

# MARYLAND'S

HEALTH MATTERS

COVER STORY

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UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM





ON THE COVER

## ACTING FAST IS A STROKE OF GENIUS

Learning how to recognize stroke from posters at UM Upper Chesapeake Medical Center helped one man get his wife lifesaving care fast.



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## TREAT YOURSELF TO BETTER HEALTH

Want to give yourself a gift that gets better every year? Put better health on your wish list.

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## ACADEMIC MEDICINE AT WORK:

An Answered Prayer, Right on Cue—When James Harris Jr. needed a kidney transplant, his one-time pool tournament rival Russ Redhead stepped up to be his living donor.



## STAY CONNECTED WITH

## UM UPPER CHESAPEAKE HEALTH

**ELIZABETH WISE, FACHE, MSN, MBA**  
President and Chief Executive Officer

*Maryland's Health Matters* is published by the Marketing and Communications office at UM Upper Chesapeake Health. This publication is not intended to provide professional medical advice. It is to provide general health and wellness information.



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## WE WOULD LIKE TO HEAR FROM YOU

Please share your comments, information requests or change of address by emailing [UMUCHcommunications@umm.edu](mailto:UMUCHcommunications@umm.edu).

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To learn about how UM Upper Chesapeake Health is promoting health and wellness through various community outreach programs, visit [umuch.org/community](http://umuch.org/community).



## Leadership Letter

**FALL. ONE OF** my favorite seasons for several reasons. The return of my favorite sport: football! Leaves turning colors and falling from the trees. I get to wear sweatshirts and sweaters. This fall will also be the completion of my third year as the president and CEO at UM Upper Chesapeake Health. As I was reflecting on my time here, I realize how fortunate we are to be part of Maryland's largest health care system, the University of Maryland Medical System (UMMS). Being part of UMMS has resulted in some exciting new beginnings for Harford County. Our state-of-the-art ambulatory surgery center (ASC) in Pavilion III on the Bel Air campus is opening to provide outpatient surgical procedures in same-day settings—or within 23 hours. Additionally, we debuted the Jay and Orsia Young Surgical Institute in Pavilion III that offers orthopedic, spine, hand and plastic surgery. Hyperbaric services, a leading-edge therapy which will allow us to treat patients with nonhealing wounds, will also launch. Beyond providing care close to home, being part of UMMS allows us to tap into the expertise of the University of Maryland School of Medicine and extend our services if the specialty is unavailable locally.

This year, we also published a Community Health Needs Assessment (CHNA) on our website. If you are interested in learning more about the health care needs of our community, please take the time to read this. The CHNA report shares information about Harford County demographics, disease prevalence and trends over time. The next phase of this assessment will involve working with our local Department of Health on an implementation plan to address the needs of our community. I look forward to sharing this with you as we continue this journey to make Harford County one of the best places to live, work and have fun.

*Elizabeth Wise*

Elizabeth Wise, FACHE, MSN, MBA  
President and CEO



## Outpatient Surgery

# TAKES CENTER STAGE

UM UPPER CHESAPEAKE HEALTH'S NEW AMBULATORY SURGERY CENTER IS POISED TO LEVEL UP HEALTH CARE IN HARFORD COUNTY.

**THE FOUR-LEVEL**, 60,000-square-foot Pavilion III opened on UM Upper Chesapeake Health's Bel Air campus this fall. The new ambulatory surgery center, UM Chesapeake Surgery Center, occupies 10,000 square feet on the building's first floor. Now, patients can go to a central location for orthopedic surgery, joint replacement, sports medicine and rehabilitation, along with:

- Ear, nose and throat surgery
- General surgery
- GI endoscopy
- Hand surgery
- Pain management
- Plastic and reconstructive surgery
- Spine surgery

### IT'S ALL HERE

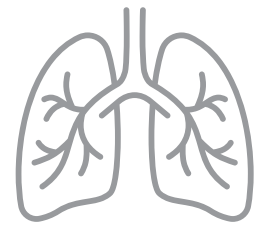
Ambulatory surgery centers, or ASCs, are modern health care facilities focused on providing same-day surgical care, including diagnostic and preventive procedures. UM Chesapeake Surgery Center's layout offers unmatched convenience for patients having orthopedic surgery.

