

MARYLAND'S

HEALTH MATTERS



IMPROVING COMMUNITY HEALTH

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SPRING 2024

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UNIVERSITY
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MEDICAL
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WHY YOU NEED CARDIAC REHAB

If you have heart failure or recently had a heart attack or surgery, you could benefit from the program.



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 University of Maryland 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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Please share your comments, information requests or change of address by emailing UMUCHCommunications@umm.edu.



Leadership LETTER

SPRING IS A time of change. Change that involves the warming of the temperature, the arrival of daffodils and other plants and the leaves becoming visible on trees.

Recently, University of Maryland Upper Chesapeake Health experienced a change with the transition of patient care from Harford Memorial Hospital to the new Medical Center in Aberdeen and the new Patient Bed Tower in Bel Air. Soon, we will open Pavilion 3 on our Bel Air campus, which includes an ambulatory surgery center (ASC). The ASC is for patients scheduled for minor surgery or who may require an overnight stay following surgery. The surgery center features operating rooms and both presurgery and post-surgery recovery spaces.

We have also made changes to the Emergency Department at UM Upper Chesapeake Medical Center in Bel Air. You can expect an updated reception area with a change in the layout as you enter the front door. We are working on other operational projects that will result in better efficiency in our new facilities. An example of this includes the creation of an observation unit on the fourth floor of the new Patient Bed Tower. Observation is a term used for patients who may need a one- or two-day hospital stay. By putting these patients together on one unit, our team members and providers can focus on how to best get our patients out of the hospital, both quickly and safely.

I hope that you enjoy this edition of *Maryland's Health Matters*. You will find a broad range of topics aimed at keeping you healthy with care that is provided close to home.

Elizabeth Wise, FACHE
President and CEO

In Remembrance



**ANTHONY
'TONY'
MEOLI**

1938-2024

ON BEHALF OF the Boards of Directors of University of Maryland Upper Chesapeake Health and The Upper Chesapeake Health Foundation, we mourn the loss of Anthony "Tony" Meoli who gave so generously of his time, talents and treasure to support the health care needs of our community.

Tony's dedication to our health care system included decades of volunteer service where he set an unparalleled standard for leadership and excellence for us all to learn from. We are grateful for Tony's wisdom, bigheartedness and commitment, and we'll miss his one-of-a-kind smile. Thank you to the Meoli Family for sharing Tony with us and our Harford County community.

Elizabeth Wise, FACHE
President and CEO, UM Upper Chesapeake Health

Bryan E. Kelly, CFP, Chair
Board of Directors, UM Upper Chesapeake Health

Craig A. Ward, PE Chair
Board of Directors, UM Upper Chesapeake Health Foundation

Kenneth Ferrara, MBA
Senior Vice President of Philanthropy and External Relations, UM Upper Chesapeake Health

IMPROVING *Community Health*

TWO CENTERS EXEMPLIFY UNIVERSITY OF MARYLAND UPPER CHESAPEAKE HEALTH'S COMMITMENT TO A HEALTHY HARFORD COUNTY.



WHERE AND HOW TO FIND CARE

Kaufman Cancer Center
500 Upper Chesapeake Drive
Bel Air, MD 21014

Located in Bel Air on the campus of University of Maryland Upper Chesapeake Medical Center, the Kaufman Cancer Center features a one-level parking garage that provides access to the facility's lobby.

Access the parking garage by turning onto the campus road from MacPhail Road. For more information about the cancer center, call **443-643-4673**.

Klein Family Center
802 Baltimore Pike
Bel Air, MD 21014

Walk-in care is available daily from 9am to 9pm for mental health issues at the Klein Family Center. You can reach a mental health professional 24/7 by calling **1-800-NEXT-STEP (1-800-639-8783)**.

THE KAUFMAN CANCER CENTER

and the Klein Family Center have elevated the health of the community since their establishment:

- **Cancer survivorship has improved 10.5%** in Harford County since 2011 thanks in part to the Kaufman Cancer Center's work.
- The Klein Family Center has contributed to a **22% decrease in emergency department visits for anxiety** in Harford County compared with levels prior to the COVID-19 pandemic.

CANCER CARE FOR ALL

The Kaufman Cancer Center offers medical oncology, radiation oncology, specialty surgical care, and dedicated breast and lung programs, among others. The center's Cancer LifeNet program provides supportive services to more than 2,000 people each year.

