EMS personnel and others to locate your Advanced Directives and other important medical records, FMH is providing magnetic folders that can be attached to the refrigerator. According to Nicole Wetzel of FMH, these easy-to-spot, red folders will become the central location in every Frederick household where EMS and others can find a family's Advance Directives. Look for community events and health fairs where the FMH Advanced Care Planning booth is set up to pick up one of these folders for your household.

To download a free Starter Kit on creating your own advance directive, visit theconversationproject.org.



THE FMH AUXILIARY: A FRIEND IN NEED



The FMH Auxiliary Board of Directors

The Frederick Memorial Hospital Auxiliary is one of the largest volunteer organizations in Frederick County and the largest hospital auxiliary in Maryland. Last year, its 696 volunteers gave just over 86,244 hours of service across 82 different services to the Frederick Regional Health System, saving the hospital an estimated \$2 million in administrative operating costs.

Since its founding in 1952, the Auxiliary has donated more than \$9.3 million for new construction and service line enhancement to FMH. In 2012, the group pledged \$1 million toward the new Cancer Institute scheduled to be built on the hospital's Rose Hill campus.

The Auxiliary also awards scholarships each year to junior volunteers and high school students. The soul source of scholarship funding are donations made to the FMH Auxiliary.

The Auxiliary relies on a wide variety of fundraising activities to fulfill their goals, including managing the FMH Gift Shop and the organization's downtown thrift shop, Select Seconds. Proceeds from year-round events such as the Tree of Lights, an annual holiday craft festival, and sales of uniforms, jewelry, candy, fudge, books, and cookies also contribute to the Auxiliary's fundraising effort.

"Our volunteers are a great group of people who give freely of their time to offer others a smile, a shoulder, or a listening ear."

*– Ellen Noland, President
FMH Auxiliary*



The Executive Committee of the FMH Auxiliary Board of Directors

Volunteers Especially Needed for Wings Service

Wings volunteers at FMH provide escort and messenger service for patients and various departments throughout the hospital daily between the hours of 9 A.M. and 8 P.M. To participate as a Wings volunteer, you must be able to be on your feet and walk comfortably for several hours.

Volunteers are asked to contribute 3-4 hours per week or every other week. Assignments available with and without direct patient contact. Interested in learning more? Call the FMH Office of Volunteer Services at 240-566-3567.

Superb Quality. Superb Service. All the Time. | Frederick Memorial Hospital | 400 W. Seventh Street | Frederick, Maryland 21701

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How well we manage our health and wellness depends a lot on having the right information. That's why FMH is offering a series of lectures, classes, and workshops on topics of interest that are free and open to the public. Each seminar is conducted by a recognized expert in the field and includes an opportunity to ask questions.

Obesity & Bariatric Surgery

First & Third Thursday of the Month, 5-6 P.M. (with Dr. Tanisha Osbourne and Dr. Natasha Annor) at FMH Crestwood

Fourth Monday of the Month, 6-7 P.M. (with Dr. Stephen McKenna) at the FMH Main Campus, Second Floor, Classrooms 1 & 2

When exercise and diet alone fail to effectively treat people who are obese, bariatric surgery may be an option. Drs. Tanisha Osborne, Natasha Annor, and Stephen McKenna will explain the procedures available. To register for one of these seminars, call 240-566-3705.

Preventing Cervical Cancer

Wednesday January 20, 2016, 5:30-8 P.M.

This year, approximately 13,000 new cases of invasive cervical cancer will be diagnosed in the U.S., and about 4,000 women will die from the disease. The good news

is that in the last 30 years, instances of cervical cancer have decreased by 50%. This seminar will focus on the importance of the Pap test and other screening tools such as HPV to prevent cervical cancer. Two experts in gynecology will provide more information and understanding of cervical cancer and its effects on women and their families.

Listen to the Rhythm of Your Heart

A Go Red Women's Event for Heart Health Education

Friday February 19, 2016, 5:30-9 P.M.

80% of heart disease in women is preventable, and more women are beating heart disease than ever before. But you need to know the facts. Arm yourself with the information you need to defeat this silent killer. Join us for this free workshop. **Read more on page 13.**

Except where noted, seminars will be held in the second floor conference room at The Women's Center at FMH Crestwood, 7211 Bank Court, Frederick MD 21703. Walk-ins are welcome, but pre-registration is appreciated by calling Trish Reggio at 240-215-1447 or emailing preggio@fmh.org. Interpreters are available by advance request by calling 240-566-4370.