"We have 23-hour overnight capabilities for joint replacement and spine surgery, with rehabilitation services conveniently located adjacent to the surgery center," said Esther Hughes, RN, UM Chesapeake Surgery Center administrator. "Featuring convenient parking, state-of-the-art operating rooms and skilled team members trained in outpatient surgery care, UM Chesapeake Surgery Center allows us to provide safe, comfortable, convenient and cost-effective alternatives to inpatient surgery. We look forward to doing so for years to come."



To keep up with the latest from UM Upper Chesapeake Health, visit [umuch.org](http://umuch.org).

# Protect Your Family from



# PNEUMONIA

LEARN MORE ABOUT THIS SERIOUS LUNG INFECTION AND HOW TO AVOID IT.

## WHAT IS PNEUMONIA AND HOW DO YOU GET IT?

**Pneumonia—an infection caused by viruses, bacteria or fungi:**

- Causes inflammation and fluid buildup in the tiny branches of the lungs
- Prevents those areas from getting oxygen into your bloodstream
- Leads to coughing, shortness of breath and other symptoms

**Pneumonia can be contagious.** The most common way you can get pneumonia is by inhaling droplets from an infected person when they sneeze or cough. You can also get infected by touching a surface with pneumonia-causing germs and then touching your face.



## WHAT ARE COMMON SYMPTOMS?

In addition to symptoms such as coughing and chest pain, watch for:

- Chills
- Fatigue
- Fever
- Low appetite
- Reduced energy
- Shortness of breath



## GIVE PNEUMONIA YOUR BEST SHOT

Flu is the leading cause of viral pneumonia for all ages, but pneumococcus is the primary source of severe pneumonia in older adults. Staying up to date on adult vaccines, including pneumococcal, flu, and RSV, is one of the best preventive steps you can take. Vaccination can't prevent all pneumonia infections but can significantly reduce their severity.

## WHO IS MOST AT RISK TO GET PNEUMONIA?

Anyone can get pneumonia, but the following groups are the most vulnerable:

- Children younger than **2 years** old
- **Adults 65 years** old and older
- People with some **chronic illnesses** like COPD, diabetes or heart disease
- People who **smoke**

### Don't take pneumonia lightly.

It's highly treatable, but for some people who are high risk, it can lead to severe symptoms, hospitalization and even death. See your primary care provider as soon as possible, especially if you're in a high-risk group.

## FOR ADDITIONAL PROTECTION:

- Wash your hands often
- Avoid contact with people who are sick
- Eat plenty of fruits, vegetables, and other heart-healthy and immune system-boosting foods
- Exercise regularly to strengthen your immune system
- Get at least seven hours of sleep each night
- Kick the habit if you smoke



Find a primary care practice near you at [umuch.org/primarycare](http://umuch.org/primarycare).



## Get to Know

# OUR GENERAL SURGERY TEAM

TRUST THE EXPERIENCED TEAM AT UPPER CHESAPEAKE SURGICAL ASSOCIATES WHEN YOU NEED GENERAL SURGERY.

**THE TEAM AT** Upper Chesapeake Surgical Associates uses robotics and other leading-edge surgical technologies to minimize scarring, complications and healing times for a wide range of elective procedures.

“In our group of surgeons, each has at least 20 years of experience and university training,” said Scott Steinmetz, MD, FACS, general surgeon at Upper Chesapeake Surgical Associates and division head of general surgery at UM Upper Chesapeake Health.

### IN GOOD HANDS

Providing close-to-home access to high-level surgical care, the surgical team’s strength lies in the diverse skills of its members. With expertise in a wide range of surgical procedures, the specialists at Upper Chesapeake Surgical Associates provide comprehensive care, including minimally invasive, weight loss and robotic-assisted surgeries.

### OUR GENERAL SURGEONS

- Alexander Ranjit Aurora, MD
- Geoffrey Lowell Bloomfield, MD
- Elie K. Fraiji, Jr, MD
- Robert P. Hennon, MD
- Elizabeth Martin Lowe, MD
- Scott Steinmetz, MD, FACS

Upper Chesapeake Surgical Associates offers high-level general surgery close to home for those in the Harford County area.

“Whether you need emergent or elective surgery, you’ll get exceptional care in your community,” Dr. Steinmetz said.

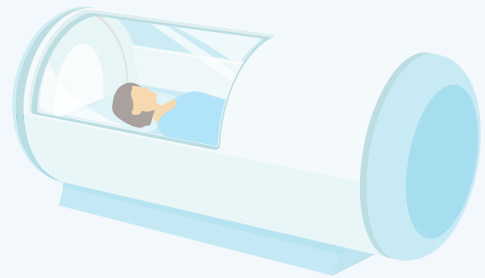


Upper Chesapeake Surgical Associates has offices in Bel Air and Perryville. To find a general surgeon near you, visit [umuch.org/find-a-doctor](http://umuch.org/find-a-doctor).