"Cancer LifeNet truly sets us apart," said Patsy Astarita, OSW-C, APHSW-C, director of Oncology Integrated Health at UM Upper Chesapeake Medical Center and the Kaufman Cancer Center.

BOOSTING ACCESS TO MENTAL HEALTH CARE

In addition to walk-in care, the

Klein Family Center, formerly the Klein Family Harford Crisis Center, provides outpatient therapy and psychiatric care, as well as residential beds for adults who may need 24/7 stabilization and supportive care. The center provides daily, no-appointment assessments from a licensed therapist—and, if necessary, psychiatric evaluations—at its urgent care walk-in center.

"We've improved access to quality mental health care since the center opened in 2019," said Jennifer Redding, LCSW-C, executive director of Mental Health Services at UM Upper Chesapeake Health and the Klein Family Center. "Patients can get help for mental health or substance use conditions when they need it."

To learn how UM Upper Chesapeake Health is deepening its commitment to community health by expanding services in Aberdeen and Bel Air, visit umuch.org/better.



Healing Through **EXPERIENCE**

HAVING RECEIVED HOSPITAL-BASED CARE FOR RESPIRATORY ILLNESS AS A CHILD, THIS HARFORD COUNTY NATIVE HELPS PATIENTS OF ALL AGES AS A REGISTERED RESPIRATORY THERAPIST.

KIARA BARKER, RRT, loves helping people through her job as a respiratory therapist at University of Maryland Upper Chesapeake Health. Working 7pm to 7am, she most enjoys caring for pediatric patients because she can remember what it was like to be a child in the hospital.

“I was hospitalized four times when I was little for asthma and pneumonia,” Barker said. “I feel like my career was meant to be because of my experience as a child. Now, I have the chance to give back to my community and help others.”

GENERATIONS OF CARING

Barker’s grandmother and mother played a role in her choice of a career in health care. Her grandmother experienced respiratory issues, too, and Barker cared for her during her later years. Her mom, Sandra Barker, RN, has worked as an ER nurse at UM Upper Chesapeake Health for about five years.

“When I first started at UM Upper Chesapeake Health, I had the chance to work with my mom, but now we are on opposite schedules,” Barker said. “I love my job as a respiratory therapist and working with people who were here when I was a patient.”



For more information about open positions at UM Upper Chesapeake Health, visit umms.org/uch/jobs.

**WHEN
YOU SEE
YOUR**



Test Results Are In

IS READING ELECTRONIC TEST RESULTS BEFORE TALKING TO YOUR DOCTOR ALWAYS A GOOD IDEA?

ELECTRONIC HEALTH RECORDS and patient portals make it easy to schedule appointments. They can also show you test results days before you might meet with a doctor to discuss them.

Most people are curious enough to want to check out their test results as soon as the information is available. But before opening the report, consider why the doctor ordered the test and whether you should call to ask if it’s better to look right away or wait.

WHEN NOT TO LOOK

It takes training and experience to interpret what the information in scans, biopsies and lab results means. For some patients, looking at test results can intensify anxiety rather than relieve it. A provider can explain the findings and answer questions.

WHEN TO LOOK

In some situations, knowing the results immediately could speed the way to needed treatment. For example, if a screening mammogram shows a suspicious-looking area, it helps when patients know right away so they can reach out to schedule a follow-up.



Find out more about getting your UMMS *MyPortfolio* test results online or via app at umms.org/patient-portal.

MANAGING **DIABETES** AND **STROKE RISK**

PROTECT YOURSELF WITH
HEALTHY LIFESTYLE CHANGES.



PEOPLE LIVING WITH diabetes are twice as likely to have a stroke than people who are not.

The risk is especially high when diabetes is not well controlled. Excess blood glucose stiffens blood vessels and allows fatty deposits to build up, increasing the risk of blood clots that could lead to a stroke.

People with diabetes are more likely to be disabled or die from a stroke. Those with prediabetes—blood sugar levels higher than healthy but not high enough to be considered diabetes—are at a greater risk for stroke as well.

HEALTHY LIFESTYLE CHOICES MATTER

To reduce the risk of stroke, follow the diabetes medication regimen prescribed by your health care provider. Get regular tests and know your A1C, blood pressure and cholesterol numbers. Ask your provider to assess your risk of cardiovascular disease and if you can do more to stay healthy.