## HEALING WITH

# Hyperbaric Oxygen Therapy

HYPERBARIC OXYGEN THERAPY (HBOT) USES PURE OXYGEN AND HIGH AIR PRESSURE TO HELP DIFFICULT WOUNDS HEAL.



**RIGHT NOW, YOU’RE** breathing air containing 21% oxygen, according to the Food and Drug Administration (FDA). During HBOT, which takes place inside a chamber with twice normal air pressure, 100% oxygen fills your lungs—and can help unlock wound healing.

Breathing in pure oxygen allows your blood to carry more oxygen to injured, hard-to-heal tissue, such as diabetic foot ulcers, skin grafts and crush injuries. HBOT can also treat bone infections and injuries caused by radiation treatment for cancer.

### WHEN HBOT TREATMENT IS RIGHT FOR YOU

Your physician may refer you for HBOT as a standalone therapy or as part of a treatment plan that includes other forms of wound care, such as antibiotics or surgery. You may need several HBOT treatments over the course of a few weeks.

During treatment, you’ll sit in the chamber and watch TV or nap for comfort. Yawning can help relieve the pressure you may feel in your ears. Specially trained medical providers will be on hand to oversee the treatment.



UM Upper Chesapeake Health will be offering HBOT in the new Hyperbaric Medicine Center in Pavilion II on the Bel Air campus soon. To learn more, call **443-643-3500**.



To watch  
their story,  
scan this  
QR Code.



Earle and Kathy Prior

# *Acting Fast Is a*

# **STROKE OF GENIUS**

LEARNING HOW TO RECOGNIZE STROKE FROM POSTERS AT  
UM UPPER CHESAPEAKE MEDICAL CENTER HELPED ONE MAN  
GET HIS WIFE LIFESAVING CARE FAST.

**“BE FAST.” THAT’S** what the posters said in the elevators and on the walls at UM Upper Chesapeake Medical Center. Thankfully, Earle Prior paid attention to the details. In December 2023, he was at the hospital often, visiting his wife, Kathy, as she recovered from pneumonia and a new diagnosis of atrial fibrillation, an irregular heartbeat. Every day Earle passed the signs, absorbing the specifics about what to look for when someone was having a stroke:

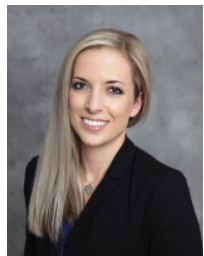
- **Balance issues**
- **Arm/leg weakness**
- **Eyes blurry**
- **Speech that is slurred**
- **Face drooping**
- **Time to call 911**

When Kathy eventually returned to their Abingdon home, it took four days for her to be interested in eating. When she announced she was finally hungry, Earle got dinner ready. Kathy walked to the kitchen table and sat down, but when she tried to pick up the mashed potatoes on her plate, she made a repetitive raking motion over the food.

“I remember thinking I had the fork in my hand,” Kathy explained.

Earle knew something was not right. Kathy’s speech changed and one side of her body appeared to be weak. Quickly he remembered those signs and the information. Earle was witnessing stroke symptoms right before his eyes. He knew he needed to “be fast.”

**“I immediately called 911,” Earle said.**



Lindsay Goff, BSN, RN

### STROKE ALERT SOUNDED

The Emergency Department at UM Upper Chesapeake Medical Center was ready for Kathy.

“When an ambulance is bringing in a suspected stroke patient, to either Emergency Department in Bel Air or Aberdeen, a ‘stroke alert’ goes off,” explained Lindsay Goff, BSN, RN, the Primary Stroke Program coordinator at

UM Upper Chesapeake Health. “Everyone can move quickly because they know time is so important.”

Upon her arrival, Kathy was quickly sent for a CT scan and then administered an IV thrombolytic medicine, a clot-busting drug.

“There is only a certain window to use drugs that dissolve clots causing a stroke and restore blood flow to the brain,” Goff said. “Medical professionals have four and a half hours from the onset of stroke symptoms to administer the clot-busting medication to minimize debilitating deficits.”

Even when given quickly enough, the medication is not always successful. The medical team thought Kathy might need a thrombectomy, where a blood clot is removed from a blood vessel in the brain. Again, this needed to happen quickly.

Goff and the ER team coordinated the helicopter transfer of Kathy to University of Maryland Medical System’s academic medical center in Baltimore, University of Maryland Medical Center, where she could get the most sophisticated care in the shortest amount of time.

“I remember hearing the helicopter, but I don’t remember anything until I woke up downtown,” Kathy said.

### CLOT-BUSTING MEDICATIONS WORKED

The medication administered in the Emergency Department broke up the clot, and Kathy did not need any further interventions.

“The drugs work that well and because it was given within an hour of the onset of symptoms, that really made a difference,” Goff said.



Abbey Hitchcock, RN, and Lindsay Goff, BSN, RN

Even more remarkable, Kathy had not a single residual effect from the stroke. Unlike many stroke patients, she did not need rehab.

“When the neurology team came to see me, I could do everything they asked me to do, such as move my fingers and my legs,” Kathy said. “I am so blessed that Earle recognized the signs because the timing was everything.”

### LIFESAVING POSTERS

As the program coordinator at UM Upper Chesapeake Health, Goff wears many hats. Her roles include providing the highest quality of care to patients with ischemic and hemorrhagic strokes and making sure the UM Upper Chesapeake Medical Center maintains its accreditation as a primary stroke center.

She is also the person behind educating as many people as possible about stroke, which includes hanging those posters. Goff is hopeful the message will resonate as it’s her mission to be sure people know stroke symptoms and they act quickly when they suspect something.

“Don’t ignore any symptoms,” Goff said. “Don’t try and sleep it off, and don’t think about calling your primary care doctor the next day. Act quickly and call 911.”

Her motivation comes from her stepfather’s debilitating ischemic stroke which meant he had to medically retire from his job as a firefighter at the age of 55.

“There’s a misconception that young people can’t have strokes,” Goff said. “It’s not just seniors who are at risk.”

Of UMMS patients, Harford County has the highest rate of strokes in people under the age of 50. Risk factors for stroke include:

- smoking
- high blood pressure
- high cholesterol
- obesity
- heart disease
- diabetes
- atrial fibrillation

When you see someone with stroke symptoms, you are up against the clock. “Be fast” and you could save a life.



To learn more about stroke care at UM Upper Chesapeake Health, visit [umuch.org/stroke](https://umuch.org/stroke).





## TREAT YOURSELF TO

# Better Health

WANT TO GIVE YOURSELF A GIFT THAT GETS BETTER EVERY YEAR?  
PUT BETTER HEALTH ON YOUR WISH LIST.

**THE HOLIDAYS MAY** be months away, but it's always a great time to treat yourself to better health. If your overall health has been on the back burner, now is the time to put it front and center. Here are three ways to get started.

### CHOOSE YOUR HEALTH

Every day, you make thousands of choices. Some of them have a direct effect on your health. The right choices support good health by helping you feel, look and perform your best.

Follow these tips to move toward good health:

- **Eat foods that fuel your day.** To be at your best, leave sugary treats such as cookies and cakes at the store. A healthy diet gives you energy today and helps protect against stroke, diabetes, heart disease and more in the future. Fill your diet with a variety of vegetables and fruit, protein-rich lean meat and plant-based sources, and whole grains.
- **Make exercise part of your daily routine.** Exercise is essential for heart health and weight management.

Regular activity also helps you get better sleep, avoid falls, lower your blood pressure and experience less anxiety. Aim for at least 30 minutes of medium-intensity exercise most days of the week. Mix aerobic exercises with activities that improve strength, flexibility and balance.

- **Watch your habits.** For women, limit yourself to one alcoholic drink per day and for men two. Drink too much too often, however, and your health could be at risk. Excessive alcohol can damage your heart, brain, liver and immune system and increase your risk for cancer. Smoking cigarettes and vaping are hazardous to your health. Drop them to begin the healing process.

### REMEMBER MENTAL HEALTH

Depression and anxiety make the hectic holidays even more difficult. The good news is that if you make the healthy choices recommended above, you're already caring for your mental health.





## FEELING OVERWHELMED BY ANXIETY, DEPRESSION OR SUBSTANCE USE?

The Klein Family Center can help. Our mental health experts provide compassionate care in a safe and supportive environment. Visit [umuch.org/klein](https://umuch.org/klein) to start feeling better today.