In addition, lower stroke risk by choosing to maintain a healthy weight, exercise regularly, follow a heart-healthy eating plan, avoid tobacco products, limit alcohol use and manage stress.

Watch a video featuring a diabetes and stroke expert at the University of Maryland Medical System at umms.com/**Diabetes-Stroke-Podcast** or use this QR code.



Scan me

IT'S OK FOR **MEN** TO NOT FEEL OK



THERE IS HELP FOR MEN'S MENTAL HEALTH ISSUES.

ABOUT 10% OF men experience some form of depression or anxiety. However, fewer than half of them seek help, even though mental health problems are often treatable. Factors that often keep them from seeking help include societal expectations about male behavior and social stigma about mental health issues.

TALKING ABOUT FEELINGS IS HEALTHY

It's not weak to admit you're not OK. Asking for help is one of the bravest things you can do. But depression and anxiety are often underdiagnosed in men compared to women, who are more likely to talk about the way they feel. Men may show symptoms or choose coping strategies that include:

- Changes in appetite
- Difficulty concentrating
- Escapism, such as binge-watching or heavy drinking
- Irritability and aggression
- Risk-taking behaviors
- Trouble sleeping or sleeping too much
- Withdrawal from friends and family

Talking to a family member, friend or medical professional can be the first step toward getting help. Don't let stigma or stereotypes about what you think a "strong" man looks or acts like stop you from feeling better.

If you're struggling with mental health, the University of Maryland Medical System can help. Locate mental health services near you at umuch.org/mentalhealth.

Safety in BLOOM



LOOKING TO CULTIVATE A GREEN THUMB? TAKE SIMPLE SAFETY STEPS TO REAP GARDENING'S BOUNTIFUL HEALTH BENEFITS.

GARDENING CAN BOOST your mood, burn calories, help you eat healthier, and improve strength and flexibility, among other positive effects. Without proper precautions, however, planting, pruning, weeding and watering can lead to injuries. Be sure to protect yourself every time you garden, especially if you're new to it.

BEFORE YOU GET YOUR HANDS DIRTY

First, dress to stay safe from sun damage and gather the tools and supplies you'll need. See "Gear Up to Garden" for more information.

Don't start gardening with cold muscles. Get your blood moving and prepare your body for activity by going on a warm-up walk and stretching your major joints from ankles to shoulders.

GET GROWING

Follow these tips to reduce the risk of injury while you work:

- **Break for rest and water.** Frequent breaks prevent overtaxing your body—and provide opportunities to hydrate.
- **Change it up.** Staying in one position for too long or repeating the same motion too many times is hard on your joints and soft tissues. To help protect them, the American Society for Surgery of the Hand recommends changing gardening activities every 15 minutes.
- **Mind your posture.** Keep your back straight and stomach tight when lifting. When moving items, turn your whole body instead of twisting at the waist.

TAKING ROOT

With gardening done for the day and your plants settling in or freshly tended, take time to cool down, just as you would after any other workout. Go for another short walk and stretch your joints again.

GEAR UP TO GARDEN

Having the proper clothes and tools can help you stay safe and comfortable while gardening. Here's what you need:



Garden transport.

Spare your back and joints the burden of moving tools, plants and soil from place to place by using a cart or wheelbarrow.



Gloves. Protect your hands from germs, blisters, splinters and sun damage.



Knee protection.

Reduce strain on your knees by using a gardening pad or wearing knee pads.



Long-handled tools.

These are great options if you have arthritis because they prevent frequent joint bending, which can cause symptoms to flare.



Sun-protective clothing.

Wear a lightweight long-sleeved shirt, pants, wide-brimmed hat and sunglasses to reduce your risk of sunburn. Don't forget to apply sunscreen to exposed skin.



Experiencing joint pain that just won't go away? Visit umuch.org/ortho to find an orthopedic surgeon who can help.



WHAT TO EXPECT UPON ARRIVAL TO THE ER

YOU HAVE MANY OPTIONS WHEN IT COMES TO CARE, INCLUDING YOUR PRIMARY CARE DOCTOR OR ONE OF THREE UNIVERSITY OF MARYLAND URGENT CARE CENTERS IN HARFORD COUNTY. BUT WHEN IT'S AN EMERGENCY, HERE'S WHAT TO EXPECT.

Our priority is to ensure each person receives the care they need safely and efficiently.

We want to help you better understand how your emergency room visit is handled.



1. CHECK-IN: When you arrive, please check in at the front desk.



2. VITAL SIGNS: After checking in, a nurse will assess you and take your vital signs. If your condition does not require immediate care, you will be asked to wait in the reception room until an available care provider can see you. **Patients will be seen in order of the severity of their condition.**



3. CARE FROM YOUR CHAIR: Our care team will work together to guide you through the next steps in your care. To ensure you receive timely care, **in some cases all your care may be provided in the reception room.**



4. TESTS AND TREATMENTS: You may be assessed in the reception room and then guided to other areas for care, such as evaluation, treatment or tests. You may be asked to return to the reception room between steps, or to await test results or monitor your symptoms after treatment.



5. END OF ER VISIT: At the end of your visit, a care provider will review your results and determine whether to discharge you or admit you to the hospital.

IMPORTANT:

- Please check with your nurse if your symptoms are changing or worsening, or if you need to leave before your visit is completed.
 - You have the right to request a private space for your consultation with the doctor. Please know that it may take additional time to secure a private space for you.
 - Warm blankets are available for your comfort while you wait. Please let a volunteer or care team member know if you would like one.
-

WE ARE HONORED TO BE YOUR CARE PARTNER.



Youth football coach D'avonte Fletcher is among the first people to have robotic mitral valve surgery at University of Maryland Medical Center.



With a guiding touch, the physician is able to perform delicate, minimally invasive procedures through robotic surgery.

Comeback COACH

A HEART PROBLEM PUT FOOTBALL COACH D'AVONTE FLETCHER ON THE SIDELINES. NOW, HE'S GETTING BACK IN THE GAME, THANKS TO A HIGH-TECH SURGERY.

IN EARLY 2023, D'avonte Fletcher, 30, a Huntingtown, Maryland, landscaper who also coaches youth football, sought medical help for some alarming symptoms.

"I was flown to University of Maryland Medical Center because I was swelling badly," Fletcher said. "I gained 13 pounds in a week."

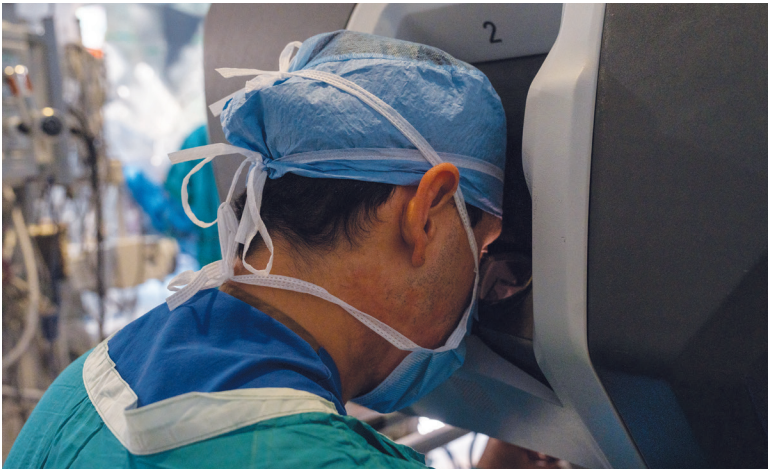
At UMMC, Fletcher learned he had heart failure. His cardiologist, Manjula G. Ananthram, MBBS, an assistant professor of medicine at the University of Maryland School of Medicine, identified the potential cause: a leaky mitral valve, one of four valves that help blood flow on a one-way route through the heart. If the mitral valve leaks or is too narrow, the heart may struggle to pump blood efficiently, potentially leading to heart failure or other problems.

Fletcher needed surgery to fix the valve.

Previously, some patients had to have open-heart surgery involving a large incision in the chest to repair or replace a faulty mitral valve. That wasn't the case for Fletcher, thanks to the arrival of robotic heart surgery in Maryland.

COMPREHENSIVE AND INNOVATIVE HEART CARE

No matter where you live in Maryland, University of Maryland Medical System is ready to help your heart. UMMS clinicians provide the full range of cardiac care. When a patient needs mitral valve repair, heart surgery specialists determine the best option, whether that means open heart surgery or a minimally invasive procedure. Recently, the



Dr. David Zapata performs minimally invasive mitral valve surgery with robotic assistance.

health system added to its legacy of innovation in heart care by becoming the first in Maryland to offer robotic mitral valve repair and replacement.

Cardiothoracic surgeon David Zapata, MD, assistant professor of surgery at the University of Maryland School of Medicine, began performing robotic mitral valve surgery at UMMC last year.