To boost your mental health even more, try the following:

- **Connect.** Find ways to spend time with loved ones. Invite family or friends over for a meal. Call people you haven't seen in a while or join a group with a common interest to make new friends.
- **Give thanks.** Think of reasons to be thankful. Write them down and keep the list handy. Read through them when you're feeling down.
- **Prioritize.** If you have a lot on your plate, write out your responsibilities, then prioritize them. As an added mental health boost, plan to say "no" the next time someone asks you to take on a new unnecessary task.
- **Relax.** Do an activity that you find relaxing. Whether you enjoy gardening, practicing breathing exercises, meditating or reading a good book, find time to do your relaxing activity of choice.

## CHECK IN WITH YOUR PCP

Caring for your health is best done with the help of others. One of the most important people on your side is your primary care provider (PCP). By visiting your PCP regularly, you receive customized guidance toward good health. It starts with an annual exam. This exam helps you keep on top of your health and allows your PCP to recommend changes to prevent unwanted health conditions.

During your exam, you may do the following:

- Discuss your family health history, new health symptoms, lifestyle changes, medications and more
- Receive immunizations against viruses and other diseases
- Have or schedule blood tests and screenings for cholesterol, blood sugar and more

## MYCHART: YOUR HEALTH, EVERYWHERE

Wish it were easier to manage your health? MyChart helps by creating an access point for your electronic health record—all in a single website or app.

With MyChart, your health is literally in your hands. A few things you can do on the website or app include the following:

- Communicate with members of your care team for medical advice, prescription refills and referrals to specialists.
- Find reliable information about health topics, such as symptoms and treatment options for health conditions.
- Pay for medical care and review your provider's notes regarding your visits.
- Review test results, medication instructions, and eyeglasses or contact prescriptions.
- Schedule in-person or virtual appointments.
- Store and manage your living will and other end-of-life planning documents.
- Track and plan your immunizations and other preventive care.

MyChart also allows you to share your health data with trusted individuals. If you're out of town and need care, you can give outside providers one-time access to your records to help them guide your care.

Visit [umms.org/patient-portal](https://umms.org/patient-portal) for more information and download the MyChart app today to get started.

## PRIMARY CARE AT MACPHAIL CROSSING

Primary care is coming soon to MacPhail Crossing. Located across from UM Upper Chesapeake Medical Center Bel Air, this convenient new location will offer primary care from providers you trust.



Ready to invest in your good health? Visit [umuch.org/find-a-doctor](https://umuch.org/find-a-doctor) to find a PCP at UM Upper Chesapeake Health.



*An Answered Prayer,*  
**RIGHT ON CUE**

WHEN JAMES HARRIS JR. NEEDED A KIDNEY TRANSPLANT, HIS ONE-TIME POOL TOURNAMENT RIVAL RUSS REDHEAD STEPPED UP TO BE HIS LIVING DONOR.



**A KIDNEY TRANSPLANT** was Harris' last option. Denise Epps-Harris, his wife, was his champion and, thankfully, a casual conversation at a pool tournament in November 2022 led to the break Harris desperately needed. Harris, an avid pool player, struggled with end-stage kidney disease and waited for a deceased donor two years on the national waitlist. None of Harris' family members were a match to be a living kidney donor, the most promising path forward.

In that moment of need, Epps-Harris encountered Russ Redhead, a Pennsylvania pool player who, years earlier, railed against Harris—and later apologized—after losing to him in a high-stakes tournament. During her conversation with Redhead, Epps-Harris, who works at University of Maryland Medical Center (UMMC), mentioned her husband needed a kidney.

“Russ started asking me all these questions, and I just thought he was being curious,” Epps-Harris said. “And then he said, ‘I’ll do it.’ I said, ‘Do what?’ He responded, ‘I’ll be a donor.’ I started crying in the middle of the pool hall. He just gave me a hug and said, ‘It’s OK.’”

## THE GREATEST GIFT

As of March 2024, more than 89,000 people in the U.S. await a kidney from a deceased donor, according to the Organ Procurement and Transplantation Network. Most wait three to five years, the American Kidney Fund reported, and some may die before receiving an organ. Living donation offers another option—and more reason to hope.

Although most humans come into the world with two kidneys, the body can function perfectly well with just one, which makes living donation possible. Typically, living donors either direct their donated organ to go to a specific recipient, such as a friend or family member, or a stranger based on medical need. Living donors must be an adult in good health and have a blood type compatible with the recipient.

UMMC, the academic medical center of University of Maryland Medical System, hosts the region's largest kidney transplant program, where around one-third of transplanted kidneys are living donations. Potential living donors complete a thorough evaluation process that includes meeting with a transplant surgeon, a transplant nephrologist and a nurse coordinator to learn more about the donation process. Most candidates learn whether they're approved to be a living donor within a week.