“Robotic surgery offers the exact same surgery that we would perform in an open manner, but it’s less invasive,” Dr. Zapata said. “Nothing about the technique or what I do during the operation changes. The key difference with robotic surgery is the approach and direction we take to reach the mitral valve.”

THE BENEFITS OF SPARING BONE

Dr. Zapata partners with an interventional cardiologist to determine the best treatment approach for each patient with a mitral valve disorder. Surgical options depend on the patient’s anatomy and condition. For example, a patient with mitral regurgitation may be able to avoid open heart surgery if they qualify for a transcatheter interventional minimally invasive valve repair.

Open-heart surgery is often relied upon when direct access to the heart and nearby blood vessels is needed. During open-heart mitral valve surgery, the surgeon makes a large incision in the chest and separates the sternum (breastbone), which is known as a median sternotomy. When Fletcher saw Dr. Zapata, he was pleased to learn he wouldn’t need a median sternotomy.

“Dr. Zapata told me he was going to do the surgery with the robot—something I’d never heard of,” Fletcher said. “I thought it was cool that he could do the surgery in less time, allowing me to get moving sooner.”

With robotic surgery, the surgeon approaches the heart between the ribs through several small incisions, the largest of which is only three centimeters.

“With robotic surgery, no bone needs to heal,” Dr. Zapata said. “Therefore, patients usually heal faster and have a lower risk of wound complications. With a median sternotomy, sometimes the bone doesn’t heal correctly, which can lead to wound infections in the sternum.”

STAYING AHEAD OF WORSENING HEART FAILURE WITH REMOTE MONITORING



Albert Hicks III, MD, MPH

Understanding when heart failure is getting worse can be tricky.

“The first sign of worsening is rising blood pressures in the heart, especially in the artery that takes blood to the lungs,” said cardiologist Albert Hicks III, MD, MPH,

assistant professor of medicine at the University of Maryland School of Medicine and section chief of heart failure and transplant at University of Maryland Medical Center. “This can be a sign the body isn’t getting rid of enough fluid. A rise in pressures can happen up to a month before patients experience symptoms. If we can see a rise in pressures, we can make adjustments to prevent hospital stays and related problems.”

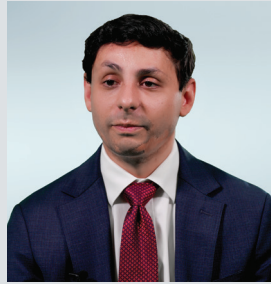
Medical providers have long needed better tools to help them find poorly controlled heart failure. Now, cardiologists at the University of Maryland Heart and Vascular Center can use a device placed inside patients’ arteries to monitor their blood pressures remotely. They can adjust patients’ medicine if they see heart failure getting worse.

The remote monitoring device, which goes into the artery during a simple procedure, measures the pressure in the blood vessel. Patients send the data to their cardiologist daily by lying on a sensor for 18 to 20 seconds. If the monitor indicates a problem, the cardiologist contacts the patient and tells them to change how much medicine they take.

“We find that patients with heart failure who receive the remote monitoring device have improved survival and reduced hospitalizations compared with those who have heart failure and don’t receive the device,” Dr. Hicks said. “So, not only does this technology keep people out of the hospital, but it also helps keep patients alive.”



Watch a video of Dr. Zapata talking about robotic mitral valve surgery at umm.edu/roboticheartsurgery.



After having robotic surgery, some patients are able to leave the hospital several days earlier than those who have open-heart surgery. Patients experience less postoperative pain without a large incision. With the breastbone undisturbed, patients can get back to driving, exercising, performing chores around the house and lifting heavy items weeks earlier than after open-heart surgery.

For Dr. Zapata, the robotic system's cameras allow him to view the heart valve with unparalleled clarity from as close as one centimeter—much closer than he could get by standing over the patient. In addition, the robot's instruments, which he controls from a console, move in ways human wrists can't. These factors help Dr. Zapata operate with the highest level of precision.

'100 TIMES BETTER'

Dr. Zapata repaired Fletcher's mitral valve in November 2023. After being out of work for a year and a half due to his heart, Fletcher is easing back into it.

"I'm taking my time, but I feel 100 times better," he said. "Before surgery, I noticed my breathing and little things like that. Now, when I work out, I'm not as tired as before, and I move around better than I did previously. I would definitely recommend Dr. Zapata and the robot."

Dr. Zapata and his colleagues are exploring use of the robot for other types of heart surgery such as tricuspid valve surgery, atrial septal defects, atrial fibrillation procedures, and cardiac tumor removal. All patients who are seen by Dr. Zapata and his colleagues are considered for a less-invasive, robotic approach to heart surgery.

"A less-invasive approach helps with patient recovery," Dr. Zapata said. "The emphasis UMMS places on less-invasive procedures shows we're thinking about how we can help patients have the best experience in the hospital and in their lives."



Use this QR code to learn more about robotic heart surgery at UMMC.



Why YOU NEED CARDIAC REHAB



IF YOU HAVE HEART FAILURE OR RECENTLY HAD A HEART ATTACK OR SURGERY, YOU COULD BENEFIT FROM THE PROGRAM.

CARDIAC REHABILITATION, OR REHAB, is a specialized program to help people boost heart health and learn to manage a cardiac condition. With cardiac rehab, you can:

- Decrease your risk of future cardiac events
- Improve fitness and health
- Increase your energy level
- Lower stress
- Return to activities you enjoy

PERSONALIZED CARE AND SUPPORT

During cardiac rehab, you meet with a multidisciplinary team three times a week for educational sessions and supervised workouts. You'll receive a customized care plan and guidance to develop heart-healthy habits.

"Exercising with other people who share a similar health scare can also provide a support system participants may not have known they needed," said Barb Hillman, MS, CCRP, clinical manager of cardiac and pulmonary rehabilitation at University of Maryland Upper Chesapeake Health. "The environment is welcoming and safe, and participants get to know the staff as well as each other."

The benefits of cardiac rehab extend far beyond the program.

"Cardiac rehabilitation is a comprehensive program," Hillman said. "Our goal is for each person to walk away with the knowledge and confidence to better manage their cardiac health."



To get started with cardiac rehab, talk with your medical provider or visit umuch.org/heart.

Symptoms of HEART FAILURE

HEART FAILURE IS PROGRESSIVE AND MAY START WITH MILD SYMPTOMS THAT CAN BE EASY TO OVERLOOK.

IF YOU ARE experiencing one or more of the following symptoms, talk with your doctor about whether your heart is pumping all the blood and oxygen your body needs.



CONFUSION

Heart failure can lead to memory loss or impaired thinking.



COUGHING

You may have a chronic cough that produces pink or white mucus.



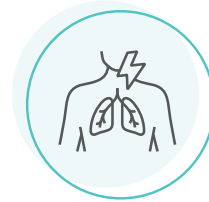
FATIGUE

You may feel exhausted after even basic activities, such as grocery shopping.



LACK OF APPETITE

You may feel full or nauseated, even when you haven't eaten.



SHORTNESS OF BREATH

You feel shortness of breath with regular activity that worsens with exertion. You have trouble breathing when you lie flat.



SWELLING

Buildup of fluid (edema) may occur in your feet, legs, hands and abdomen.



INCREASED HEART RATE

Your heart may start racing or throbbing.



WEIGHT LOSS OR GAIN

Sudden changes in weight are common due to lack of appetite and fluid buildup.

4 STAGES OF HEART FAILURE

Stage A.

You are at high risk for heart failure but don't have either symptoms or structural heart disease.

Stage B.

You have structural heart disease but no symptoms of heart failure.

Stage C.

You have both structural heart disease and heart failure symptoms.

Stage D.

You have advanced heart failure. This means you have severe symptoms and your heart is not functioning well.

Need a doctor to identify your risk for heart disease? Visit umuch.org/primarycare to locate a primary care provider near you.



Top Row: Janie Kilby and Sarah Klein
Bottom Row: Rosemary Hajek, Jayne Klein and Orsia Young

A VOLUNTEER QUINTET

TWO COMPONENTS OF a successful community fundraising activity include a compelling mission to support and dedicated volunteers who give of their time, talent and treasure to ensure the event is memorable and impactful. University of Maryland Upper Chesapeake Health's (UM UCH) biennial Starnight Gala has served as the Foundation's signature fundraising event for over two decades. From its inaugural year in 2002 to 2022, when the event hosted 800 guests at the Baltimore Marriott Waterfront Hotel, Starnight has collectively raised more than \$6 million in support of the UM UCH Foundation. Specifically, funds raised in more recent years have benefited Cancer LifeNet at UM UCH, a nurse navigation and supportive care program provided free of charge to local cancer patients and their loved ones, regardless of where their cancer is treated. The program costs an estimated \$1 million annually to operate and is funded fully by philanthropy.