For Redhead, 42, the decision to be evaluated as a potential donor for Harris, 54, was “the right thing to do” and a manifestation of his long-held values.

“The way I was raised is that you put good out into the world, and it restores a little bit of hope in other people,” Redhead said. “No matter how small or big an impact you could have on someone, the more hope you put out in the world, hopefully, the world catches on.”

## ON THE SAME TEAM

In late 2023, following an extensive evaluation, Redhead learned he was a good match for Harris and eligible to donate. For Epps-Harris, who calls Redhead her “angel,” it represented the culmination of years of advocating for her husband as a UMMC Living Donor Transplant Champion. Champions can help speed the process of finding a living donor by sharing their loved one's story and spreading the word about their need for a new organ.

On Feb. 8, 2024, after spending the previous evening playing pool together in Harris' basement, Harris and Redhead shared a fist bump before their respective surgeries. Then, in an operating room, a transplant surgeon, controlling a surgical robot from a console, removed one of Redhead's kidneys using a minimally invasive technique. Harris reflected on Redhead's generosity moments before his surgery.

“I don't know how you thank someone for doing something like that,” Harris said. “I don't think he realizes how much it means to me to have a life back.”

With the kidney in a sterile bag, a physician delivered it to a different operating room, where a second team transplanted it into Harris.

The next day dawned as the first day of the rest of Harris' life. Both patients—old competitors now forever linked by an act of kindness—took a walk down a hospital hallway and relived old pool matches.

## LIFE, ENERGIZED

Harris followed up with his nephrologist at weekly clinic visits for the first month after the transplant before transitioning to monthly appointments. Before surgery, his need for frequent dialysis treatments led him to quit his job as a truck driver and sapped his energy. Now, he feels “tremendous” compared with how he felt before receiving a new kidney.

“I have much more energy and much less stress not having to deal with dialysis,” Harris said. “I was restricted to 32 ounces of fluid [per day] prior to the transplant. Now, I can drink as much as I want.”

With no restrictions on how much he can drink, Harris enjoys frequent milkshakes—one of the small joys the kidney transplant made possible.

“I can tell he's just content with his life,” Epps-Harris said of her husband. “It's a good sight to see.”



Looking for an expert who can help you figure out the path forward after a kidney disease diagnosis? Find a nephrologist by visiting [umuch.org/find-a-doctor](https://umuch.org/find-a-doctor).





## CELEBRATING PRICELESS GIFTS AND SELFLESS GIVERS

Donating an organ is an extraordinary act of generosity worth celebrating. Across University of Maryland Medical System, hospitals support and recognize organ donors in a variety of ways, including:

- Connecting potential organ donors and their families with Infinite Legacy—an organ procurement organization serving the DMV area—to assess organ systems for donation potential
- Holding flag-raising ceremonies and educational programs—often in partnership with Infinite Legacy—for National Donate Life Month each April
- Honoring organ donors with special visual displays
- Hosting honor walks for organ donors and their families on the day of organ procurement
- Procuring donor organs

Thank you to the organ donors who give hope and new life to recipients and to the clinicians and staff who help make the process possible.

Do you have a loved one in need of a kidney or liver transplant? Raise awareness of their story and help them find a living donor by becoming a University of Maryland Medical Center Living Donor Transplant Champion. For more information, visit [umm.edu/LDChampion](http://umm.edu/LDChampion).



# SMALL TOWN FEEL, BIG SYSTEM CARE

GET THE BEST OF BOTH WORLDS AT  
UM UPPER CHESAPEAKE HEALTH

**YOU KNOW UM** Upper Chesapeake Health for its community-minded, neighborhood feel, offering individualized care close to home. As a part of the largest health system in Maryland, University of Maryland Medical System (UMMS), UM Upper Chesapeake Health has so much more to offer—and even more yet to come.

## MORE RESOURCES AVAILABLE TO YOU

UM Upper Chesapeake Health provides a high level of care for patients. When patients need access to expanded specialties for more complicated conditions, integration into UMMS means a seamless transfer to other doctors or facilities.

Being part of UMMS also means having the resources to continually improve the facilities, such as the new:

- **Behavioral Health Pavilion**  
660 McHenry Road in Aberdeen
- **Anna and James Lambdin Health and Wellness Center**  
650 McHenry Road in Aberdeen
- **Pavilion III**  
515 S. Tollgate Road in Bel Air

This large provider network also means access to hundreds of primary care and specialty providers, many of whom are faculty members at the University of Maryland School of Medicine.

## MORE JOBS, TOO

UM Upper Chesapeake Health is also a great place to work. Hospital team members have access to all the advantages that come with working for a large employer, such as great benefits and advancement opportunities.

To explore career opportunities, visit [umuch.org/jobs](http://umuch.org/jobs).

Learn more about UM Upper Chesapeake Health at [umuch.org](http://umuch.org).

Help Give the

# GIFT OF LIFE

WHEN SOMEONE YOU CARE ABOUT NEEDS A KIDNEY OR LIVER TRANSPLANT, YOU WANT TO DO EVERYTHING YOU CAN TO HELP.



## WHAT IS A LIVING DONOR CHAMPION?

Someone who supports another person who is seeking a living kidney or liver donor and who acts as a spokesperson on the organ recipient's behalf

## WHAT DOES A LIVING DONOR CHAMPION DO?

Helps find a donor by sharing the recipient's story as widely as possible and asking people to be evaluated as a possible living donor

Provides emotional support and encouragement to the recipient and motivates him or her to stay hopeful and focus on healthy habits

## WHO CAN BE A LIVING DONOR CHAMPION?

Anyone in the recipient's life, such as a family member, friend or coworker

## WHAT ARE THE BENEFITS OF BEING A LIVING DONOR CHAMPION?

A living donor champion gets the word out, which increases the chance of the recipient finding a living donor quickly

By helping to find a living donor, the champion allows the recipient to focus on his or her health

To learn more about becoming a living donor champion, visit [umm.edu/LDChampion](http://umm.edu/LDChampion) and download University of Maryland Medical Center's Living Donor Transplant Champion Guide.



# INSPIRED PLANNING

BUILD A LEGACY OF CARE  
WITH THE 1912 SOCIETY.



Bonnie Naef (right) with her late husband, Walter Naef Jr.

**THE ACT OF** making or receiving a planned gift at any time is an extraordinary honor. Planned gifts—charitable donations made through estate planning—signify generosity, trust, purpose, gratitude and legacy. Fittingly, UM Upper Chesapeake

Donor Reception, although some members prefer to remain anonymous. All 1912 Society members share the health care system’s commitment in caring for residents of our community.

## **BUILD A LEGACY OF CARE**

When asked why they chose to make a gift through their estate, Bel Air resident Bonnie Naef shared her and her late husband Walter’s inspiration.

“We wanted to express our gratitude to our care team at the Kaufman Cancer Center and to ensure that the services of Cancer LifeNet will continue, right here in our community, for years to come,” she said.

Bonnie and 1912 Society members agree that the ability to make a difference by establishing a deferred or planned gift at end of life, is a gift within itself.

More than ever, philanthropy provides critical resources to fund health care innovation, programs and services needed for future generations to come.

As you and your family discuss how your giving can shape the legacy you wish to leave, please consider UM UCH in your gift planning decisions by becoming a distinguished member of the Foundation’s 1912 Society.

Health Foundation’s planned giving society, the 1912 Society, has been rebranded to permanently honor the legacy of health care provided by UM Upper Chesapeake Health (UM UCH), since its founding in 1912. Health care originated at UM UCH in a 21-room Victorian home, driven by the community’s desire to have the very best resources, close to home—a legacy that continues today.

The 1912 Society honors a committed group of individuals and families who chose to include UM UCH or the mission of a UM UCH health care program, department, service line or facility in their estate plans.

1912 Society members provide assurance that UM UCH’s health care system will always be capable of responding to the changing needs of our community. Membership includes all individuals who indicate they have made a planned or deferred gift to the Foundation. Currently, more than 65 individuals are inductees in the 1912 Society, each recognized annually at the Foundation’s Annual Leadership



To learn more about planned giving opportunities, membership in the 1912 Society and how you can make an impact, contact the Foundation at **443-643-3460** or [uchfoundation@umm.edu](mailto:uchfoundation@umm.edu).



# Be Your Best

THESE HEALTH AND WELLNESS PROGRAMS ARE OFFERED IN SUPPORT OF YOUR GOOD HEALTH.

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## HEALTH SCREENINGS

Screenings, including blood pressure, cholesterol, diabetes, stroke and more are offered regularly throughout Harford County. Call **800-515-0044** or visit [umuch.org/calendar](http://umuch.org/calendar) for all the latest information.