The Starnight committee consists of five extraordinary volunteers who work together to plan the event by providing feedback on logistics, such as theme, décor and entertainment. They also serve as advocates, endorsers and fundraisers by reaching out to their network of friends and community partners to garner support through the sale of event sponsorship, tables and donations. Jayne Klein and Janie Kilby co-chair the event alongside committee members Rosemary Hajek, Sarah Klein and the gala's immediate past chair, Orsia Young. Together, these five women are committed to supporting the needs of local

cancer patients and their families, giving their all to the success of the gala. So much so that, in 2022, their efforts landed Starnight at No. 5 on the *Baltimore Business Journal's* list of top fundraising events in the state of Maryland, raising more than \$1.2 million. This year, the committee has its sights set even higher.

"We work hard to guarantee that Starnight is not only an outstanding experience for our guests but that we also raise the most amount of funds to help our neighbors living with a cancer diagnosis," said Hajek, who graciously hosts regular committee meetings at her home. "Volunteering is extra-rewarding when you believe in the cause you are supporting and when you really like the people you work with. The five of us, along with the UM UCH Foundation professionals, make such a great team."

Elizabeth Wise, UM UCH president and CEO, remembers attending Starnight last year and being amazed by both the energy and the generosity in the room.

"Every detail was thought of, and every table was filled," Wise said. "We are most grateful and fortunate for these remarkable women, for their volunteerism and leadership, and in helping us secure funding for our Cancer LifeNet program."

2024 STARNIGHT GALA

Saturday, Nov. 2 • For more information, visit uchfoundation.org/starnight-gala.

BE YOUR BEST

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

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 for all the latest information.

MEDICAL MOBILE VAN

A variety of no-/low-cost health screenings are provided monthly in our medical mobile van at varying community locations. Visit umuch.org/calendar or call **800-515-0044** for dates, times and locations.

JUNE IS NATIONAL MEN'S HEALTH MONTH

Guys, make sure your to-do list includes taking care of your health! Start by eating right, exercising and talking with your doctor about important health screenings. Do it for yourself. Do it for those who depend on you. Need a primary care physician? For a referral to a doctor right here in Harford County, call **800-515-0044**.

HOSPICE REGATTA • FRIDAY, JUNE 14

Join us at Concord Point Park in Havre de Grace for an evening filled with community partners and supporters, grateful families, a sailboat race, local dining and beverages, and live entertainment. Proceeds benefit the Senator Bob Hooper House. Visit uchfoundation.org to learn more.

HEALTH AND WELLNESS PROGRAMS

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

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 may be eligible.

DIABETES CARE AND SUPPORT

Living with diabetes isn't easy, but with proper care, you can enjoy a better quality of life. Visit umuch.org/diabetes to learn more.

- UM Center for Diabetes and Endocrinology at Upper Chesapeake Medical Center: **443-643-3200**
- Upper Chesapeake Endocrinology Associates: **443-843-6100**
- Diabetes Prevention and Self-Management Programs: **800-515-0044**

HAVE YOU SEEN YOUR DOCTOR LATELY?

Regular medical care and screenings are vital to your good health. Stay your healthiest by getting the care you need! Visit umuch.org/primarycare if you need help finding a doctor.

MENTAL HEALTH VS. PHYSICAL HEALTH

They're both important—in fact, they can actually affect each other! Make your mental health a priority. 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. Call **800-NEXT-STEP** or visit umuch.org/Klein.

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 facebook.com/healthyharford or walkwithadoc.org.

- 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 monthly. Call **800-515-0044** for locations, more information and to make an appointment.

PRENATAL BREASTFEEDING CLASS

Learn the basics before baby arrives. Join us on the third Saturday of the month from 10am to noon at UM Upper Chesapeake Medical Center Bel Air in the Lyle Sheldon Conference Room.

BREASTFEEDING SUPPORT

Breastfeeding is a great way to help get your baby off to a healthy start, and we're here to support you. Visit umuch.org/calendar or call **443-643-2948** for the latest information.

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.

OTHER FREE CLASSES AND EVENTS

Visit healthyharford.org for the latest information on fun classes, such as Zumba and Urban Line Dancing!

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

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