## HEALTH AND WELLNESS PROGRAMS

Take charge of your health and live life to the fullest. If you have prediabetes/diabetes, high blood pressure, heart disease, balance or mobility issues, or another chronic condition, these FREE programs may be able to help. Call **800-515-0044** and learn more.

## FLU VACCINATIONS

Help keep you and your family safe from the flu by getting vaccinated. Our Community Outreach team will be offering flu vaccinations throughout Harford County in October. For dates, times and location, call **800-515-0044**.

## OCTOBER IS BREAST CANCER AWARENESS MONTH

Mammograms can help detect breast cancer in its early stage—before symptoms occur and when treatment is most successful. Whether this is your first mammogram or your fifth, you may have questions about your breast health and what's right for you. Learn more at [umuch.org/breast](http://umuch.org/breast) or by calling **443-843-PINK (7465)**.

## THE GREAT AMERICAN SMOKEOUT IS NOV. 21

Quitting tobacco is one of the best things you can do for your health. You can do it, and we can help! For information about free smoking cessation classes, call **800-515-0044**.

## NOVEMBER IS LUNG CANCER AWARENESS MONTH

Lung diseases are some of the most common medical conditions in the world. From unrelenting coughs to complex issues such as lung nodules or lung cancer, our lung cancer screening program and lung nodule clinic can help. Call **443-643-1977** or visit [umuch.org/lung](http://umuch.org/lung).

## NOVEMBER IS DIABETES AWARENESS MONTH

Living with diabetes isn't easy, but with proper care, you can enjoy a better quality of life. Visit [umuch.org/diabetes](http://umuch.org/diabetes) to learn more or call:

- UM Center for Diabetes at Upper Chesapeake Medical Center at **443-643-3200**
- Upper Chesapeake Endocrinology Associates at **443-843-6100**
- Diabetes Prevention (Type 2) and Self-Management Programs at **800-515-0044** for information, dates and times

## CANCER SCREENINGS

Let's get real: Cancer screenings can save lives! Be sure you're keeping up with yours. Talk to your doctor about the cancer screenings that may be right for you and visit [umuch.org/cancerscreening](http://umuch.org/cancerscreening) to learn more.

## MENTAL HEALTH VS. PHYSICAL HEALTH

They're both important. In fact, they can actually affect each other! Manage stress and anxiety through exercise, healthy eating and by taking time for yourself. Learn to recognize when you need a break and never be ashamed to ask for help. The Klein Family Center is here for you: **800-NEXT-STEP** or [umuch.org/klein](http://umuch.org/klein).

## BREAST AND CERVICAL CANCER SCREENING PROGRAM

If you are uninsured or underinsured, this program can help you stay on track with your breast and cervical cancer screenings. Call **443-643-3767** to see if you are eligible.

## WALK WITH A DOC

A free program for people of all ages and all abilities. Each hour-long session includes a short overview of a current health topic by a health care provider and is followed by a walk at your own pace and distance. Take some steps toward a healthier you! For more information, visit [walkwithadoc.org](http://walkwithadoc.org) or [facebook.com/WWADHarfordMD](https://www.facebook.com/WWADHarfordMD).

- 1st Sunday and 2nd Saturday of the month at 10am—Schucks Regional Park
- 4th Saturday of the month at 10am—Magnolia Elementary School

## CAR SEAT SAFETY CHECKS

Make sure your most precious cargo is riding as safely as possible. Free car seat safety checks are offered the 2nd Saturday of each month. For locations and more information, call **800-515-0044**.

## BREASTFEEDING SUPPORT

Breastfeeding is a great way to help get your baby off to a healthy start, and we're here to support you. For all of the latest information, visit [umuch.org/calendar](http://umuch.org/calendar) or call **443-643-2948**.

## CHILDBIRTH EDUCATION CLASSES

We offer several classes designed to help you prepare for and care for your new baby, including childbirth prep, infant care and infant safety. Call **800-515-0044** for more information, dates and locations.

**Upper Chesapeake Health System Inc**  
520 Upper Chesapeake Dr Ste 405  
Bel Air, MD 21014-4381



## 24/7 care for mental health and addiction issues.

Access to mental health care is critical. That's why **Klein Family Center** offers services for people in and around Harford County. Don't wait until you're at a breaking point to seek help. From anxiety and depression to substance abuse and thoughts of suicide, we're here for you when you need it.

1-800-NEXT-STEP | [umuch.org/Klein](http://umuch.org/Klein) | A better state of care.